

What We Do



HORSES & HUMANS JOURNEYING TOGETHER

We believe that horses have a unique way of helping us look at things differently, which allows people to learn in a practical hands on way whilst having fun.

We offer a unique combination of experiential equine learning techniques, horsemanship and NLP (Neuro Linguistic Programming) specialising in helping families, individuals and groups overcome life's challenges.

Some of the issues we help families deal with are family breakdown, new step-parents, foster family, bereavement, domestic violence, school refusal, self-esteem, anxiety, behavioural issues, self-harming and suicidal thoughts, sexual exploitation, mental health issues, bullying, post traumatic stress, elective mutism, attachment issues and conditions such as Autism, ADHD, Aspergers, Sensory Processing.

As well as our Family Equine Assisted Learning and Individual Therapeutic Horsemanship Programs, we provide a range of services to enable us to best meet your needs including NLP coaching on a one-to-one basis, Corporate/Team Building Days, Wellbeing Days, Pony Share, and Schools Horsemanship Programs.

We are a West Sussex Alternative Learning Provider.

Your time with us

How long are the sessions?

Each session lasts approximately one hour. We stop when the right point has been reached rather than when the clock dictates.

When do they take place?

We offer sessions during school hours and after school as well as Saturdays. Sessions during school hours are available fairly quickly, however after school and Saturdays are more in demand and hence have a longer waiting time. Saturdays are generally reserved for family groups to allow all members to attend. We have found that most schools will allow children time during the day to attend.

Is there any riding?

No, all our sessions are on the ground. We will play a range of games with the ponies both in hand (online) and with the horse loose (at liberty)

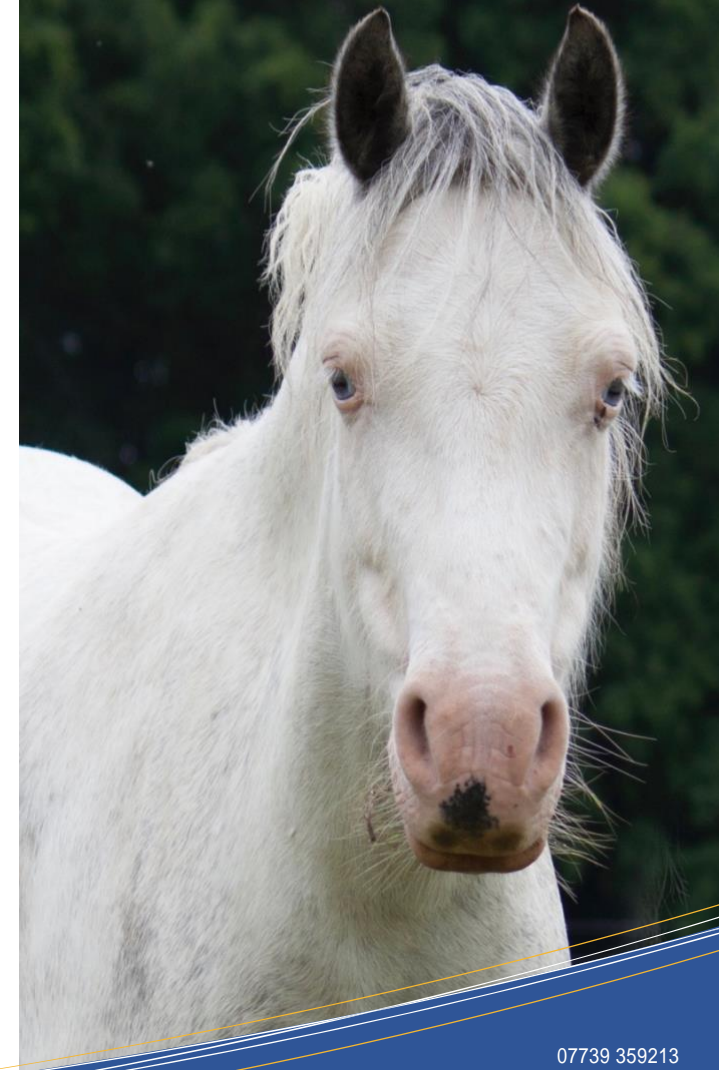
Are the sessions weather dependent?

The short answer is no! In the nice, dry weather we hold our session outside in a paddock or stable yard. However it is raining, cold or windy, we have a lovely big indoor barn in which to getaway from the weather.

Our Horses:

All our horses and ponies are selected specifically for this programme because of their nature and character. Some of our horses and ponies are rehabilitated rescue horses so you will get a chance to help with furthering their education if you wish. They vary in size from very small to very big and different ability and challenge levels, which enable us to match you to the right horse for you.

Services Information



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Equine Partners is a not-for-profit Community Interest Company
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Equine
Partners
CIC



Equine Assisted Learning Centre Based in West Sussex

All our programs are designed to ...

develop a wide range of skills. With support from our qualified facilitators and trained volunteers the clients will develop patience, perseverance, communication skills, trust, overcoming fear of failure and associated avoidant behaviour. They will also develop confidence and the courage to attempt things outside their comfort zones and to experience something new.

During their session's clients will discover how to be a good partner and leader, discover skills and resources they may not be aware they have and develop new ones. They will enhance their empathy and an awareness of other needs, improving their ability to form positive relationships. We support our clients in developing the ability to process sensory input, feel, timing and emotional regulation which can help refine behavioural patterns. We also regularly see an improvement in their fine and gross motor skills, balance and co-ordination. All the things that will equip them with the skills, and give confidence, that will overflow to other areas of their life.

Equine Assisted Learning Sessions

Equine Assisted Learning (EAL) gives clients a chance to spend some time with the horses on the ground. Which gives them a safe place to unpack feelings and look at challenges in their lives in a fun, non-judgmental and relaxed way. The exercises provide a metaphor for situations outside the environment they are conducted in.

The families to discover things about the horses and also some new things about themselves, and will have the opportunity to work together, have fun, develop some skills and resources that they may not be aware they have, and find new skills to help them with life's challenges. They will also build some fun new memories as a family.

We also provide Equine Assisted Learning Sessions to a specific group of individuals, that are not necessarily related i.e groups from school, a group of children in foster care, a group of children going through bereavement or bullying. Each series of sessions is tailor made for the specific group outcomes

Therapeutic Horsemanship

Therapeutic Horsemanship (TH) is a Natural Horsemanship based program. The client works one-to-one with a horse building a relationship, developing a partnership and discovering many life skills along the way.



We can tailor make a programme for those students who are about to go off to college to work with horses. This helps them gain confidence, skills, and experience to set them up for success in their chosen career. We have had a lot of success with it being beneficial preparation for young people who are on the Autistic Spectrum

Specialist Cohort Groups

We run a range of long term specifically designed groups for children with sensory processing, Autism or other life challenges and for those that want a more long-term program (to build confidence for example)

These groups are designed to give young people a chance to learn horsemanship and horse care, whilst being supported and developed in a safe and understanding environment

Team Building/Workshops

We offer a range of team building days and workshops for school / parents/ corporate businesses and individuals. Please look on our website to find out more. All our days and workshops can be completely customized so please contact us to discuss your needs



Schools Horsemanship

These session are completely customisable by the school to meet with their needs. Students can either work one-to-one or in small groups with the horses. Schools Therapeutic Horsemanship (STH) is Natural Horsemanship based program.

By working one-to-one or in small groups with a trained facilitator, the student(s) will try new things and as we are careful to set them up for success they will experience the joy of achievement and the development of a new skill.



Teens Horse Rehabilitation Project

Using a natural horsemanship based training approach we guide the teenagers through an equine rehabilitation mentorship programme, helping them gain valuable skills that they can use in the future with their own horse, turn into a career or take the skills they have learnt and apply them to other areas of their life.

Our trained facilitators work 1-1 with the teenagers, acting as a mentor and guiding them through the process and help them overcome the challenges that arise