

Taking the Reins is a well-established, highly successful equine facilitated learning project that has positively helped transform the personal journeys of many disabled and disadvantaged children and young people. Delivered by Circles Network, we recognise that as people navigate their life journey, there will be many challenges along the way which may slow down or even threaten to stop an individual's personal development. Our aim is to support people to develop their own toolkit of resilience in order to face and overcome challenges as they arise.

In particular, we can help people to;

- recognise and build positive and healthy relationships
- explore and express thoughts and feelings through a range of communication techniques, including non-verbal communication
- build a strong sense of self-worth and self-esteem
- develop social skills and the ability to work effectively as part of a group
- learn how to lessen anxiety and gain emotional strength.

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Taking the reins



**Equine Facilitated
Learning can have positive
benefits for just about anyone!**



Working with horses and ponies in a therapeutic way has been proven to help combat depression, reduce anxiety, lower blood pressure, and promote a general sense of well-being.

EFL sessions at Circles Network, Rugby develop from the person beginning to form a positive relationship with the horse or pony to working with the horse or pony at liberty in a safe space such as the round pen or sand school. There is no ridden work involved, all of our EFL work takes place on the ground in a peaceful and natural setting. By working with and developing a bond alongside a horse or pony, it is possible to develop skills in relationship building, boundary setting, communication, leadership, confidence and recognition and regulation of emotion.



Horses live naturally and peacefully in herds, without the need for verbal communication, they are acutely attuned to the energy state and vibrations of those around them.

This is essential for as a prey animal, they need to be able to respond immediately and collectively to perceived danger. Equine facilitated learning taps into this amazing ability to provide us as people, very visible and real opportunities to learn about the effect of our thoughts, feelings and behaviour as expressed in our breathing, body language and voice.

Significant and life changing outcomes we have encountered have included: previously non-verbal children begin to speak and use language, isolated young people at risk of school exclusion forming positive relationships and boosting their self-esteem, young people who found it difficult to regulate emotions resulting in significant behaviour challenges start to communicate feelings that couldn't previously be explained. The benefits of equine facilitated learning are many and far reaching, equipping children, young people, and adults with a lifetime toolkit for building personality and resilience and facing life's challenges, head on.

Our team of skilled facilitators work in a person-centred way, ensuring that the child or young person is able to achieve their own specific identified outcomes through a range of fun filled and engaging equine activities. We are privileged to witness such amazing progress for people living with a range of personal challenges such as anxiety, autism, cerebral palsy, ADHD, attachment disorder, PTSD, PDA and other physical, sensory, social or mental health challenges.

