



Thera-Pony

PONIES HELPING PEOPLE



# HELP OUT APPEAL

Donation List

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**THERA-PONY C.I.C**

Ponies Helping People

# Donations

Find out if you can Help out



Donations make a huge difference to how our programmes run, your generous donations of old to you new to us items means that we can use our funds on more important areas but still have the essentials that we require for our programmes to run smoothly.

Our need for items changes quite a lot depending on what programmes are running, what has already been donated or what plans we are putting together for upcoming events.

Please see our lists below, they are categorised by project/programme, so if you want to support one programme or project over the other you can choose how to donate accordingly

# Stable Day's Programme

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The Stable Day's Programme is for children and young people who are care experienced, this means they have lived in care or are looked after at home. Care experienced children often don't have the same opportunities and face greater barriers than others, their life's can be erratic and unsettled: The Stable Day's programme connects the young people with a mentor and pony and together they create more stable days in the lives of the young people. In order for us to get the project off the ground there are items we require

## Donations Required

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1. Pool Noodles
2. Small flags on a pole (like for games or gymkhana)
3. Exercise balls
4. Bean Bags



# The Thera-Van Project

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Thera-Pony C.I.C was gifted an old beat-up caravan during lockdown. We have started renovating it inside and out and we are just approaching the half way mark now. It has taken a lot of love and time but the benefits to Thera-Pony will be great once it's finished.

Once complete Thera-Van will be transformed from damp old van into as a safe space for all the children and young people to come, for intake, assessments, coffee breaks and important meetings with counselors, mentors and staff - do you have the items to bring this vision to life?

## Donations Required

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1. Under counter Fridge
2. Microwave



# The Thera-Patch Project

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We have been planing for a while to start a veg patch at the centre for our clients to be involved in. To teach them about responsibility and healthy choices, nutrition, sustainability and overall personal wellness. We have an area mapped out and plans are being drawn up for its lay out. The Thera-Patch will become a core part of the centres activities for all those who want to be involved it will serves as a tasting station and help towards building a relationship with vegetables. All of our visitors will be welcome and encouraged to volunteer in the garden and take a step in moving themselves towards more active and nutrition minded life

## Donations Required

1. Raised planters (or wood to make these)
2. Small & Large pots
3. Trowels, Spades, Forks
4. Kneeling pads
5. Kids gardening gloves
6. Veg seeds
7. Any other gardening equipment

