

Who are Equi-Power Central Scotland RDA?

Equi-Power was established to use the power of relationships with horses to support the learning, health, wellbeing and enjoyment of children, young people and adults with additional support needs and disabilities in Central Scotland. The organisation offers horse riding, equestrian vaulting and equine assisted learning opportunities. Equi-Power also offers valuable volunteering and supported volunteering opportunities. These opportunities support people of all ages and abilities to grow in confidence, improve health and wellbeing, develop skills and participate in social opportunities.



How was the grant used?

- This fund has helped part fund 18 online learning sessions for participants and supported volunteers who gained Riding for the Disabled Association (RDA) horse care awards.
- Makaton is the sign language that many children with disabilities use to communicate. Volunteers participated in a 'Makaton for Horse Riding' course.
- Six volunteers participated in an Equine Facilitated Learning Introductory Online Course.

What had to change due to Covid-19?

- During most of the pandemic children, young people and volunteers have been unable to attend the stables to participate in riding and carriage sessions and care for the horses. Online learning has been delivered throughout lockdown.



M's Lockdown Achievements

What difference has the grant made?

- The RDA online horse care course allowed members and volunteers to achieve, learn, stay connected, gain new skills and enjoy a sense of purpose even when Covid-19 restrictions meant they could not attend the stables.
- The Makaton course will help volunteers to effectively communicate with young people when they return to services at the stables.
- By participating in Equine Facilitated Learning Introductory Online Courses (EFL) volunteers can use the techniques learned when back at the yard including groundwork with horses to teach emotional and behavioural competencies to people of all abilities. Two volunteers are now progressing to the full practitioner training in EFL which will hugely benefit the reach of the organisation going forwards.

'I just wanted to say that M very much enjoyed her level 4 horse care course. The content was very relevant and the time passed so quickly.'

(Participants Parent)

