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Community Interest Company No. 11987734

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

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### **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.

### **Career opportunities**

We can help children look at career routes with animals where appropriate if this is of interest to them. We can help them research what they may enjoy, any qualifications they may need and how they get them, routes into the career and employment/ business opportunities within that industry.

There are lots of potential careers working with animals that don't require GCSEs or academic qualifications, or only require basic Maths and/or English GCSE. Examples of these include:

- Dog groomer
- Dog trainer (some training providers do, but many don't)

- Animal massage therapy (some training providers do but many don't)
- Other animal holistic therapies (eg aromatherapy, reiki, etc)
- Horse groom
- Animal care worker
- Dog handler, for example at a rescue
- Doggy daycare provider
- Dog rescue
- Freelance horse groom/ pet sitter/ animal care provider for when people go on holiday etc

There are many other careers we can help young people look into if they are interested in a career working with animals and we can help them look at the pathways to get there.

### **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 a 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

### **Our Ethos**

#### **Strapline**

Helping horses to help people

#### **Mission Statement**

To Empower young people to succeed and improve their mental health and wellbeing, helping them to create a fulfilling, enjoyable future that they choose for themselves.

## **Values**

- Empower young people to make positive choices
- Utilise a holistic approach flexible to individual needs
- Support the family system around the young person
- Empower our human and animal team to be the best they can be
- Helping young people improve their mental health and wellbeing
- Helping young people make long lasting positive changes to their lives

## **Approach**

At Empowering Equine we believe when a child is feeling better, they do better. We believe in helping children address the underlying causes for challenging behaviours and/or mental health difficulties and helping them find techniques and strategies to help them remain under threshold and therefore more able to learn.

We do this through a combination of many different things. We have high quality therapeutic support, offering family support where this is appropriate and access to EFL. We have a team of trauma informed staff bringing different skills to the table, a fantastic team of animals helping the children learn many different skills and a positive and flexible attitude towards the future.

We look at lots of different potential careers, dependent on the child's skills set to help give them hope and goals to reach for. We help children work together, hear each other's opinion and viewpoints and learn how to compromise both with each other and with the animals. We spend a lot of time and effort building positive relationships with the child, aiming to build mutual trust and respect so we can work with them rather than against them.

We believe in teaching children the skills they need to navigate the challenges in life and working with them to help build those skills and find the strategies to help them put them into action. We experiment with and teach these first when the child is calm and well under threshold and then build up to practicing them in more challenging situations. And when this doesn't go to plan, we help the child reflect on this and if there is a way of making this easier next time.

We also believe in supporting our team to be the best they can be, both animal and human.

For our human team this looks like building a positive working environment, and supporting them with regular de-briefs, supervision and training to help them maximise their potential. It also involves making sure everyone feels heard and has chance to contribute to the curriculum and to their own personal and professional development.

For the animals we make sure we meet their needs as best as we can, both emotionally and physically, and ensure they are well cared for and happy. It also means making sure they have choice over how and when they work and engage with people and ensuring both we and the children are listening to them when they are communicating.

## **Our Team**

### **Human:**

Our facilitators are passionate about helping young people to get the best out of their time with us! They are trauma informed, calm and patient, and adapt their approach to the needs of the young person. All our facilitators are insured, DBS checked, and have relevant safeguarding and first aid training.

We have several different types of facilitators here with complimentary skills sets. We have a combination of EFL practioners, EFPs (equine facilitated psychotherapists), therapists, and animal professionals and trainers to help the children work on improving their mental health and emotional regulation skills and gain skills in animal care and management at the same time. Working with industry professionals also helps young people see what these careers look like in practice and to gain advice and support on getting there. At least one of the facilitators present will either be a therapist or EFL professional.

Our EFL practioners must be fully qualified and registered with LEAP Equine, a leading EFL and EFP training provider. This helps ensure a high quality of sessions as to remain registered with LEAP a practitioner must have attended and passed full training and assessment, attend regular supervision sessions and remain up to date with continual professional development.

Our therapists must also be qualified, registered with an appropriate governing body, and up to date with supervision and CPD (continuing professional development).

Our animal professionals must all be force-free professionals, meaning the methods they use for working with and training animals must be completely non-violent and not be based on dominance theory. Our reasoning for this includes both animal welfare and the message we want to pass on to the children about how animals (and therefore people!) should be treated. So any methods based on force or about being dominant over an animal are not used with our animals and the children will not be taught these methods. All animal professionals must be suitably qualified for the role they are carrying out (this varies between professionals depending on their role) and registered with their appropriate governing bodies or training provider.

### **Horse:**

The animals are obviously a hugely important part of the team here at Empowering Equine CIC. Currently our team includes 3 horses and it will be growing in the future, and we are hoping to introduce sheep and hopefully alpacas. Our three horses are Toby, Minnie and Fudge.

Children will be working with horses that suit their needs and abilities. Our horses are all good with children, well-mannered and interactive and our team know our horses well enough to know which situations they are comfortable working in and which they are not, to ensure we match up the right horse for both the children we are working with and the task we are doing.

We work with our horses using consent and relationship-based methods. This means our horses get to choose how much they interact and do have the choice not to interact with both clients and facilitators. It would be extremely rare that all horses chose not to interact at the same time, except for external stressors (e.g. child having a large meltdown, severe weather, etc). However, if that happens, we discuss the possible reasons why, and either look at ways to rectify that (for example, if a child is very dysregulated help them to regulate) or if it's part of the environment that is out of our control, then we do something else.

We spend a lot of time making experiences pleasant for the horses and building positive relationships with them. We believe this is important to both the horses welfare and willingness to

work, and for the children to learn how compromise, build relationships and learn boundaries and respect that can be carried over to humans too.

### **Which children are we suited to**

We are a therapeutic animal based alternative provision. Below we have listed which children we would be particularly suited to:

- Children who struggle to or cannot engage in school due to their mental health, with or without challenging behaviours
- Children who have suffered trauma, abuse and/or difficult events/circumstance in their lives that they are struggling to live with and process
- Children with mental health needs that also have additional needs such as autism, ADHD, FASD, SPD, etc
- Children who struggle to cope in larger busier settings and need smaller groups with a more flexible, slower-paced learning environment
- Children who struggle to engage in the typical classroom setting and would learn better in a more outdoors, nature-based environment and would learn well working practically
- Children who struggle to regulate their emotions, struggle building relationships and struggle with their communication and social skills
- Children who need therapeutic support or input
- Children who struggle with anxiety and coping with the pressure and challenges of school life
- Children who may not achieve traditional GCSE qualifications and would suit a less academic career route
- Children who like animals and would benefit from engaging with them
- Children who like being active and spending time outdoors

There are also some children who we would need to accommodate on a 1 to 1 basis. We complete risk assessments for all children working with the referring organisation. We then discuss these risk assessments together to discuss any additional measures that may be needed for that young person. There are some children who may need 1 to 1 or potentially even higher levels of supervision due to these risk factors. We will then discuss with schools how we may accommodate these children. There may be occasional cases where we are not able to accommodate a child at our provision due to not having the facilities or staffing to appropriately manage that child's level of risk to themselves or the horses. We would discuss this with you on referral.

### **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

### **Pricing of additional services available through Empowering Equine**

#### **Therapeutic Animal based Alternative Provision**

£300 per day per child for groups of 4 for a 6 hour day. This provision includes everything from the EFL and relational horsemanship provision but also has additional therapy packages, career and employability workshops and industry professional observations and workshops. If you are interested in this please request our separate brochure for this provision.

#### **Therapeutic Services**

Our Therapeutic services are conducted through Intraquest CIC.

You have the option to either take the child to Intraquest's site at Oldham or use our site, but they may charge mileage to travel to our site

- 1 to 1 integrative or play therapy- £65 per hour plus VAT- (£78 total)
- Bespoke therapeutic parenting course- 12 x 2 hour sessions at £2,400 plus VAT
- Additional needs Assessments (autism, ADHD, etc)- approximately £2500 plus VAT
- Sessions with a psychologist- £100 per hour plus VAT
- Occupational and Speech and Language therapy- individual quotes will be given for this dependent on the child's needs.

#### **Payment Terms**

Payment is to be given 4 weeks in advance. We are also happy to be paid at the beginning of each half term or term. 4 weeks' notice is needed to remove a child from our provision. A minimum of 72 hours notice is needed to cancel a session. If we get less than 72 hours notice that session will still be charged. We will also give 4 weeks' notice if we feel our provision is not a suitable match for a child's needs, except in extreme cases where safety is compromised, in which case we retain the right to withdraw a placement without notice.

## **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.

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