

4 Strides Equestrian UK LTD

Alternative Education Information Pack & Equine Facilitated Personal Development




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



City & Guilds
Approved Centre

The Offer:

Our programmes are typically 1 or 2 day per week, 10am—2pm and includes a 2 course lunch, plus, drinks and snacks throughout the day.

The day comprises of practical physical activities, concomitant with running a riding establishment.

Using our key principles of 'horses foster change' The young people will work through a range of activities, which are specifically chosen to support their own individual development targets.

Our programmes are largely practical and delivery is mainly in the outdoor environment, although we do have lovely barns and undercover areas when the weather requires shelter.

Evidence of progression is captured in pictures and notes which collectively make up a record of achievement.

Attendees need to wear PPE which can be sourced and provided by 4 Strides Equestrian *(if required)*

All our programme offers are customised to individual requirements. **Please contact us to discuss costs.**

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.



Equine Facilitated Personal Development Programmes

Our non accredited Equine Facilitated Personal Development Programme (EFPD) is designed to support young people with significant difficulties accessing mainstream education., and is for those who would benefit from a rural environment as an alternative placement to traditional classroom setting.



Alternative Education

We offer vocational education either in addition to, or as an alternative to, the current educational mainstream school offer. We are happy to be part of a combined offer.



Vocational Programmes

We are an approved City & Guilds Qualification Centre and we can deliver nationally recognised vocational qualifications in Horse-Care. These are the equivalent of GCSEs. We can offer level 1 and level 2 qualifications. There is no minimum age limit.



Home Education Packages

For those who are elected home educated, we provide equine facilitated enrichment activities to develop a range of skill sets and qualities within the young person.

What we do:

4 Strides Equestrian UK offers a unique programme comprising of physical activities, concomitant with running a riding establishment. Horse care & management which includes handling horses and ponies and carrying out associated duties relating to their health and welfare.

Educational links:

Non accredited English/Maths: communication, speaking & listening. Ratios, measuring, quantities, counting, basic calculations.

Accredited learning: Nationally recognised and certified, vocational qualifications are available for those who seek to do work-based training qualifications. **We are an approved City & Guilds Training Centre.**

Soft Skills:

We work to develop: respect, responsibility, caring, sharing, team work, leadership, time management, empathy, conscientiousness, prioritising, patience, emotional regulation, the impact of vocal tones, giving and receiving non verbal communications. The importance of body language, social development, confidence, emotional growth, self-worth, a sense of purpose, feeling of adequacy, relationship building, trust, a sense of accomplishment, increased resilience though problem solving and strategic planning. Following instructions, following process and procedure, reflection and evaluation skills. *(For a full and comprehensive list of skills that we work towards developing, please ask)*

Venue:

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 round pen/safe work space, a classroom, toilets and catering /refreshment facilities.



Equine Facilitated Personal Development Programmes



Alternative Education



Vocational Programmes



Home Education Packages

Who we are...

4 Strides Equestrian UK LTD, is a licenced riding establishment that specialises in the training of horses and riders in the American rodeo sport of barrel racing.

4 Strides Equestrian uses western trained horses that are fit for teaching purposes and aside from barrel racing, the horses are used for educational and therapeutic activities which promote positive attributes in individuals, bring about behavioural changes and restore a sense of purpose in individuals.

Sally Heron - Director of 4 Strides Equestrian UK LTD - Prior to starting 4 Strides Equestrian, Sally's career spanned 25 years in further education establishments, as a qualified teacher and manager specialising in working with learners with learning difficulties and those with emotional social and behavioural barriers to learning. After some time working in the USA as a counsellor, where horses were used for therapeutic activities, Sally wanted to combine everything she had learned and incorporate her skills to create a place that could and would make a difference to others.

Academic Qualifications

ILM Level 7 NVQ Diploma in Business Management

B.Sc. (Hon's) Sports Science Administration and Coaching
Degree: 2:1.

Key Skills Level 3 in Application of Number,
Communication and IT.

Teaching Qualifications

Post Graduate Certificate of Education (P.G.C.E)

City & Guilds 7307 Further Education Teachers
Certificate Stage 1 & 2

Literacy & Numeracy Core Curriculum Teacher Training

Equestrian Preliminary Teacher Training EQL Level 3

Equestrian Coach Level 2 Generic Riding

Assessor Qualifications

D32 & D33 Assessors Awards. A1 Award.

D34 Internal Verifier Award. V1 Award.

Equine Facilitated Therapy Qualifications

Certificate In Equine Facilitated learning (Level 2)

Equine Facilitated Practitioner Diploma (Level 4)

Equestrian Qualifications

British Horse Society Stage 2 Knowledge and Horse Care

British Horse Society Stage 2 Riding

Supporting Qualifications

LSCP Designated Safeguarding Lead Qualified

A.Q.A. Counselling Skills Qualification

C.I.E.H. 'Health & Safety Management' (IOSH)

Team Teach Positive Behaviour Training (Level2)

Stress Management

Safe Manual Handling

Management of Health and Safety

Managing Challenging Behaviour of Students

Managing Challenging Behaviour 14-16 year olds

Mental Health First Aid

GDPR

PREVENT

Autistic Spectrum Training

Equal Opportunities

Effective Teamwork



Why Horses Foster Change:

Horses promote:	Horses teach:	Equine facilitated therapy is beneficial for:	Horses are very effective for:
Recovery	Responsibility	Facilitating People to Adjust to a New Way of Life	Promoting Emotional Healing & Wellbeing
Re-discovery of potential	Time management	People with Autism	Soothing
Emotional Growth	Prioritising	Depression	Relaxing
Personal Development	Unconditional Love	Anxiety	Improve Mood
Feeling of Adequacy	Communication	Dissociative Symptoms	Reducing Stress
Confidence	Care	OCD	Helping Individuals Gain Control over their Personal Issues
Self-worth	Individuals to Control of Moods	Dementia	Helping People Overcome Negative Thoughts and Feelings
A Sense of Purpose	Impact of Vocal Tones	Those who have Experienced Significant Trauma in their lives. Inc PTSD	Reducing Isolation
Relationship Building	The Importance of Body Language	Personality Disorders	Giving a Sense of Purpose
Trust	Life Skills	A Variety of Mental Health Issues	
Respect	Social Development	Addiction	
A Sense of Accomplishment	Promoting Restorative Practices to lead to Changes in Behaviour	Low Self-esteem	
Aspirations			
Increased Resilience			

The Added Benefits:

There is increasing recognition and integration of Equine Assisted Programmes with growing evidence supporting the effectiveness of treatment with horses in a therapeutic environment and value of the human-animal interaction.

Amongst other things, Equine Assisted Programmes can help people with depression, anxieties, ADHD, addictions, trauma, eating disorders and health difficulties.

Equine interaction provides an experience with an animal that is non-judgmental, gives affection unconditionally, and provides opportunities for physical and emotional development. These animals promote confidence and self-esteem while motivating people to interact and get stronger. For some, this companionship is particularly invaluable, as they may have trouble making friends with people because of low self-esteem.

Learning how to appropriately interact with the horse also teaches a person invaluable tools for developing social skills with the humans in their world. Once a person becomes empowered and confident, this attitude is apparent in their outward demeanour.

Learning to trust an animal such as a horse, is very powerful in the development and restoration of trust, for those whose ability to trust has been violated by difficult life experiences.

With focus & mindfulness a person is supported to feel present, calm, centred, focused and fully engaged. This can have a significant impact on cognition, feelings and behaviours associated with anxiety, trauma, emotional regulation and other mental health difficulties.



The Learner Journey:

All our programmes focus on 3 main elements

- * Horse Care
- * Horse Handling (Horsemanship)
- * Horse management

1st step: Support - Everything the participant does is with 100% supervision and 1-2-1 support.

2nd step: Confidence - As the participants skills develop and their confidence grows, we step back and observe from a distance, whilst ensuring they remain safe.

3rd step: Independence. - Once we feel that the participant is capable and reliable, we trust them and give them full independence. We will still support them if they really need it.

4th step: Leading others - If participants are comfortable to do so, we encourage them to share the skills and knowledge they have learned with others, by supporting new-comers that join our programmes.

5th step: Industry recognised qualifications - With emerging leadership skills, confidence and independence, we will support participants to complete accredited nationally recognised (GCSE equivalent) certificated qualifications.

Progression Routes:

There may be many reasons that a participants time with us comes to an end.

The following are some of the places our participants progress to:

- ⇒ Work
- ⇒ College
- ⇒ Back to school full time
- ⇒ A different education provider to further education



How To Get Involved: The Process

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

For enquiries, further information, costs and site visit bookings contact:

Tel: 07771 882882

Email: info@4stridesequestrian.co.uk

Undertake a site visit and induction




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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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