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# Stable Relationships Newsletter December 2016

Christmas is just around the corner and we have been fully booked this term. Please get in touch if you would like to book!

## Continued Press Coverage

We were unexpectedly featured in The Mirror during August. Dr Miriam Stoppard included us in her section on keeping fit and healthy.

BBC Radio Shropshire came to visit us in Sept. They interviewed young people during their session with the ponies. It makes interesting listening! <https://youtu.be/GpzWUwdxPhc>



Latest Blog...  
<https://goo.gl/y6Ofk7>



## Specialised Programme For Traumatized Young People and Carers

Our 12 session programme has continued to grow this term, with schools waiting for places. Young people take part in the programme with a key adult

The programme is an equine facilitated learning programme, grounded in theory and research relating to attachment and healing from trauma. Objectives are set at the start and clearly measured as the sessions progress. Each session is a combination of creative activities, such as painting, discussions, and equine based activities. Many of the young people who have completed the programme have then returned to do work experience with us. Students are usually referred by schools, with their places being funded by pupil premium funding



## Portable Ponies-NEW RIDING ACTIVITIES!

We have continued to take our ponies on the road this term. They love meeting new people and working across the country. We have spent many sessions at a special school for young people with emotional and behavioural challenges in Cannock. Sessions have focussed on emotional intelligence and leadership and we are now able to include riding activities within the sessions.

The ponies teach Emotional Intelligence sessions which link into the PSHE curriculum and SEAL objectives. Children spend time working with the ponies to learn about relationships, communication, recognising and managing feelings, and the importance of feeling calm to learn. Despite the very early starts, the trips are always an amazing experience for all involved



## ASDAN

This term students from 2 special schools have completed the ASDAN Activities Award

Students with vastly differing needs and abilities have spent a day a week with us all term. They have taken part in creative activities such as clay, African drumming, painting, and costing out a pony. They have also taken part in equine activities such as stable management, grooming, leading and riding horses. We would like to congratulate all students (and staff) for their efforts and are pleased to announce that all 11 young people will soon receive their certificates from ASDAN.



## The Future

We have been fully booked this term and are hopeful that we will continue to grow and share our work to benefit as many people as possible.

Over the coming year we hope to:

- Write a book outlining our structured programmes & related theory behind our work.
- Deliver training on our programmes
- Offer schools a new leadership award to include ASDAN and BHS riding skills accreditation

We would like to thank the following people and organisations for all their support: TEC-Caroline Morgan, Mike Khan, Matt Penfold, Dr Miriam Stoppard, Faith Page, BBC Radio Shropshire, Springhill High School, Cambian Group, Chasetown Community School, Tettenhall Wood School, Patrick Tomlinson ...and of course the ponies Lilly, Minty, Dolly, Digby, Bilbo, Murphy, and Ellie!