



Round Up 11 - News from Horses Helping People

November 2011

Welcome to the eleventh edition of Round Up, a quarterly newsletter to keep you in touch with what's going on at Horses Helping People, as well as the wider world of therapeutic horsemanship.
Round Up is created with the help of volunteers and participants.



New Home for Horses Helping People!

At last we're able to bring you the good news we've been wishing for – Horses Helping People has found a permanent base at Sunrise Farm near Mentmore, Bucks. We're delighted to report that Aylesbury Vale District Council has just approved planning permission for the stables, riding arena and office block. Work will progress on the new site as and when funding and weather allows, so we anticipate the move to take place over the winter months. Hopefully there will be very little disruption to normal services. We'd like to thank Mentmore Parish Council for their support during the planning process – we're looking forward to being part of their community.

Sunrise Farm is currently a pasture field with no buildings, so there is a lot of exciting work ahead. We'd love you to get involved – see the end of this newsletter for some practical ways to help.

Welcome to Sunrise Farm

So what does the future hold for Horses Helping People? Sunrise Farm is a 22 acre field, giving a lot of potential for improving and expanding our activities. On the horse side, we will eventually have indoor and outdoor riding arenas, with a sensory riding trail and spacious paddocks for the horses. There will be much more of a farm environment, with plans to plant an orchard, some woodland, and a hay meadow. We will be preserving traditional local species in the orchard, and also having some rare breed animals, such as chickens and pigs. Wildlife and conservation habitats will be created around the site. This means lots more activities for visitors to take part in, including learning how to work the land with horses. Facilities for people will include an indoor activity room with viewing over the paddocks – ideal also for the professional training courses we run. We'll give you updates in the newsletter, or you could join our Facebook page for more regular updates.



Facebook

Horses Helping People now has its own Facebook page www.facebook.com/horseshelpingpeopleuk (don't forget the uk at the end) Become a fan to keep up to date with developments at Sunrise Farm.

'Your Horse' Feature

We loved the feature about Horses Helping People in Your Horse magazine. If you missed it, look out for it coming soon to our website www.horseshelpingpeople.co.uk

Business as usual

We've enjoyed working with Bucks Action for Children during the school holidays to provide day activities for groups of disadvantaged children. Project co-ordinator Karen Miller said, "The results from the consultation carried out by Bucks County Council showed that Horses Helping People was one of the most popular activities among our children." The children, aged 5 – 18, took part in a variety of activities including grooming, riding, learning about horse care and a nature trail. One of the most popular activities according to the children? – clearing horse poo from the paddocks!

Our **Aylesbury Vale Community Chest** funding has enabled us to link with Florence Nightingale Hospice to provide therapeutic horsemanship for families using their service.



Bucks County Show and Chilterns Countryside Festival

Weather was kinder at Bucks County Show this year, and we also had an enjoyable day at the Chilterns Countryside Festival at Ashridge, with lots of people visiting our stand for information.

Winner of our Name the Bear competition was Holly Shaw, who enjoyed her prize of a visit to Horses Helping People.

What makes a good therapeutic horse?

People often ask us what makes a good therapeutic horse. It really depends on the activities you are asking of them, but here's what we look for at Horses Helping People.

Our horses have to be able to cope with unpredictable behaviour and unusual situations, but also to remain responsive and willing to interact with people. We don't want them to cope with the unexpected by being so desensitised that they shut down. It is preferable for them to be aware of what is around them, but calm enough to accept it without fear. An important part of their preparation is to develop trust in the staff member as the 'safe' leader, so if the horse is uncertain about anything it can look to that person for reassurance.

We have eleven horses in the herd, of different shapes, sizes and ages, and very different personalities. All the horses play some role in the therapeutic activities. Some choose to participate only occasionally, but provide very powerful interactions when they do. Others are dependable and versatile, happy to take part in a range of activities with different clients. All will continue to offer different qualities at different stages of their lives, enriching the lives of people that meet them.



Career training at Horses Helping People

We are still fitting in our one day training courses around the move, and have enjoyed meeting some enthusiastic new recruits to the world of therapeutic horsemanship. We love sharing our experience with people on the courses and continuing to support them as their new centres start to help people around the UK.

Why not be one of the first to come on a training course at Sunrise Farm? Our first five day course at Sunrise will be April 23rd – 27th 2012.

You can find course details on our website under professional training courses.

Email or call for more details if you are interested.

How you can Help **- The Sunrise Farm Fund**

We have a big, big task ahead. Sunrise Farm is currently a pasture field with no buildings, so everything has to be built from scratch. Some money will be raised through grants, but that can be a long process. People power is always best!

If everyone on our mailing list donated just £1 we could build a stable. If everyone donated £5 we would be halfway to a new riding arena.

Here are a few ways you can start to support the new centre straightaway –

A Christmas Gift

How many Christmas gifts get shoved in the back of the cupboard and forgotten? By making a donation on behalf of a friend to the Horses Helping People Sunrise Farm Fund, you can give a thoughtful gift that will go on benefiting people for years to come. We will even send you a certificate to give to your friend to show how the money has been spent. Visit our website now (support us / how to donate) to make your gift donation, or send a cheque made out to 'Horses Helping People CIC' to the address at the bottom of the newsletter.

Easyfunding - Shop online and raise money!

If you already shop online with retailers such as Amazon, M&S, Argos, John Lewis, Comet, Vodafone, eBay, Boden and Play.com, then we need you to sign up for free to raise money while you shop!

You shop directly with the retailer as you would normally, but if you sign up to

<http://www.easyfundraising.org.uk/causes/horseshelpingpeople> for free and use the links on the easyfundraising site to take you to the retailer, then a percentage of whatever you spend comes directly to us at no extra cost to yourself.

Spend £100 with M&S online or Amazon and you raise £2.50 for us. £100 with WH Smith puts £2.00 in our pocket and so on. There's over 2,000 retailers on their site, and some of the donations can be as much as 15% of your purchase.

easyfundraising is FREE to use plus you'll get access to hundreds of exclusive discounts and voucher codes, so not only will you be helping us, you'll be saving money yourself.

Start making a difference...simply by shopping!

Fundraising events

Can you help by arranging a fundraising event? Maybe you work for a company who like to support community causes. Or perhaps you'd like to arrange an event yourself – coffee and cupcakes, dinner/dance, race night – anything that could raise funds (try to keep it legal!)

Play Farmville for real on Facebook!

Are you a farmville addict? Or do Facebook friends keep asking you to help them build their imaginary farm? Well now's the chance to play for real, watching Sunrise Farm develop stable by stable. On Facebook you can follow developments at the farm, and see how your donations help the farm to take shape. Watch out for Sunrise Farm taking shape on Facebook soon!

All donations will go straight to the building fund.

Building stables...building lives





Do you have any skills to share?

It's not just through fundraising that you can help – do you have any skills that could be used in the development of the new centre? We'll need electricians, big diggers, mini diggers, carpenters, general helpers - even if we can call on you for advice it would be a great help.

We're currently compiling a list of people who want to help so, if you would like to get involved, email or call to let us know.

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Horses Helping People CIC is a not-for-profit company limited by guarantee, registration no: 5879727

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