

## HORSES FOR CAUSES

### About Us -

Horses for Causes is a non profit organisation with the mission of providing growth and change for people of all ages, in the community, through equine interaction.

This type of therapy has been successful in helping those with depression, trauma, abuse and other degrees of psychological and mental health.

[www.soarvalleywestern.co.uk/](http://www.soarvalleywestern.co.uk/)

### The Grant -

Horses for Causes successfully applied for a grant of £5,000 to resurface their stable yard. The stable yard was very uneven and unsafe and became muddy and waterlogged. The resurfacing enabled better access for people with physical disabilities, sessions to be on hard standing rather than in a muddy field, easier access for parking and decreased the number of sessions that had to be cancelled due to weather conditions.

With Blaby District Council's help and Shires Community Grant we have been extremely fortunate as it has enabled us to expand our services even further. For clients that have mobility challenges, the new concrete drive has been a god send.

For clients in wheelchairs they can drive straight on to the stable yard,( it is also great for carers that worry about younger vulnerable people being on a busy by pass).



For more information about our Community Grants Scheme contact Beth Colbert in the Partnerships & Community Development Team at Blaby District Council:

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*Sam is 17 and has Down's Syndrome and is also on the autistic spectrum. Summer holidays have proved to be difficult in the past with Sam becoming increasingly more insular and unwilling to leave the family home.*

*We accessed Horses for Causes for the first time this year and it has been a godsend. Sam is keen to get ready and will leave the house happily. He loves interacting with the horses. Sharon seems to have the knack of communicating with Sam on a level that he understands. For the first time Sam has spoken to his dad and brothers about something he has done without them. As this is clearly benefitting Sam we hope to be able to continue attending sessions when the holidays have finished.*



*Our daughter, Chloe, is seven and she has diagnoses of autism, ADHD (inattentive type), dyspraxia, sensory processing disorder, chronic anxiety and joint hypermobility. Chloe has had fortnightly sessions at Horses for Causes for over two years. Since we began our journey with Sharon and her team, Chloe has always been very well supported and her additional needs have been embraced. During a period of particularly low self-esteem, Sharon worked with Chloe on dealing with her emotions, at our request. Being able to express her feelings whilst on horseback worked well for Chloe and enabled her to feel safe. Sharon knows what Chloe needs from the session and she is very in tune with Chloe, letting her set the pace. Chloe gets lots of sensory input from the itinerary, which includes preparing feeds and grooming as well as riding. Sharon has a super comfy sensory saddle which Chloe loves to use. Chloe's sense of balance has improved since she has been riding and she is at her most relaxed and communicative when on horseback.*

*As Chloe's parents, there are times when we have needed support. Sharon offered to prepare a report for us based on her observations of Chloe when she was off her ADHD medication on a trial basis, at the request of school. The report highlighted Chloe's difficulties around concentration and ability to focus on a task without her medication. This was something that we had already verbalised concerns about and it was helpful to have a professional opinion. The trial was cut short after two weeks and Chloe now has the medication she needs to help make daily life less challenging for her.*

*My daughter had her 1st session today and it was just amazing!!  
The staff were so lovely and put my daughter at ease immediately, she can't wait for next*