



Pet a pony project/equine therapy

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Abstract

The pet a pony project/equine therapy will give people the opportunity to have access to facilities that will enable them to gain qualifications in animal care receive all types of equine based help such as equine assisted mental health, equine assisted counseling, equine assisted psychotherapy and equine assisted therapy it will cater for all ages. The main aim of this project is to provide a safe haven for all types of people to go and spend time with, learn about pets and eventually ride horses and not to be judged in any way.

What is equine therapy?

What is equine therapy? Equine assisted psychotherapy incorporates horses into the therapeutic process. People engage in activities such as grooming, feeding and leading the horses whilst being assisted by a mental health professional. pet a pony project is here to help a range of people with additional needs and mental health issues. Equine based therapy is proven to help people with problems such as; assertiveness, confidence, developing and maintaining relationships, emotional awareness, empathy, impulse control, problem solving skills, social skills, trust in others and trust in themselves. (Scharff 2017).

What age does it suit?

Pet a pony will be suitable for all ages and abilities, whether able bodied or with additional needs. As long as the person has an interest in learning about ponies and enjoys spending time with them we can cater for everyone. (Clark 2021).

What does equine therapy do?

The pet a pony project/equine therapy will give people the opportunity to have access to facilities that will enable them to gain qualifications in animal care receive all types of equine based help such as equine assisted mental health, equine assisted counseling, equine assisted psychotherapy and equine assisted therapy it will cater for all ages. Ultimately, the aim of equine therapy is to help you to discover more about yourself, develop new ways of thinking and change any negative behaviours (The Priory Group, 2021).

What does it include?

During sessions, you don't actually ride the horse. Instead, you carry out tasks such as feeding and learning to feed a horse correctly, grooming and what brush to use for what part of the horse and how to correctly put a head collar on and learning to lead the horse correctly to ensure safety for both person and horse. Sessions usually take place in small groups, where you may have specific tasks or 'obstacles' to overcome. After sessions, you have the chance to discuss your experiences and emotions with your therapist.

We have a bhs level three instructor available to give classes on animal care and to be able to successfully complete the course access to a qualification equivalent to two gcse's. We also have a qualified equine therapist available to give people equine based therapy that will include collaboration with a horse, your therapist and an expert horse handler (Scharff 2017).

Who does it benefit?

Horses can provide an extraordinary amount of emotional support beyond the pet owner relationship that many of us have lovingly experienced. Animals are sometimes used in therapeutic settings to help clients navigate challenging emotional feelings. pet a pony project is here to help a range of people with additional needs and mental health issues (Scharff 2017).

Where we plan to hold equine therapy

We have the use of some land of which accumulates to approximately 3 acres (see appendices 1) It also has some hard standing which we plan to build a field shelter.

Budgeting list

I am asking for the amount of £2,725.99 and below is the list of how it will be spent. As we already have the use of 2 ponies we don't need to purchase anymore at this moment in time.

Land £20 per week for 6 months = £480

Field Shelter £500

Hard standing £350

Portaloo £588.99

Cabin with kitchen seats etc £500

Brushes £30

Rugs £55

Head collars & lead ropes £16

Buckets £2.50 x 4

Haynets £16 x 4

First aid kit £45

Wheelbarrow £35

Fork £42

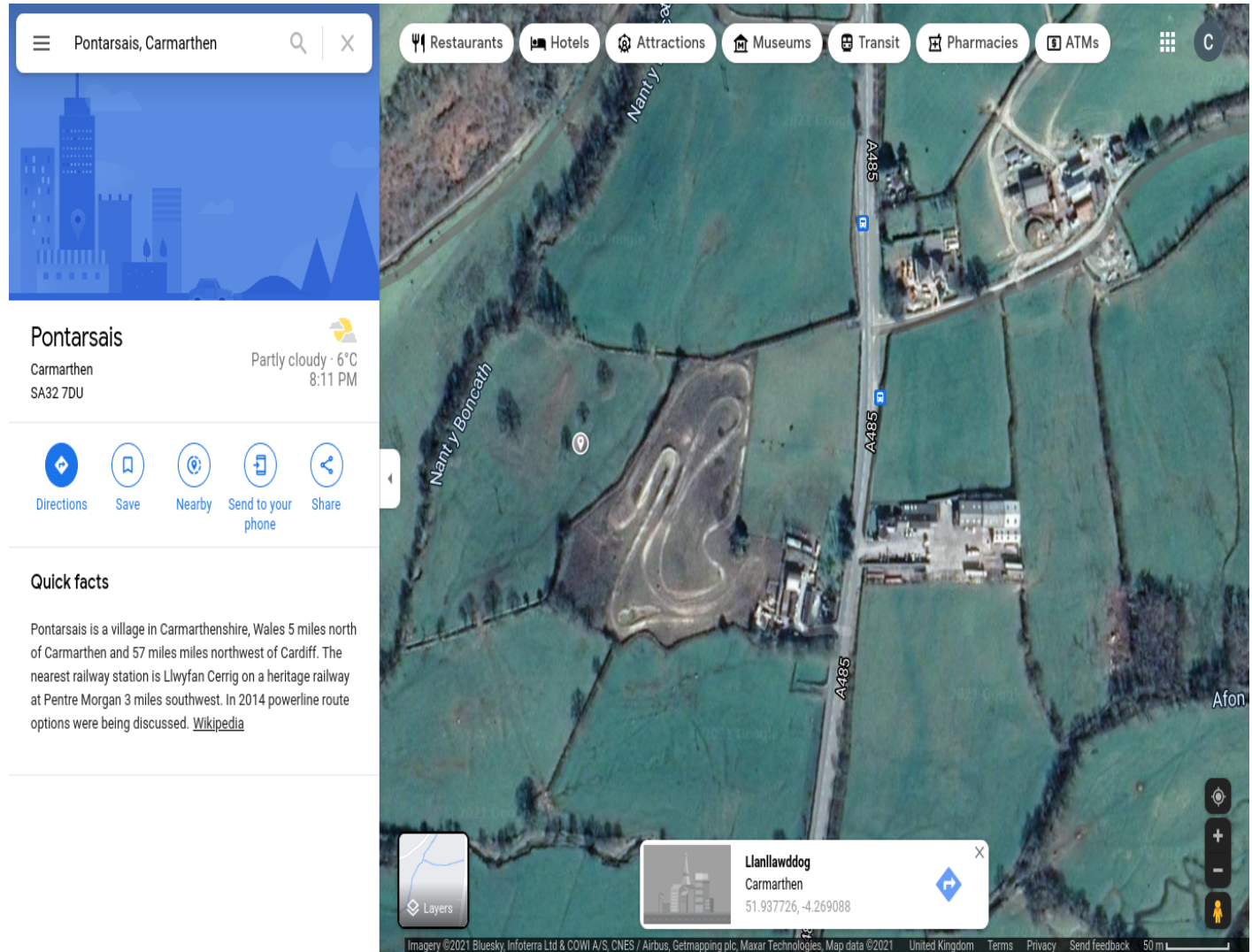
= £2,725.99

We are also asking for a sum of money to put towards courses for ourselves to learn more about equine therapy so we are able to help more people. This is a sum of £3,000 that will fund us both to attend a week's course in England that is specific to learning all about how to deliver equine therapy to the best we can.

Total cost £5,725.99

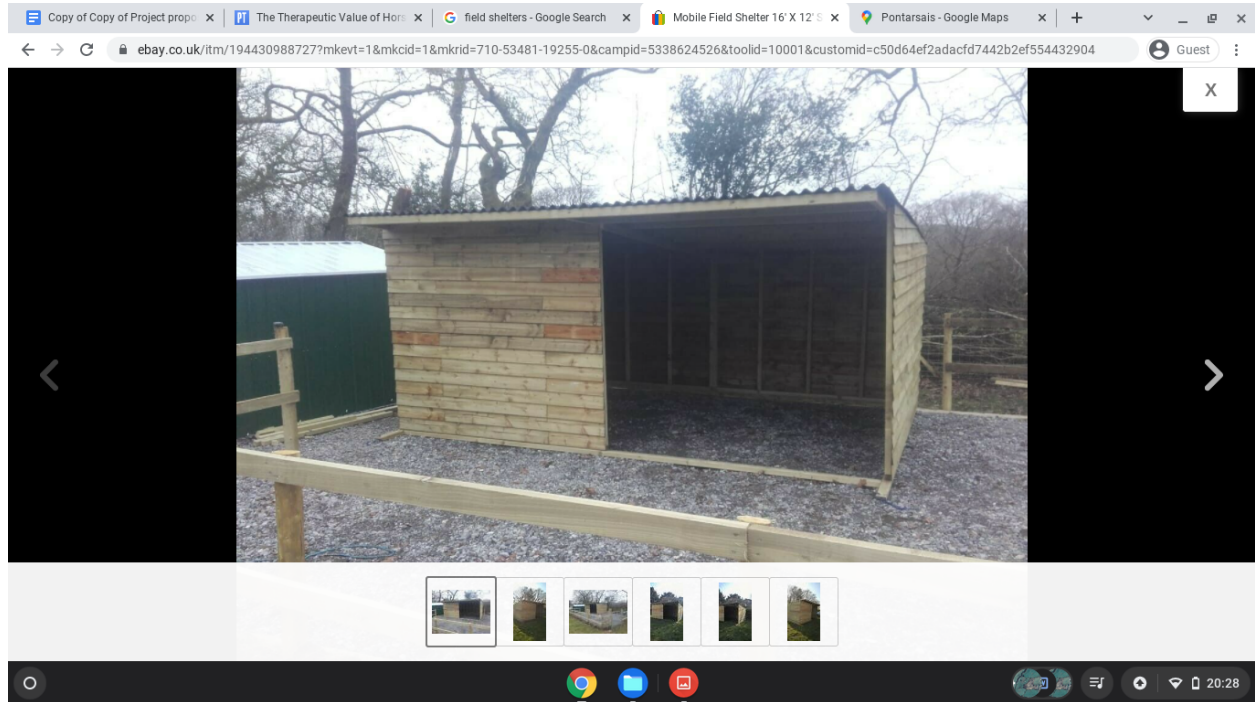
Appendices

Area view of the premises we have in mind to use.



<https://www.google.com/maps/@51.8680487,-4.3267271,14z>

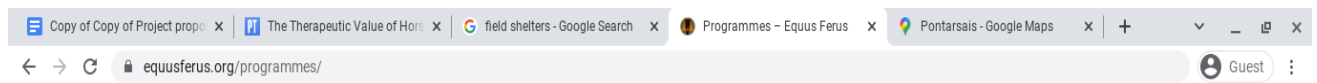
Pictures of field shelters planned for use for the horses so clients can come rain or shine, these are light and airy and can be moved when needed.



<https://www.ebay.co.uk/itm/194430988727?hash=item2d44fd71b7:g:EboAAOSw3Dtd-zDx>

Pictures of courses

Here are two examples of two different yards already practicing Equine Therapy. One is based on college grounds, the other is on a private yard.



Our Programmes

We offer a range of tailor-made programmes for a wide variety of beneficiaries. Our programmes are outdoors and nature-based, some of which including an element of online delivery. We run the majority of our programmes in our dedicated equine-facilitated human development centre, with some additional programmes being held in locations more suited to the type of programme. Examples of these additional programmes include working in woodlands, birdwatching and creating driftwood sculptures on the beach.

We run collaborative projects with a variety of organisations and professionals, enabling beneficiaries to experience the widest range of support possible and make informed choices on their personal development journey.



Equus Ferus (2021)

THE EQUINE THERAPY CENTRE

Offering a superb learning environment, our Equine Therapy Centre allows students to gain real-world experience or undertake a work placement for those students requiring it as part of their course.

The centre runs a 'Demo Horse Scheme' where they involve Hartpury student and staff horses in research projects, in return for exercising them on either or both of our treadmills for free* (initial sedation charge will apply for exercise on the Aquafit treadmill).

The Equine Therapy Centre offers treatment and rehabilitation of musculoskeletal conditions using a combination of the most up to date facilities, physical therapy and techniques in veterinary medicine. Since 1999, the Centre has helped thousands of horses achieve their full potential whatever their role in life. Dressage world record holder, Charlotte Dujardin's wonderhorse, Valegro, even visits the centre several times a month!

The centre has extensive facilities which support the treatment of horses. These include a Sato high-speed treadmill, an Aquafit water treadmill, veterinary facilities including an examination room where procedures such as nerve blocking, joint medication and radiography are carried out, and a 40mx4m trot up with 12m diameter trotting circle.

There is a separate treatment box where electrotherapy and Zamar treatment is carried out, weighbridge, solarium, indoor and outdoor Andrews Bowen waxed arenas*, off-road training track, Monarch horse walker and restricted turnout pens.



References

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