

EQUINE ENABLED WELLBEING PROGRAMME



**FOSSILFIELD
TRAINING
CENTRE**

The Fossilfield Equine Enabled Wellbeing Programme has been exclusively designed for children, young people and adults who wish to explore the opportunities offered by Equine Assisted Therapy by offering a safe place for emotional processing and self-discovery explored through our goal-based outcomes. Guiding participants through a unique learning experience, focused around meeting the welfare needs of our friendly team of ponies and end of career racehorses, individuals are encouraged to develop strategies which they can apply to their wider lives.

The benefits of this programme include:

- * Regulation of emotional and social behaviours
- * Ground-based activities
- * Low sensory environment for those struggling within mainstream provision.
- * Progressive pathways for educational attainment



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Visit Our Website
www.fossilfield.co.uk

PROGRAMME OPTION



Equine assisted learning sessions are offered both 1:1 and small group sessions. We offer individual and group equine assisted learning to children and young people, and separately to groups of adults. Sessions are personalised to meet learning outcomes for psychosocial and emotional skills development.

What you will experience

The Fossilfield Equine Enabled Wellbeing Programme is a 6 week introduction to the benefits of equine assisted therapy, designed exclusively for those that have no previous experience of being around horses or may have additional barriers towards learning.

Each session lasts up to 1.5 hours (depending on the individual learner) and is structured to offer ground-based, interactive activities with one of our ponies or end of career racehorses and is fully supported by our qualified coaches. Activities include grooming, cleaning, feeding, leading on walks around our bespoke facility and mindfulness exercises.

Our unique equine enabled wellbeing sessions were piloted and independently evaluated as part of a youth development project partially funded by the National Lottery Awards for All to improve the mental health of young people adversely affected by the COVID-19 pandemic. We now offer these evidence-based equine assisted learning sessions to groups across a wider community which are well received.



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Structure

Through participating in meeting the routine care needs of our ponies and end of career racehorses, the Fossilfield Equine Enabled Wellbeing Programme focuses on 5 key wellbeing indicators, namely:

1. Physical – What we do?
2. Safety – How do we do it?
3. Belonging – How we make it feel good?
4. Esteem – How do we feel?
5. Identity – What can we do?

Teaching

The equine enable wellbeing sessions are led by one of our experienced and qualified coaches who has expertise in equine enabled activities and are practitioners in personal development. Teaching is all practical and are designed to generate informed discussions around performance.



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Where you will Learn

Fossilfield focuses on investing in young people through a holistic coaching approach that enhances learning, wellbeing, and personal growth, reducing exclusion, improving relationships, and raising literacy and numeracy attainment.

Fossilfield Training Centre, located near Auchinleck, East Ayrshire, offers a peaceful, rural setting for self-directed learning. As an independent SQA-approved training centre, it stands out for its high-quality teaching. The centre's senior coach is the first regional-qualified Level 3 Race Coach in Scotland.

Application

For application to apply email; fossilfield1@outlook.com

Progressive Opportunities

* Fossilfield Equine Assisted Activity Programme.



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