



July, 2026

From the Horse's Mouth



What's been happening?

After the grief and gratitude of my last newsletter, this month I share the next stage in the beautiful cycle of life...new beginnings! As Mother Nature rests quietly in her slower pace of winter, we, too, have hunkered down in our own little newborn bubble.

Our newest member of the Helping Hooves family joined us earthside in a rather spectacular fashion at the beginning of July! Introducing Edgar Horace John Colton - our perfect little man, whose adoring big sister is never far away.



I am embracing this stage of growth and healing with presence. I am again amazed and grateful for my ability to bring life into this world, and am finding new levels of self-compassion. Greg and I are delighting in the way Elsie is becoming a big sister, and are immensely grateful that these two tiny souls chose us as their parents. Just when we felt our hearts were full and couldn't possibly hold any more love, they expanded and we are reminded that our capacity to love is infinite.



Meet the Herd

~But wait...there's more!~

I have never gone looking for more horses but have always trusted the right ones will find me. I am contacted frequently about horses looking for a new home, but there was one phone call I received that was not like the others, only hours after promising my beloved Tilt that I would help him find his wings.

Tamsin and Tully arrived 2 weeks before little Edgar, and while I will introduce them properly in coming newsletters, for now I want to acknowledge the beautiful people involved in them joining our herd. Their owner had dedicated his life to improving mental health services for boys and young men, especially those recovering from trauma. He was tragically diagnosed with terminal cancer, somehow stumbled across my brochure in Canberra, and said to his daughter "This is where my girls need to go."

Despite everything this family were going through, the welfare of these horses remained a priority.



While their owner sadly passed before being able to physically see his girls running with the Helping Hooves Herd, I was grateful to be able to meet him in person and reassure him that his girls would have their new forever home. Joining his daughter at a celebration of his life, I was able to gain a small insight into what an incredible man he was. Rest in peace Bradley.

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