

# Equine Facilitated Personal Development

## Education Provision Information Pack



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.



#### **4 Strides Equestrian UK Ltd**

*Raising Aspirations & Supporting Dreams*  
- Barrel Racing -

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 Horses Foster Change:

Horses promote:	Horses teach:	Equine facilitated therapy is beneficial for:	Horses are very effective for:
<p>recovery</p> <p>re-discovery of potential</p> <p>emotional growth</p> <p>personal development</p> <p>feeling of adequacy</p> <p>confidence</p> <p>self-worth</p> <p>a sense of purpose</p> <p>relationship building</p> <p>trust</p> <p>respect</p> <p>a sense of accomplishment</p> <p>aspirations</p> <p>increased resilience</p>	<p>responsibility</p> <p>time management</p> <p>prioritising</p> <p>unconditional love</p> <p>communication</p> <p>care</p> <p>individuals to control of moods</p> <p>the impact of vocal tones</p> <p>the importance of body language</p> <p>life skills</p> <p>social development</p> <p>promoting restorative practices which lead to changes in behaviour</p>	<p>facilitating people to adjust to a new way of life</p> <p>people with autism</p> <p>depression</p> <p>anxiety</p> <p>dissociative symptoms, OCD</p> <p>dementia</p> <p>those who have experienced significant trauma in their lives. Inc PTSD</p> <p>personality disorders</p> <p>a variety of mental health issues</p> <p>addiction</p> <p>low self-esteem</p>	<p>promoting emotional healing &amp; wellbeing</p> <p>Soothing</p> <p>Relaxing</p> <p>improve mood</p> <p>reducing stress</p> <p>helping individuals gain control over their personal issues</p> <p>helping people overcome negative thoughts and feelings</p> <p>reducing isolation</p> <p>giving a sense of purpose</p>



## The 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.

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

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



Equine Facilitated Personal Development Programmes



Alternative Education



Vocational Programmes



Home Education Packages



A focus around mindfulness can support a young person 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.

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.



## What we do:

4 Strides Equestrian UK offers a unique programme comprising of physical activities, concomitant with running a riding establishment. This includes handling horses and ponies and carrying out associated duties relating to their health and welfare. (E.g. leading, grooming, bathing, hoof care, rug changing, tack, feeding, watering and paddock care).

### Educational links:

English and Maths, communication, speaking, listening, following instructions, following process and procedure, personal development through target setting, review, reflection and evaluation skills.

### Soft Skills:

Soft Skill development: 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 through problem solving and strategic planning.

### 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 classroom/club house, toilets and catering /refreshment facilities.



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## The Offer:

Our non qualification based programmes are typically 1 day per week, 10am—2pm (although this is negotiable) 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 vocational delivery. 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.

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

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.



Our Equine Facilitated Personal Development Programme (EFPD) is designed to support young people with significant difficulties accessing mainstream education due to their complex needs and would benefit from a rural environment offering an alternative method to the more traditional



We offer vocational education either in addition to, or as an alternative to, their current educational mainstream school offer.



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.



## How To Get Involved: The Process

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

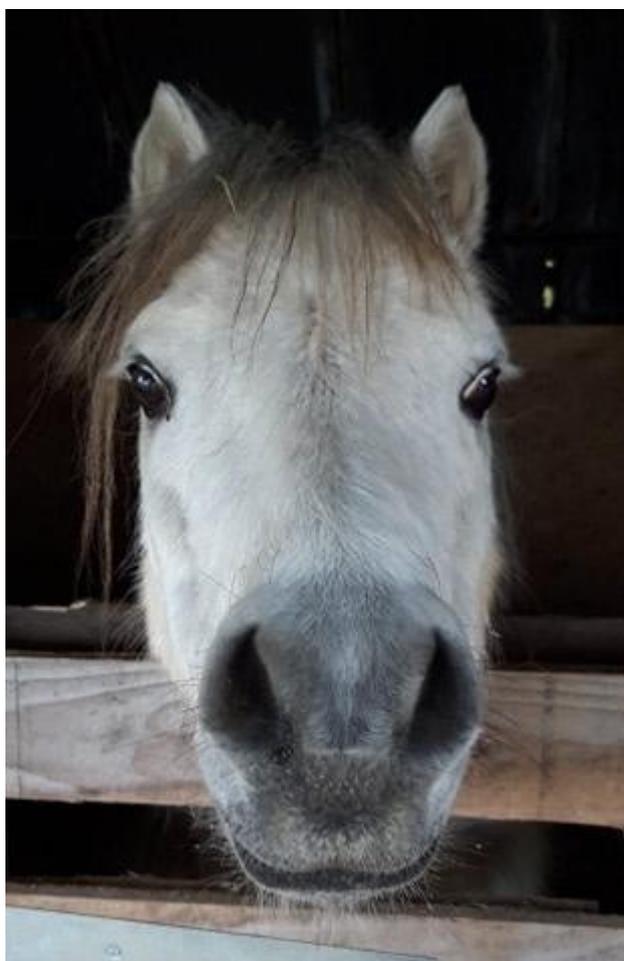
For enquiries, further information, costs and site visit bookings contact:

Tel: 07771 882882

Email: [info@4stridesequestrian.co.uk](mailto:info@4stridesequestrian.co.uk)

Undertake a site visit and induction





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

Email: [info@4stridesequestrian.co.uk](mailto:info@4stridesequestrian.co.uk)

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

Instagram : [4\\_strides\\_barrel\\_racing!](#)

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