

# How to Participate

Please visit our website at [www.circlesnetwork.org.uk](http://www.circlesnetwork.org.uk) and complete the registration form. For additional assistance or inquiries, feel free to contact us at 01788 816671 or email us at [admin@circlesnetwork.org.uk](mailto:admin@circlesnetwork.org.uk). Our friendly team is here to guide you through the registration process.

## Eligibility

Taking The Lead is open to individuals of all ages who are seeking personal growth, emotional support, or a therapeutic experience. No prior horse experience is necessary, as our programme is tailored to accommodate participants at various skill levels.

## Programme Fees

Participation in Taking The Lead requires a funding agreement or fee. Please refer to our website or contact us for details.

## For further information contact:

[natalia.dominguez@circlesnetwork.org.uk](mailto:natalia.dominguez@circlesnetwork.org.uk)



[circlesnetwork.org.uk](http://circlesnetwork.org.uk)

01788 816671



# Taking The Lead

Equine Therapeutic Project  
Discover the Healing Power of Horses



# Discover the bond between horse and human through transformative equine activities whilst gaining valuable life skills.

## ***Taking The Lead is a popular and successful programme of Equine Facilitated Learning.***

Held in a safe and supportive environment, individuals can discover the calming and healing benefits of working with horses. Through a series of carefully designed activities, we aim to promote personal growth, emotional well-being, and confidence building in a natural outdoor setting.

You will enjoy a journey of self-discovery and empowerment through interactions with our incredible equine partners.

### **Equine-Assisted Activities**

We give you time to get to know the ponies well. You will work on the ground and engage in a variety of activities designed to enhance emotional strength and well-being. Interacting with horses can promote self-awareness, emotional regulation, and improved communication skills.

*“The benefits of Equine Facilitated Learning are often life changing and always heartfelt”*

*Mandy Neville*



### **Building Trust and Confidence**

Experience the power of the human-horse connection as you learn to establish trust and build a meaningful relationship with each horse or pony.

You will learn how to care for a pony, brushing, feeding, leading, and exercising them. Learn to tune in to your own needs, practice self-care, and manage stress effectively. The peaceful environment and the gentle presence of horses provide the perfect setting for self-reflection, relaxation and building resilience.

### **Project Details**

Taking the Lead sessions are held Monday to Saturday from 9am to 6pm (*later in the lighter months*). Participants can choose to attend a single session or join us regularly, weekly or fortnightly. We are located at Cawston near Rugby. Our Equine Yard is equipped with specially designed areas and we work in small groups and sometimes individually.

### **Outcomes**

We have worked with children, young people, and adults of all ages on this project for over 24 years. Some of the outcomes we have encountered include; previously non-verbal children beginning to speak and use language, isolated young people at risk of school exclusion making positive friendships and boosting self-esteem, adults feeling well enough to go back to work or change their lifestyles.



***For your safety and comfort, we recommend wearing closed-toe shoes or wellies and suitable clothes for outdoor activities. We supply helmets and have lots of spare wellies!***