

Mentoring Activities Club

Promoting Independence

During the school holidays, Promoting Independence held an activities club for trained peer mentors and young people in the Caerphilly Borough with learning disabilities. Each week, mentors and mentees participated in activities on the school site and trips out.



Mentors and mentees were paired with each other according to shared interests and although everyone participated as a group, mentor and mentee pairs worked together during activities and built up strong bonds.



Activities included trampolining, bowling, map reading and navigation games, and a trip to Big Pit. Following the activities club, mentors and mentees exchanged numbers so that they could stay in touch when they

went back to school and college on an informal basis.



Mentees gained a great deal from the experience as they had one-to-one support from someone with similar interests and got to make new friends while participating in fun activities. Mentors were able to build on the skills that they learnt when completing their mentoring course by practising helping skills and communications skills.



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