



🌿 December, 2025 🌿

# From the Horse's Mouth



## What's been happening?

As we come to the end of the year I can find myself dwelling on things I haven't done but when I consciously pause to reflect on what I *have* achieved I find myself full of gratitude.

From showing up each day raising our little girl in alignment with nature, to launching my own business, this year has been full of love, laughter, delight, growth, challenge, courage and fulfilment. With Elsie on our backs, or toddling around next to us, Greg and I continue to slowly bring our vision for Fell Timber Farm to life.



This year has required me to step out of my comfort zone in so many ways. In those moments when it felt scary to put myself out there, I was reminded that this isn't about me - it is about all the people I can help. I have poured my heart and soul into every session and am still hearing from clients months later about the profound impact this work continues to have on their lives. I am excited about my plans for Helping Hooves in the years to come and grateful for the way our incredible herd continue to show up.

It can be easy to become overwhelmed at this time of year while collapsing in exhaustion, relieved just to have survived. But I encourage you to find the quiet moments amongst it all to slow down, be present, find things to be grateful for, and acknowledge everything you have achieved: not only what you have done, but who you have become.

## Contact us

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## Meet the Herd

~Cinnamon~

Bringing Cinnamon home was one of the greatest horsemanship challenges of my life. Everyone else had given up on her but I made her a promise: I would not leave her behind, and we would take as long as she needed. We were on her time. This gorgeous mare gave me everything she had and now has her forever home. No matter where you are on the farm, if you can see the herd, Cinnamon has seen you first! Initially very cautious, but curious and eager to connect, this brave mare has much to teach. Cinnamon is very clear with her boundaries, and if you slow down, go at her pace and listen to her many whispers before she has to shout, she will eagerly share space, interact and melt to your touch.



**Thank you to everyone who has supported Helping Hooves this year. Whether you have trusted us with your time and experience, subscribed to our mailing list, followed us on Facebook or mentioned us to someone else - your support makes a huge difference.**