



**Thera-Pony**

PONIES HELPING PEOPLE



# Stable Days | PHP

MENTOR INFORMATION

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

Ponies Helping People

# Interested in mentoring

A care experienced young person?



Stable Days is a community-based mentoring programme which supports young people aged 5 to 25 years who are care experienced develop life skills through equine interactions using an experiential model called Equine Facilitated Learning.

The Stable Day's | PHP program can help the young person build confidence, self- efficiency, communication, trust, perspective, social skills, impulse control, and learn boundaries all through activities in nature and in the equine enviroment

## How it Works

Adult volunteers, from all backgrounds and experiences, are recruited, trained and supported by Thera-Pony.

Mentors are chosen for their qualities of commitment, reliability and stability. The mentor and the mentee will spend 1 hour a week engaging in various fun activities at the centre over the course of 6 months.

## Could you be a mentor?

We are seeking mentors to provide a positive, trusted, supportive and fun role model for children and young people.

We are looking for mentors who are good listeners and who can support a young person who may be experiencing a hard time.

Volunteers will receive:

- Full induction
- Relevant training

# the promise

"Overcoming trauma requires a foundation of stable, nurturing, loving relationships. Scotland's focus and understanding of risk must shift to understand the risk of not having stable, loving, safe relationships. For above all else the Care Review has heard it is that children want to be loved, and recovery from trauma is often built on a foundation of loving, caring relationships." - The Promise

## The role of a mentor

A Stable Day's mentor should be just as the name suggests; Stable for the days they are mentoring. By possessing such qualities as being able to provide a stable and consistent relationship, this will help the young person learn how to build stable lasting and nurturing relationships and understand what they should look like.

### A mentor should

- Pick up and drop off a young person and their responsible adult or meet them at the centre
- Arrive early to prepare for the session
- Be able to commit to 1 hour per week for 6 months minimum
- Help a young person identify personal goals for achievement
- Come prepared for each session with relevant material if needed

Mentoring isn't for everyone and we understand this is a huge commitment, but your 1 hour per week can make a huge difference in a young persons life

## The role of Thera-Pony

Thera-Pony C.I.C was created out of a strong passion, a shared vision and a ceaseless commitment to making meaningful life improvements easy and manageable for others. all achieved through a horse-human connection.

We developed the Stable Day's | PHP model to support children & young people from care experienced backgrounds collaborate, grow optimism, develop and hold healthy relationships.


### Thera-Pony will

- Provide training to mentors
- Ensure mentors are disclosure checked
- Be available to mentors and support them through their mentorship and training
- Meet with the young person to ensure a smooth match has been made
- Provide activity plans for the mentor and young person to choose

# A DESIRE TO HELP

The only qualification you need to become a Stable Day's mentor is the desire to help and make a difference!

*And make a difference in a young persons life..*



*still  
interested?*

## TALK TO US

[www.rjtherapony.co.uk](http://www.rjtherapony.co.uk)

or email us

**[info@rjtherapony.co.uk](mailto:info@rjtherapony.co.uk)**