

## Who we are

Somerset Equus Ltd is a family run equestrian yard based in a peaceful, rural Somerset location, we are surrounded by open fields and wildlife. We use only our own horses for equine assisted coaching. They are all well versed in working alongside children and young people with many different issues.

*"You always make me happy. You help me get over my worries. You help me look after some very nice horses and ponies because that's what friends do". M, aged 8*

*"Even though bad things have happened to me you have helped me smile and laugh again. I can still have a good life". A, aged 10.*

*"Somerset Equus has been an amazing experience. Thursday is my favourite day because I go to Somerset Equus!" L, aged 10.*

## Contact us

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## Equine Assisted Coaching



SOMERSET EQUUS LTD.

Working with children and young people who experience social, emotional and behavioural challenges

## Our Aim

Our aim is to work to reduce the negative behaviours and anxieties that some children and young people present. We provide professional support and guidance in a therapeutic environment for children and young people who are experiencing social, emotional and behavioural challenges.

Working together with the horses can encourage positive relationships and increased self-esteem and self-worth. Through practical, hands on work and discussion we are able to support children and young people to find their own strategies to more positively manage their reaction to their thoughts, feelings and emotions.

These interventions can help towards achieving a more settled sense of self that is conducive to being open to learn. The idea of coaching is that a solution or way forward is found by exploring options with the child or young person and supporting them to find a way that works better for them rather than directing or instructing.

Horses are increasingly being used because they are emotive animals and sensitive communicators. Somerset Equus' horses are trained to work alongside children and young people who are experiencing difficulties. The interaction with our horses encourages self-awareness and self-reliance.

*"Your reviews always make me smile. I'm so glad we did this for L, she is more settled and I know she will value and remember this experience. I do feel she'll leave Somerset Equus and Heathfield in a better position than she was a few months ago". N.Patmore – Assistant Head and Child protection and Safeguarding Lead, Heathfield Community School, Taunton.*

## What we offer



Sessions are made up of time spent in The Shed using resources and discussion and time outside working with the horses. All sessions are tailored to the individual needs of the child. We have found that a weekly two hour session is most effective however, this can be increased if required.

Our Specific Sexual Health Safeguarding work is used to inform and educate children and young people who have displayed sexually harmful behaviours. It can also be used in the recovery work of children and young people who have been or are at risk of abuse, including sexual exploitation.



Following each session written feedback is given to the referrer. We also provide a comprehensive review and an agreed point during our intervention. We are happy to attend meetings and contribute to reviews where appropriate.