

# REFLECTING ON SUMMER



## WELCOME TO OUR NEWSLETTER

It's been a busy summer here at Sirona. Whilst the horses have enjoyed a break, the team has been working hard behind the scenes preparing for the start of the new term.

## SPONSOR A PONY RELAUNCH

We have been very busy over the past few months working on an exciting re-launch for our Sponsor a Pony scheme. With more benefits than ever, this scheme allows you to support the care of our equine team! You can even sponsor the goats, chickens or our cat, Ginger.



More details are coming shortly but we are very excited to announce that we are collaborating with the Knitting and Crochet Society to make personalised crochet ponies for the scheme.

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# NEWS FROM THE HERD

## ART ACTIVITY SESSIONS



As we leave summer, we are pleased to look back at the success of our summer activity art sessions. These sessions offer the opportunity for young people to make connections, harness their creativity and take part in horse care. Led by in-house artist Jan O'Highway, these sessions proved highly popular - with all four sessions fully booked.

## GUIDE DOGS YOUNG PEOPLE GROUP



As well as our summer holiday sessions, we also held bespoke sessions for the guide dogs young people group. This allowed young people that live with sight loss or impairment to come and experience the benefits of Sirona. Each session was bespoke to the needs of the group with activities around therapeutic horsemanship and daily care of the equine team.



## FIRST MSC IN ANIMAL-ASSISTED COUNSELLING COURSE IN THE UK



We are so excited to be running a module on equine welfare in equine-assisted interactions for the UK's first MSc in Animal-Assisted Counselling at Hartpury University. More information on this coming soon...



## FILMING PROJECT



The summer holidays provided us with an opportunity to begin an exciting new project led by Shaun and Matt. We are working on producing a short video on the work that we do here at Sirona. With exclusive interviews and many more exciting features, this is one to keep an eye out for.





## OPEN DAY 2024

Our open day this year was a great success! It was great to see some familiar faces and even some new ones too. Highlights of the day included demonstrations, arts and crafts, horse agility, fun games, various stalls and raffle. We were very lucky to have donations from local businesses for the raffle and the turnout was amazing with 203 people! In total we managed to raise a whopping:

# £1612.45



We greatly appreciate your support - Every single penny goes towards supporting our cause. These beautiful crochet pieces were kindly made and donated by one of our participants to sell. If you missed out, fear not... next year we will be holding another one so keep your eyes peeled for more information.

## TIME AS A HERD

Our equine team enjoyed a well-deserved break, spending time together as a herd with minimal human interaction, allowing them to decompress and relax in a natural environment. This time of rest is essential for their wellbeing and helps them maintain their connections within the herd.



# TRAINING EVENTS

## RAISING THE MINI-BAR: INTRODUCTION TO PLAYFUL ACTIVITIES INCORPORATING SCENTWORK AND CALMING SIGNALS INTO EQUINE INVITED INTERVENTIONS



We welcomed the internationally renowned practitioner and author of the book 'Animal-Assisted Play Therapy', Tracie Faa-Thompson for a one-day workshop at Sirona Therapeutic Horsemanship in May. This session proved to be popular and we hope to hold another in the future.

## INTRODUCTION TO EQUINE-ASSISTED INTERACTIONS: THE SIRONA APPROACH



We also held an introduction to equine-assisted interactions: the Sirona approach. This one-day CPD course provided participants with an insight into how equine/animal-assisted activities can help people and how to set up your own practice. Information on session types, safe practice, equine welfare and policies and procedures was covered. We will be holding another course in 2025.

## UPCOMING EVENT

Upcoming FREE event here at Sirona - limited spaces available

Learn more about what we do and what we can offer to young people and adults with support needs. We will provide information about the various therapeutic and educational sessions we offer, including our new Horsecworks group and Level 1 certificate in Animal Care. This will be an opportunity for you to have a tour of our facilities, meet our herd of horses and other animals and to find out more about our referral process.

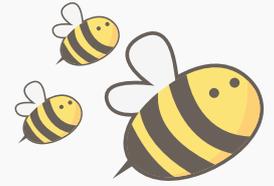
To book a free place email: [kate@sironaequine.org.uk](mailto:kate@sironaequine.org.uk) with 'Information morning 17/10' as the subject.





# GREEN SPACES

## GARDEN PROJECT



Our edible garden, planted by our supported volunteers group, has just produced over a kilogram of potatoes. These were taken home by the team and we can confirm that they were delicious. Our tomatoes are just about to ripen, with the herbs all growing in abundance. The kale is also growing well. Other non-edible plants are also blossoming, with the sweet peas producing a handful of flowers each week and the sunflowers providing a tasty treat for our local bees. It is so lovely to see insects and other wildlife benefiting from our work.

## DEVON WILDLIFE TRUST

Our sensory garden has been awarded a plaque from the Devon Wildlife Trust for being wildlife friendly. It features apple trees, long grass, a pond, a young native hedgerow, wild flowers and grasses and many places for wildlife to flourish.



We also took part in the nation-wide Big Butterfly Count. This helps to assess the health of our environment in the UK.

# NEW TEAM MEMBERS AT SIRONA

### JADE BADGE



Jade joined us in January this year, starting as an equine co-ordinator she has now begun working as a practitioner on sessions. Jade is a qualified occupational therapist with previous experience as an animal behaviourist; she is a valued member of the team.

### AMBER HUGHES



Our new apprentice also started in January and has settled in well. Amber helps with the day-to-day care of the animals here at Sirona and we are grateful to have her.

### PAIGE BEATTIE



Paige joined the team in a new role as a project worker! In fact, one of her new projects is this newsletter- Hello! I am super excited to be part of the team and cannot wait to see what the next 6 months brings.



# SIRONA ON THE ROAD



We have a couple of upcoming events our staff are attending. The first of which is a presentation on the BHS Changing Lives Through Horses Programme in London, where Kirsty and Hannah are presenting with Sarah (chair of trustees) and Shaun also attending alongside an audience with HRH Princess Anne! (4th October, Saddlers Hall).

Coming up is also the HETI (Horses In Education and Therapy International) Autumn forum, of which we are federation members. The focus of this forum is to scope out a multi-site equine-assisted services efficacy study and Hannah and Paige will be holding a presentation on the Sirona approach to evaluation and ethical approaches to working with vulnerable young people.



These opportunities to go out and about are a great chance for us to spread the word about the work that we do and increase awareness about the value of animal-assisted interactions.

## THANK YOU TO OUR GRANT FUNDERS & SUPPORTERS



Want to help support our cause? Scan here to find out more!

