

# **A Strategy for Lifelong Learning**



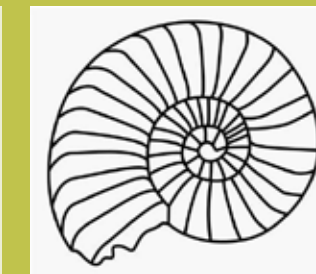
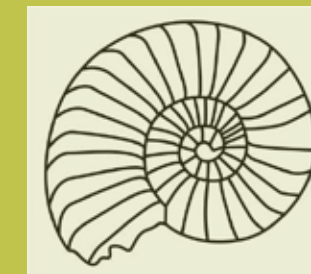
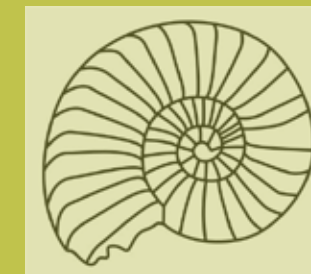
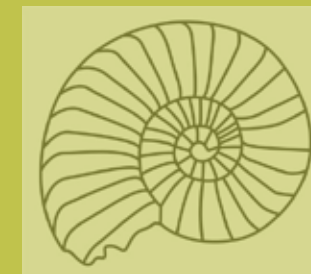
**Fossilfield Training Centre Ltd SC725077**





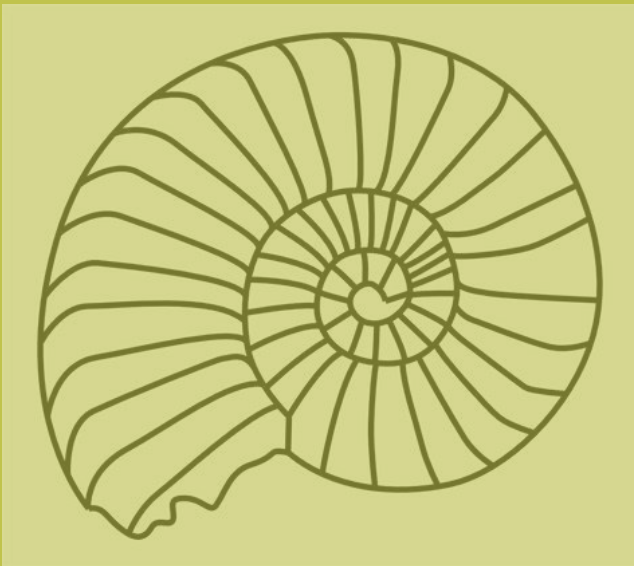
# Contents

- 2** Our Aims
- 3** Introduction
- 4** Students at Fossilfield
- 5** Our Learning Environment
- 7** Fossilfield Learning Models
- 8** Fossilfield Protocol for Engaging a Demotivated Learner
- 9** Achievement and Attainment
- 10** Our Programmes - Inclusion and Affordability
- 12** Assurance
- 13** Programme Requirements





# Our Aims



*Offer an inclusive environment where children and young people undertake a learning programme of core skills which are SQA approved.*

*Provide meaningful experiences which builds confidence to develop skills and knowledge.*

*Creates a safe learning environment to explore without judgement.*

*Develop opportunities to embrace the ethos of the Training Centre.*

# Introduction

Since opening in 2021, Fossilfield Training Centre has developed a bespoke equine facilitated initiative that has successfully engaged local families, schools, and community organisations.

Creating a series of youth development programmes, the Centre addresses many of the issues contributing towards the rise in mental health problems among our young people.

Our team at Fossilfield are committed to investing in young people and educating them to make better life choices through an informative, interactive, and holistic coaching approach. Through enhancing the learning and wellbeing aspects of mainstream pedagogy we strive to reduce exclusion, improve relationships, increase attendance, promote better wellbeing alongside raising attainment within Literacy and Numeracy.

Through providing people with knowledge and skills to make positive life choices, Fossilfield can create opportunities allowing those marginalised in society, and may wish, to confidently re-connect with their local communities and become valued contributors to society.

Fossilfield is located within six acres of rural grounds, surrounded by the natural world at peace. The Centre provides the perfect backdrop for uninterrupted harmony which when partnered with our self-directed learning experiences offers something so unique and special, setting us apart from our competitors.

We are committed to creating a progressive, rewarding, and transformative learning experience for our learners. Our mission is to support the provision of appropriate training for children and young people within a safe, inclusive, and respectful environment allowing them to develop strategies that will enhance lifelong learning.



# Students at Fossilfield

Fossilfield is a distinctive facility which breaks down barriers of affordability and accessibility often found with similar service types. The centre is a not-for-profit, grass roots organisation which encourages people from many different backgrounds and social groups.

Our programmes are suitable for those that:

- Want to grow and develop in an outdoor based environment.
- Have found it overwhelming to engage in a mainstream setting.
- Require support to overcome barriers.
- Have experienced trauma.

Taking a person-centred approach to our training programmes actively supports our holistic approach to learning, ensuring that every student can self-pace their progress through our guided adolescent stage of learning.

Our location near Auchinleck in East Ayrshire not only makes our service accessible to a demographic region (already identified as being among the highest ranking percentages for child poverty), but has enabled us to establish firm links across our local communities. We are also able to receive additional support from partnering organisations that understand the challenges our young people are currently facing.

Poverty and income inequality statistics - gov.scot ([www.gov.scot](http://www.gov.scot))

Ayrshire child poverty: Areas amongst worst in Scotland - Ayr Advertiser

# Our Learning Environment

*“Horses are a gift for all kinds of people”*

Teaching children and young people to value themselves, others, their environment, and their experiences is the ethos of Fossilfield Training Centre. Through the provision of a safe and nurturing environment all our participants are encouraged to recognise their individual strengths and potential. Boosting inner confidence can help develop the learner’s knowledge and understanding of themselves together with transferable and sustainable skills.

The core philosophy of the business is centred around the routine care and training needs of a group of rehabilitated racehorses. Fossilfield offers an exceptional learning opportunity for engagement with interdisciplinary tasks allowing participants to progressively develop, demonstrate and apply skills that are appropriate to the learner’s needs. The magical presence of the horse

combined with a natural, low sensory rural environment is central to the many therapeutic benefits which Fossilfield has to offer.

Researching has confirmed that equine therapy has many benefits that can improve health and wellbeing allowing for a more nurturing environment for learning. Leading trauma expert, Dr Bruce Perry, emphasises the fundamental importance of relationships to buffer children from the trauma experience and to help them recover. Fossilfield provides a confidence building environment where children and young people can develop trusting relationships not only with staff, but also with the horses.

Bruce Perry/Bruce D. Perry, M.D., Ph.D. ([bdperry.com](http://bdperry.com))



Psychologist and Equine Expert, Dr Brenda Abbey explains that horses are non-judgemental, and their social signals are less complex than humans. Therefore, interactions with horses provide a good starting point for individuals to explore and develop trusting relationships. Trust can be built through brushing or caring for the horse.

Dr. Brenda E. Abbey -  
Home (drbrendaeabbey.com)

Dr Bruce Perry notes that these care tasks have an additional benefit, “Petting, grooming, riding and walking with our animals will provide a powerful rhythmic input that is known to calm a dysregulated individual”

<https://attachmentdisorderhealing.com/developmental-trauma-3/>

Repetitive actions involved in horse care can be helpful in regulating or balancing a child’s mental state and allowing them increased capacity to relate to others and be more open to learning.



The staff at Fossilfield recognise a growing number of young people are currently missing out on education as a result of Emotion Based School Non Attendance. The centre has the resources and experienced tutors who could provide a low sensory and low demand situation where young people could access novel experiences and opportunities to rebuild trust, develop skills and experience success.

Providing children and young people with knowledge, essential skills and attributes will allow them to thrive in a modern society.

# Fossilfield Learning Models

The purpose of Fossilfield Training Centre is to allow children and young people the right to develop into responsible adults through the provision of innovative opportunities and encouragement. Using our own psycho-physical training method our programmes meet the wellbeing recommendations of the Scottish Government’s GIRFEC model and our accredited coaches are highly skilled in recognising the importance of emotional regulation and relationships in the learning process.

Our approach is founded to reflect the typical personal development using a three dimensional model that balances the emotional, social, physical, and mental requirements of each individual by providing opportunities for children, young people and adults to develop problem solving skills and make informed choices within a supported environment.

Fossilfield aims to increase adolescent understanding and experience by creating a safe environment and developing trusting relationships. This allows increased capacity for focus, problem solving, and flexible thinking that will enable the development of the skills, behaviours and learning required to achieve longer term goals.

Coaching this model of learning develops self-regulation of personalised learning plans, with participants encouraged to experience scenarios with different mindsets, either through team-building exercises or within a 1:1 personal coaching moment. This technique allows for progressive growth whilst encouraging a mindset distanced from negative thoughts, never allowing for failure but instead offering the opportunity to rest and reflect until such times as the individual is ready to recommence a period of self-growth and work towards BALANCE.



# Fossilfield Protocol for Engaging a Demotivated Learner

Fossilfield can deliver bespoke programmes that offer the latest in psychophysiology and personal development techniques through the incorporation of Equine Facilitated Therapy and nature-based learning. These programmes consider the different stages of typical development and time is taken to determine any imbalance in the adolescent's personal progression.

Our skilled coaches facilitate learner- led sessions by adopting an andragogical approach to learning, whereby participants are encouraged to develop interests that can lead towards self-motivation and a greater understanding of the importance of learning

Participants are provided with the opportunity to:

- Become aware of their strengths and weaknesses.
- Set achievable goals,
- Demonstrate knowledge and understanding of the skills they learn.
- Learn how to apply these skills appropriately and put them into action.
- Have accountability and autonomy.
- Become self-motivated.

Feedback and reflections amassed from our programmes will mark the impact that this model has on progressing each learner. This will enable Fossilfield to continually improve our own practise and learning experiences.

# Achievement and Attainment

Fossilfield teaches participants the necessary skills to become part of a grassroot Pony Racing or Amateur Point-to-Point Horseracing team.

Our aim is to take local young people, develop skills and experiences that will not only prepare them for adulthood but also offers an opportunity to experience an equestrian sport and entry into an industry that offers multiple routes for employment and pathways for career progression.

We are keen to work with educational establishments that require alternative learning experiences for students who could gain basic qualifications but may be in the process of becoming disengaged.





# Our Programmes - Inclusion and Affordability

Course delivery is made through regularly attended, timetabled workshops, 1:1 bespoke sessions and short or long term specific courses.

Our programmes offer:

- Voluntary learning experiences
- Opportunity to gain recognition of learning with awards and qualifications.
- Transferable skills for learning, life, and progression into employment

- The main aims of the training are to:
  - Develop an appreciation of the value of learning
  - Recognise the importance of families, community, and society
  - Develop a positive mindset.
  - Share knowledge and experiences.
- Aid personal development through goal setting and planning
- Promote personal choices whilst considering and addressing inequalities.
- Aid individuals to realise their own potential and then support them to reach full potential.

We are currently able to offer the following options which we are happy to discuss further:

## 1. Out of School Clubs

- By removing barriers and encouraging participation into elite sports allows every young person to improve their Physical, Mental, Social and Economic Wellbeing.
- Grassroots sport provides a diverse mix of opportunities for individuals of all backgrounds and abilities.
- Grassroot sports are important to give the next generation of elite athletes the best chance to succeed.

## 2. Leadership Awards

- To empower young people to live meaningful lives allowing them to become responsible citizens and contributors in society by:
  - Improving their own wellbeing.
  - Developing social skills for improved communication.
  - Creating positive experiences
  - Learning the ability to make decisions.
  - Having the knowledge to seek appropriate support and advice.

## 3. Professional Development

- Work readiness
- Upskill existing workforces
- Balance health and wellbeing of staff
- Develop a work-based learning culture.



# Assurance

- Fossilfield is a fully licensed riding establishment authorised by East Ayrshire Council and has a comprehensive list of Risk Assessments, Public Liability, Equine Indemnity and Employer Liability Insurances in place.

- The Centre is also regulated by the British Horseracing Authority ensuring our integrity within the sport.

- Our Race Coaches are trained and registered with the Racing Staff Development Programme

- Approved by the Scottish Qualification Authority to deliver a range of qualifications.

- All Fossilfield Coaches and Assistant Coaches are PVG checked, First Aid Trained, and have undergone rigorous training appropriate to understanding the complexities of working with young people.



# Programme Requirements

- Cost - there is a fee to enrol and participate in all Fossilfield Training Centre programs. As a not-for-profit company, Fossilfield is confident it can offer a fair rate that will work comfortably within restricted budgets. (Current fees available on request)

- Transport - with the exception of the Popup Jockey School all transport is the responsibility of the establishment attending our programmes. We are easily accessed from all major routes to Auchinleck. Although not on a bus route we are within a short walking distance from services supplying both Ayr and Kilmarnock, but we recommend for additional safety that this is never done unaccompanied.

- Service User Risk Assessment - this must be completed by a member of staff on registering an individual / group onto any of our programmes and where appropriate additional supervision must be supported by the school/parent/guardian.

- Additional staffing - we welcome family members or staff support to work alongside our coaches as this can be beneficial building a peer rapport and encouraging continuity between our centre and a mainstream environment. However, we request that all volunteers are inducted into our bespoke training programme and adhere to our training techniques for both learners and horses. Volunteers are expected to fully engage in our programmes and act with professionalism and respect at all times.



# Contact Us

If you are interested in finding out more about our services and how we can assist your organisation meet the educational needs of your young people, please contact us to discuss further.

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Auchinleck KA18 2NB

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