

10th March 2022

Dear Naomi,

I have pleasure in writing this report; summarising the outcomes for the three beneficiaries of your generous grant.

The grant has enabled three young people (aged 21-25) to attend 30 subsidised sessions of Therapeutic Education (this has previously been called Equine Assisted Learning).

Two of these young people achieved 5 AQA Unit Award Certificates and one achieved 2 AQAs. These certificates were all in horse skills and horse care. Many of the skills needed to achieve these certificates are transferrable into their wider lives; for example communication skills and assertiveness.

They have all successfully achieved Level one of the Strength and Learning Through Horses 'Employability & Horsemanship Skills Certificate'.

The following are individualised reports written by the coach from SLTH that has facilitated their sessions.

- N (25 years old) found the sessions calming and her carer reported that N had become more able to manage her emotions and moderate her behaviour as the sessions progressed. Spending time with a horse, often walking out with them, allowed her to regulate her feelings and behaviour while also providing an opportunity for her to talk about issues which may have been worrying her, in an informal manner. Her confidence in her own abilities was enhanced by developing excellent practical skills and knowledge in horse management and receiving AQA awards to recognise her achievements. Over time she began to recognise and understand a wide range of equine body language, reactions and responses; starting to empathise with the horses and to adapt her own behaviour to interact successfully with their different personalities and behaviours. We reflected on how this knowledge could be beneficial in interactions with other people, especially in stressful situations.
- E (25 years old) came to us with some previous experience of handling and riding horses and a great interest in them. Her attendance has been 100% . Our sessions have followed two interconnected themes:
Learning and practising horse handling and stable management skills to a high standard.

Developing life skills through all the interactions with the horses. Their varied personalities and reactions and their ability to reflect back accurately, immediately and without judgement our own feelings and behaviour, have really helped E to reflect upon and understand her own emotions.

E is a perfectionist which is very commendable but can lead to frustration when tasks are not easy to achieve to her own high standards. She has learned to recognise when a task has been completed as well as is possible in the

circumstances and to celebrate that success. A recent example was persevering to complete a mane plait to a reasonable standard on a horse who was frequently fidgeting and moving her head.

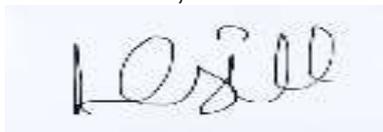
E is confident and skilled when handling the horses in the arena and has been assisting me in assessing new horses and those returning from holiday. We have discussed and compared their body language, what it tells us about their feelings concerning the environment and towards us, and how to subtly adjust our own body language and behaviour to calm, reassure or energise them as needed. This requires a lot of patience and self-awareness as well as the ability to "read" the emotions of others which is so important for day to day interactions with people as well as horses.

- M (21 years old) is profoundly deaf and has found that many doors have become closed to her due to this. She has thrived in our inclusive setting and her confidence and independence has grown immensely. Her ability to read the horse's body language and adapt her own body language appropriately as a means to communicate with the horses has enabled her self-belief to grow as she is able to recognise her strengths - that she is able to communicate, despite her challenges. M also struggles with physical challenges; working outside doing physical tasks with the horses has built up both her fitness and strength and given her another opportunity to recognise abilities that she did not believe she had.

We would love to extend an open invitation to your trustees or staff to visit our charity to see the work you have funded in action. Please do get in touch to arrange this if it would be of interest.

Thank you again for your generous donation.

Best wishes,



Laura Gill,

Therapeutic Education Practitioner