

COVID 19 has had a negative impact on the lives of many, now is the time for children, young people and adults who have missed opportunities, felt lonely and isolated, struggled with low mood or mental ill health to build resilience for the future.

Participants may, if they wish without any obligation, donate to our Animal Welfare Fund which is set up to provide food and health and welfare checks, such as farrier and veterinary treatments.



For more information, please see our website and to apply for your funded place, please contact:

01788 816671

or

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circlesnetwork.org.uk



Resilient Lives

and Inclusive Communities (ReaLise)

A ten-week programme of outdoor learning and creative experiences to support disadvantaged and disabled children, young people and adults to build resilience and improve their mental and physical wellbeing.

Our team will work alongside small groups, in a unique natural environment, to help participants build awareness of their own mental and physical wellbeing, build friendships and have fun. Participants will interact with ponies, be active in nature and enjoy chosen arts and crafts, movement and mindfulness practices.



Our team at the Rugby Hub are experienced at supporting people from all different backgrounds.



Between us, we have some specialised skills in forest schooling, equine facilitated learning, pony care, arts and crafts, nature pursuits and natural horsemanship.

We are all super friendly and welcoming, have oodles of patience and simply love people and animals.

Sessions are run outdoors and in all weathers, so please make sure you have the appropriate clothing. Warm and waterproof clothes for the winter, including gloves, and a sun hat and sun cream for the hotter months. We do have some wellies you may borrow if required.

If you have your own riding or cycle helmet, you are welcome to bring this with you, however we do also have hats available to borrow should you need to.



The atmosphere is calm and the setting quite beautiful.

We have a small herd of horses and ponies who love to be stroked and handled. They will walk with you over jumps and around objects. We play games, hold competitions and generally enjoy the green paddocks and open sky. There's always someone to talk to and new friends waiting to get to know you.



Working with horses and ponies is known to have the following physiological benefits;

- decreasing blood pressure
- reducing anxiety
- alleviating depression
- building a sense of self-esteem and resilience
- and much more....

