

A photograph of two horses grazing in a grassy field under a large, leafy tree. The horse on the left is white with brown patches, and the horse on the right is brown. The background shows a line of green bushes and a clear blue sky.

Equine Assisted Therapeutic Learning Information Pack


4 Strides Equestrian UK
Raising Aspirations & Supporting Dreams
- Barrel Racing -



Welcome...

4 Strides Equestrian UK LTD, works in partnership with a variety of associations/organisations, locally, nationally and internationally to promote barrel racing. We welcome collaboration and partnership work with those who share the same vision and values. To date, it is the only barrel racing business in the UK. We pride ourselves on making barrel racing an accessible and affordable sport that is inclusive to all equestrians from all equestrian disciplines, regardless of prior experience, type of horse or riding style.

4 Strides Equestrian has its own group of licensed horses that are fit for purpose and are used for lesson and teaching purposes. Not only do they work as western or barrel horses but we also use our horses as the medium for activities which foster positive attributes in individuals, bring about behavioural changes and restore a sense of purpose in individuals.

Willow Farm, Fulbeck, Lincolnshire is a licensed riding establishment. A 20 acre established equestrian property, and home of "4 Strides Equestrian UK LTD" barrel racing. The site neighbours both the Nottinghamshire and Leicestershire borders. It is easily accessible, sitting approx. 1.5 miles off the A607 or the A17. The site comprises of: An all weather surface arena, horses that are fit for purpose, stabling, paddocks, a briefing room/club house, toilets and refreshment facilities.



4 Strides Equestrian UK Ltd

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Sally Heron - Owner of 4 Strides Equestrian UK and UK Barrel Racer.

Personal achievements:

- ◆ November 2017, Sally was part of the first ever international barrel racing team to represent the UK in the USA, and to compete internationally at the National Barrel Horse Association world championships in Perry Georgia USA.
- ◆ October 2018, Sally was the first person to take her own horse from the UK to Europe to compete in the EQUITA Lyon Barrel Racing European Cup.
- ◆ October 2019, Sally represented the UK in China at the ZWU World Cup Barrel Racing competition and the UK placed 11th in the World.



Why We Use Horses To Facilitate Behavioural Change:

The use of animals within therapy can be traced back thousands of years. While a range of animals are well known for being therapeutic, horses are becoming particularly well known for their ability to foster change. . Their ability to read human emotion and their inherent honesty can be incorporated into a type of psychological therapy.

Equine therapy is the use of horses in a therapeutic setting. It helps promote emotional growth and personal development in the lives of individuals. Individuals who participate in equine assisted programmes often experience several life changing benefits. Working with horses can be a complimentary part of a bigger or more comprehensive treatment plan. Horses are very effective for: soothing and relaxing , improving mood, and / or reducing stress because they are particularly gentle and understanding.

Horses are considered to provide scope for behavioural change. There are a number of reasons for this, including the following:

Because of their size: As horses are large and powerful animals, they can be intimidating. For some people, this presents them with a challenge as soon as they start to overcome their fear. Combating this initial issue can be incredibly liberating and helps to boost feelings of confidence and self-esteem. Accomplishing tasks and gaining the trust of such animals only continues to reinforce these feelings of empowerment.

Because they are herd animals: Horses are herd animals, which means they naturally desire company and often want to be led. This makes them very social animals that want to create bonds and this can be especially poignant when it comes to humans. Horses are therefore inclined to develop a relationship with humans when the person is ready.

Because they mirror behaviour: Horses have an innate ability to mirror the thoughts and behaviours of others. Because they are prey animals, they can read body language and respond instantly. This means that if you enter the horse's space with a negative attitude and defensive body language, chances are the horse won't want to interact with you. Alternatively, if you enter with a sense of calm, confidence and openness , you should find the horse responds more positively. It is this trait that helps people to reflect on their behaviour and challenge the way they approach situations both inside and outside of their session.

Because they have their own personality: Horses can be incredibly human like in their personalities, they can be stubborn and seemingly defiant at times. They also like to have fun and often turn exercises into games. Horses can be incredibly caring too, and if you are upset they often respond in a nurturing manner. These personality traits once again make horses a natural companion during the therapeutic process, providing vast opportunity for growth.



The Benefits:

Equine assisted therapy programmes have proven incredibly popular in the US and are gaining steam here in the UK with many finding it a useful tool. It is thought to be beneficial for a range of different issues, including the following: Low self-confidence, depression, anxieties, ADHD, addiction, eating disorders and health difficulties, dissociative symptoms, OCD, dementia and posttraumatic stress disorder.

Equine assisted therapy offers a new way of exploring your feelings.

You don't need any previous experience with horses and you do not have to be a die-hard animal lover to benefit from equine assisted therapy.

Equine facilitated therapy is beneficial for:	Horses teach:	Horses promote:	Horses are very effective for:
Autism. Depression. Anxiety. Dissociation. OCD. Dementia. Trauma inc PTSD Personality disorder. Mental health issues Addiction. Low self-esteem. Discovery of potential. Emotional growth.	Responsibility. Time management. Prioritising. Unconditional love. Communication. Care. Mood control. Impact of tone. The importance of body language. Life skills. Social development. Change in behaviour	Recovery. Personal development. Feeling of adequacy. Confidence. Self-worth. Sense of purpose. Relationship building. Trust. Respect. Sense of accomplishment. Aspirations. Resilience.	Promoting emotional healing & wellbeing. Soothing. Relaxing. Improving mood. Reducing stress. Helping individuals gain control over their personal issues. Helping people overcome negative thoughts and feelings. Reducing isolation.

What To Expect :

Equine Assisted Therapy provides an experience with an animal that is non-judgmental, gives affection unconditionally, and provides opportunities for physical and emotional development.

During a session a person will spend time bonding and communicating with the horse.

Working with the horses is always in a structured setting , with supervision and instruction.

A candidate will learn how to appropriately interact with a horse and in turn this also teaches a person invaluable tools for developing social skills with the humans in their world.



Many people find that they feel supported and needed by the horses as they work with them. This new-found sense of personal value makes it easier to gain control over personal issues.

Working with the horses can be very beneficial in helping a person overcome negative thoughts and feelings.

It is anticipated that a person will develop a unique relationship which will assist the person to feel reduced stress levels, increased confidence and self esteem.

It is likely that a person will feel an incredible sense of accomplishment during their equine sessions.



The Offer:

Our non qualification based programme offers are based on individual requirements. Your needs and requirements will be discussed in detail with you to ensure we create a bespoke package for you. Programmes are customised to suit individuals. and can include a lunch, drinks and snacks throughout the day if appropriate. Some people benefit from just 30 minutes contact time, others from a half day programme, and some reap the benefits of contact on a regular basis or even several times per week.

Attendees are advised to dress appropriately for the time of year but must wear sturdy foot wear, and gloves as a minimum.

4 Strides Equestrian UK Ltd recognise that due to the practical nature of horse care, adjustments may need to be made to some aspects of delivery and site services in order to provide these opportunities to a wider range of applicants. In the event that a clients' disability restricts their participation we may signpost towards alternative, more appropriate training and instruction.



How To Get Involved:

Interested in finding out more about one of our Programmes or Packages?

For enquiries, further information and costs contact:

Tel: 07771 882882

Email: info@4stridesequestrian.co.uk

Undertake a site visit and meet our team.




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Web site: <http://4stridesequestrian.co.uk/>

Email: info@4stridesequestrian.co.uk

Facebook: 4 Strides—Home of UKBHA—United Kingdom Barrel Horse Association

Instagram : [4_strides_barrel_racing!](#)

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