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Community Interest Company No. 11987734

## **Empowering Equine EFL and Relational Horsemanship Sessions and Alternative Provision Leaflet**

### **About Us**

Empowering Equine CIC is a community interest company that provides mental health support for children with social, emotional and mental health needs. We provide equine facilitated learning (EFL) and therapeutic support for children, working closely with families, guardians, and schools to help children improve their mental health and wellbeing and learn emotional regulation skills. We are based in Mobberley, Cheshire, and cover the Cheshire and Greater Manchester area. As a CIC we have been supporting children and families for 3 years.

### **What are we offering**

We are offering EFL (equine facilitated learning) and relational horsemanship, both in shorter sessions (1, 1.5 or 2 hours at a time) and half and full day alternative provision for young people aged 11-18. We can offer a flexible combination of the below:

- Practical hands-on work with horses, learning horse care, handling and training skills and theory on horse care, physiology and psychology.
- Learning emotional regulation skills, other important life and social skills and the opportunity to improve their mental health and wellbeing.
- Accessing EFL (for more information on EFL, see the 'what is EFL' section below). This is then incorporated into our day-to-day work with the animals and practitioners.
- Discussions around career opportunities, both with animals and other careers, and support to research how to access those careers and what those careers may look like where appropriate.
- Opportunity to gain qualifications in animal care for children who attend sessions with us for longer periods of time.

We are open Tuesday, Wednesday, Thursday and Friday. Drinks and snacks will be available and for children doing more than 4 hours lunch will also be included.

We do not offer riding opportunities at Empowering Equine CIC. All horse handling is done on the ground and not ridden.

### **Relational Horsemanship**

We work with young people to build practical skills in caring for and working with horses, finding out what they enjoy, and where appropriate how this could be a potential career. We take a flexible approach depending on the abilities and interests of the young people in the sessions so we may not necessarily teach all of the below if it isn't interesting or relevant to that young person. Skills we can teach include:

- Basic care (cleaning/ feeding and watering/ management/ health and care needs)
- Basic handling (leading/ grooming/ exercise)
- Understanding and knowledge of horse body language, communication and how to appropriately respond
- Understanding of basic horse psychology and physiology
- Applying knowledge of horse psychology and physiology into care, handling, management and training.
- How to care for a horses physical and psychological health.
- Training, working and exercising horses

- Different roles and jobs horses can carry out (e.g. leisure, police work, therapeutic work, RDA, riding schools, cavalry, etc)

### **Emotional regulation and other skills building**

We work with children to help them improve the skills they need to cope and succeed in life. They work with the horses and each other and access EFL to improve their mental health and wellbeing and learn skills such as:

- emotional regulation
- communication and social skills
- teamwork skills
- self-awareness
- resilience
- strategies to make better choices around their behaviour
- awareness of the impact of their behaviour on others
- improved ability to understand themselves and others
- building self-esteem, empathy and confidence
- improving their relationships with others
- ability to respond rather than react and many more skills.

We help these children develop these skills and then apply them to their day-to-day life with the aim of helping them build a better, more successful future, both in their personal and working lives.

### **What is Equine Facilitated Learning (EFL)**

EFL uses exercises and connection with horses to help people regulate their emotions and improve their quality of life, learning self-regulation and building self-confidence. At the same time, they will develop many other skills, including:

- Emotional and behavioural regulation
- Building positive relationships and support systems
- Communication and interpersonal skills
- Teamwork
- Resilience
- Boundaries (their own and other peoples)
- Self-awareness
- Problem solving and critical thinking
- Building self-esteem and empathy
- Improving the way people view themselves and others.
- Improving mental health and emotional wellbeing
- Keeping more active
- Improving confidence

EFL involves working with the facilitator(s) and the horses. It can be done in group of up to 6 or in a 1 to 1 setting. Horses are naturally very sensitive and responsive to our emotions, so horses respond accordingly to dysregulation and are good at recognising the young person's needs and responding accordingly. Sometimes the horse does this through co-regulation and sometimes by moving away to give a child space. The facilitators will also teach emotional regulation techniques and help the young person to transfer this to their daily life.

They are also great for building other skills, such as confidence, resilience and relationship building as horses are great teachers, and tend to seek out relationships with humans. They are non-judgemental, quick to forgive, cannot hide their emotions and very quick with giving feedback when people make changes. This can really help people feel more confident and give them the motivation to keep trying as the horse responds quickly to their changes.

People also tend to really enjoy working with the horses, as it is good fun and our horses are very friendly and gentle and interact well with people.

## **Qualifications**

We can offer ASDAN and gateway qualifications to the children coming through our provision that will be staying with us a little longer. There is a wide variety of different qualifications we can offer through ASDAN and gateway, including more traditional qualifications, such as horse care, through to less traditional qualifications like communication skills.

These qualifications could help the children access further education in a range of settings, for example, apprenticeships, animal care courses at colleges (Reaseheath College do not require GCSEs and have bases in Cheshire, Oldham and Merseyside).

## **Our Premises**

We have a small farm in Mobberley, Cheshire. This consists of 4 stables, a storage area, a kitchen and seating area, toilet and handwashing facilities, a car park, an arena (sand and rubber surfaced fenced off area for working with the horses) and 4.3 acres of grazing land, fenced off with wooden post and rail fencing. We have access to lots of rural trails that the children can take the horses out walking on. You can set up a visit via email to come and see the premises. We come under Cheshire East Council.

Our address is:

The Sheilings

Burleyhurst Lane

Mobberley

Cheshire

SK9 4LX

## **Pricing**

Pricing based on providing one practitioner for 1 to 1 sessions, and 2 practitioners for pairs or groups of 3 or 4. Price listed is per young person.

If a child needs 1 to 1 support but you want the child to be part of a group setting, either the referring organisation would need to provide a 1 to 1 support worker or we would charge the price of a 1 to 1 session and provide an extra staff member.

If a child needs higher support than a 1 to 1 staffing ratio the extra staffing would either need to be provided by the referring organisation, or we could discuss the possibility of us providing extra practitioners subject to practitioners available at additional cost.

### **1 to 1 or 2 people**

- 1 hour- £80
- 1.5 hours- £100
- Half day 3 hours- £175
- Half day- 4 hours- £220
- Full day- 6 hours- £330

### **3 people**

- 1 hour- £60
- 2 hours for 3 people- £100
- Half day 3 hours- £150
- Half day- 4 hours- £200
- Full day- 6 hours- £300

#### 4 people

- 1 hour- £50
- 2 hours- £75
- Half day 3 hours- £115
- Half day- 4 hours- £150
- Full day- 6 hours- £225

#### **Contact us**

Please feel free to contact us about any information you may want. We can arrange phone calls and visits for you to come and see us and what we do, with or without the child you are considering the placement for to see if we would suit your needs. We always do free introductory visits for young people before they sign up for the provision. We are also happy to send over risk assessments, policies, procedures and any other paperwork you may want to see.

For more information on us as an organisation, our EFL Sessions and Alternative Provisions, please see our full Brochures for our Alternative provisions.

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