

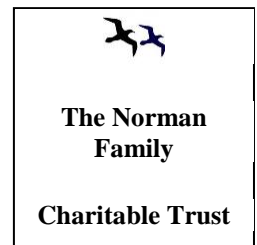
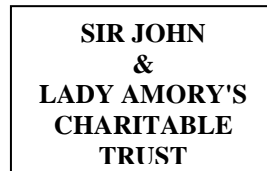
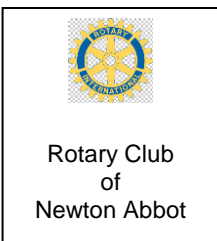
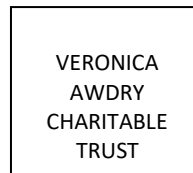


Annual Review

APRIL 1 2016 to MARCH 31 2017

Our Mission:

Sirona Therapeutic Horsemanship provides equine-based therapeutic and educational activities for the public benefit to young people, people with disabilities and other disadvantages and those suffering social exclusion, in order to provide more positive life outcomes



A look back over the year...

2016-17 was an exciting year for Sirona as we finally gained our registered charity status becoming a CIO (Charitable Incorporated Organisation). This was with much help from solicitor Richard King at Tozers Solicitors who doggedly supported us throughout the long and complicated process. The reason we decided that we needed to change our structure from CIC (community interest company) to CIO is that because our passion at Sirona is to work with disadvantaged groups and young people from social services, schools and other statutory bodies with limited incomes who make up almost all of our client group now, we decided that we needed to be able to maximise our fundraising opportunities in order to be able to offer more low cost equine-based sessions to those who cannot afford full fee. We will now be able to apply to many more trusts for funds, and have already received a fantastic grant of £12,000 from the Swire Trust since becoming a registered charity.

Other important news is that we have been continuing to work on our proposed move to the Dartington Hall Trust, near Totnes, where we have been offered a secure 20 year lease on a beautiful part of the estate where we can build a new bespoke centre. This is a huge project for a small charity such as Sirona but will enable us to have a fantastic secure, long term base where we can build on and develop our work and enable us to reach out to more people who can benefit, as we are limited in space at our current home at Hannahs at Seale Hayne and the site is soon to be developed for housing. We will need as much help as possible with our move once planning permission has been granted so please get in touch if you have any building, project management, fundraising or marketing skills or can help in any other ways!

Sirona was very honoured to be asked to present at the prestigious Exeter Equine Fair in December. This was a great opportunity to showcase our work to a diverse audience where some of our young helpers gave a short horse agility display with 3 of our ponies each day in the marquee arena with trustee Sarah Urwin presenting. The ponies (and young people!) behaved impeccably and gave a beautiful display of positive horsemanship which was a testimony to their hard work and dedication. We were very proud of them all, especially in light of the fact that this was the first time the ponies had taken part in such a large event and staying in temporary stabling on site overnight, but they took it all in their stride.

Dr Hannah Burgon, Founder and CEO.

WELCOME TO OUR NEW TRUSTEES:

Our new board of trustees bring a wealth of experience and knowledge to Sirona from a variety of backgrounds including counselling and psychotherapy, equine, HR, IT and social policy. The board will guide Sirona's strategic development and provide objective support and advice, and help develop the work of Sirona going forward as a charity. We are privileged to have attracted such a diverse and knowledgeable board of trustees and hope to welcome more to Sirona during 2017-18.

Sarah Urwin: Chair of trustees Reg. MBACP Accredited Counsellor/Psychotherapist Adv. Dip. Couns., Dip. Supervision, FdA (Health Care), EAGALA Cert.

Amanda Layzell: HR consultant CIPD Associate member and certificate in personnel practice, Gaia Healer, Student CCTS

Sue Bicks: originally studied psychology and linguistics and has a diploma in counselling. She also worked in IT consultancy for many years.

Rosie Bell: BA Hons in Social Policy & Administration, P.G.C.E., Diploma in Counselling

What we do...

Based in the grounds of Hannahs at Seale Hayne, near Newton Abbot in Devon, Sirona Therapeutic Horsemanship provides a number of different equine-based therapeutic and educational activities to disadvantaged and excluded young people and adults with various support needs and disabilities.

Therapeutic Horsemanship

In these sessions participants learn about horse care within a positive horsemanship approach supported by professional staff. There is an emphasis on learning about horse behaviour and communication and how our behaviour impacts on the horse so promoting empathy, responsibility and self-awareness. Other benefits include growths in self-confidence and self-esteem and mental and physical health benefits. Activities include grooming, feeding, cleaning the stables and 'invisible leading' and horse agility.

Equine-Assisted Therapy/Counselling

These sessions are for participants referred for therapy/counselling and are facilitated by a qualified psychotherapist or counsellor. They are generally individual sessions and we have a child as well as adult counsellors at Sirona. Sessions include similar activities to TH but with an emphasis on building the therapeutic relationship.

Equine-Assisted Learning/Horse Care Courses

These sessions have an educational emphasis and are catered towards young people who struggle within a traditional school environment. Qualified teachers are available at Sirona to help plan the curriculum and we also offer the C & G Level 1 in Horse Care in partnership with Duchy College.

Supported Volunteering


This is a weekly group for adults with support needs who wish to volunteer at Sirona. Participants include those with mental health issues, learning or physical disabilities and those who may have lost confidence and become socially isolated due to illness or caring responsibilities for example. The group is supported by qualified practitioners and activities include caring for the horses, poo picking the fields and tack cleaning for example.


Our therapeutic horsemanship sessions continue to be the most referred for, with these making up 5 sessions a week on average, followed by 3 Level 1 Horse care courses, 2 Equine-Assisted Therapy and 1 supported volunteering session each week. In addition we hold taster sessions and informal visits alongside our day to day sessions.



Our year in summary...

 127 participants attended

 Average of 24 participants per week


 398 sessions, totalling 633 hours direct session time

 42 volunteers contributing over 7000 hours

 One apprentice passed Level 2

 Four work experience placements

 One new apprentice enrolled

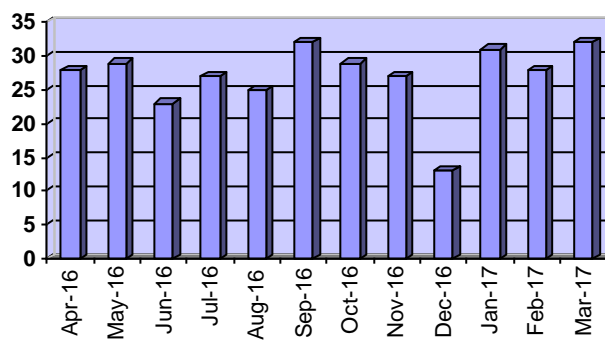
 Sirona becomes a registered charity

Our participants

We continue to receive regular referrals from a wide range of sources including local schools, social services fostering and adoption teams, disability and mental health teams, CAMHS, YOT, pupil referral units and private parents and carers. Responding to feedback and in order to help professionals referring to Sirona understand more about what we do, we held a 'Professionals Taster Morning' in November which was well attended and we intend to host more of these in addition to our annual open day.

Young people are referred with difficulties such as ADHD, Austistic spectrum, mental health issues such as anxiety, self-harm and eating disorders, those experiencing difficulties with their peers, social isolation or at school and other reasons such as learning disabilities. During 2016-17 our Level 1 Courses in Horse Care in partnership with Duchy College, supported by a generous repeat grant from the Northbrook Trust, have continued to develop and grow and we are now running these over 3 days a week. This is a great progression route for young people who have gained confidence from attending a course of Therapeutic Horsemanship and wish to go on to gain an accredited qualification in horse care. During the past year 6 young people gained their Level 1 qualification and have either been able to return to school, go on to further education or into volunteering opportunities as a result of attending Sirona.

Number of Enquiries per month: 2016-17



Our volunteers

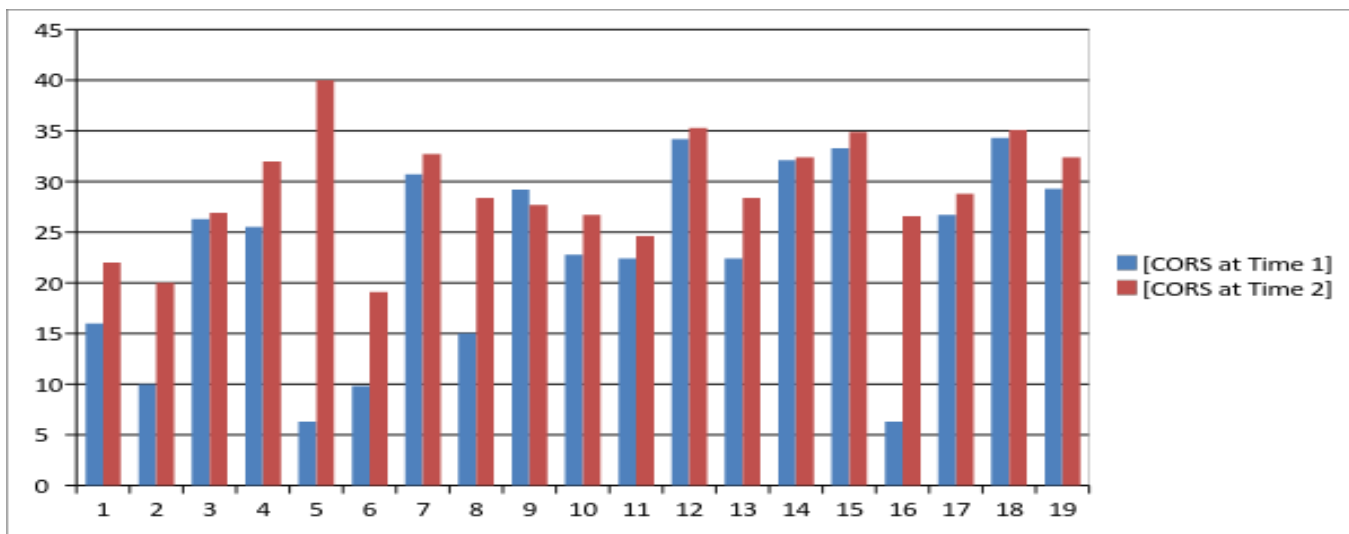
Sirona also provides a volunteer programme where people wishing to support Sirona can do so whilst gaining skills and confidence at the same time as learning about the work we do. For those people who have high levels of horse experience there is the opportunity to volunteer directly on the equine-based sessions with young people after undergoing a period of training and getting to know our horses. For those wishing to support Sirona in other ways we have generous volunteers who help with our website, newsletters and mailing list, maintenance and event support etc. We are extremely grateful to those people who give their time to help Sirona in so many ways, and could not exist without their support.

Evaluation and Impact

We were very fortunate in 2016 to be chosen to take part in a pilot project to support the voluntary sector by CORC (Child Outcomes Research Consortium) who are based in London. CORC visited Sirona and helped us choose a suitable evaluation tool to employ. We chose the Child Outcome Rating Scale (CORS) as we felt it suited our approach best in that it is short and concise and not as onerous as some of the other measuring tools. It is also employed by CAMHS and so is a recognised evaluation method. We piloted the CORS questionnaire over the year with 19 young people to date and will be reviewing this in 2017-18 alongside our in-house questionnaire. It is very important to Sirona to find a way of evaluating our service and collecting feedback in a way that is meaningful and not invasive to young people, many of whom are involved in statutory services and so subjected to much form filling in their daily lives and so we want Sirona to be an organisation where they can 'just be' and have time out from this bureaucracy. There is constant tension between collecting the evidence needed to prove the effectiveness of our service to referrers and grant funders, whilst also respecting the privacy and needs of our participants, and an area we intend to continue to develop in conjunction with our participants in 2017-18.

Analysis of child reported outcomes data: 2016-17

19 participants aged 8-21 years completed the Child Outcome Rating Scale (CORS) before the intervention (Time 1) and then at the end of the intervention (Time 2). The Outcome Rating Scale is a four item measure designed to assess areas of life functioning known to change as a result of therapeutic intervention. These include: symptom distress, interpersonal well-being, social role, and overall well-being.



The results indicate that:

94.7% of children/young people demonstrated improvement in life functioning

42.1% of children/young people demonstrated **reliable** improvement in life functioning over the course of the intervention (this is based on 5 point or more improvement and is consistent with Child and Adolescent Mental Health Services outcomes*)

*Child- and Parent-reported Outcomes and Experience from Child and Young People's Mental Health Services 2011-2015, December 2016

CORC, January 2017



In addition to the CORS evaluation, we continue to collect feedback from our participants and referrers in the form of feedback questionnaires....

I feel more confident. I find that the horses reflect how you should treat people. I'm a lot nicer now.
(Young Person)

The horses have made me feel calmer, and taught me to be more patient.
(Young Person)

Sirona has helped me a lot. It's peaceful and helped me feel calmer
(School referral)

...It has helped me with confidence, making me believe in myself more.
(Young Person)

I like walking them because they listen to me. It makes my mood happy around them.
(Young Person, Post-Adoption Team)

When I first met Rosie (horse) I learnt how to act confident even if I didn't feel it. I use this in school now when I don't feel confident in my lessons - I act confident and others trust me which makes me feel more confident
(Young Person, Autistic Spectrum)

The horses make me feel happy and confident because when they are happy and relaxed I feel more happy which makes me feel more confident
(Young Person referred from Action for Children)

Some comments from our parents, carers, referrers....

"A has learnt a great deal. She is more understanding that there are different ways of doing things, ie: there is more than one right way and her way might not be the best. She realises that her behaviour affects the animals and that she needs to be calm around them"

(Parent of autistic child)

"She was quite nervous at first but Sirona has given her lots more confidence, it pushed her out of her comfort zone, she has to think of something else that would put her needs second. This has been a fantastic learning curve for her'.

(Assistant Learning Coach, Newton Abbot College)

"Sirona is the one thing that he has succeeded at - he hasn't managed to stick at anything else"

(Parent of adopted child)

"There has been a definite improvement in her confidence, self-esteem and leadership skills, speaking up and being more pro-active"

(Parent of adopted daughter)

"History of poor attendance at school but never missed a Sirona session. Improvement in school attendance since"

(Teacher, Pupil Referral Unit)

Training and Events

Training

Providing a safe and professional service at Sirona is fundamental to our practice and we provide our staff and volunteer team with 6 weekly clinical peer supervision facilitated by Di Gammage, child psychotherapist and clinical supervisor, in order to discuss our work and any safeguarding issues that may have arisen. In addition, we offer a comprehensive training programme which includes Child Protection and First Aid training as standard. Further to this we provide comprehensive additional training opportunities to provide a wide range of personal development opportunities. This year this included the following:

Equine clinic with well-known horse trainer Ben Hart
Horses, Mindfulness and the Healing Drum workshop with
Graeme Green of the Mindful Horse,
Round pen and tack training,
Evaluation training,
Paediatric 1st Aid,
Riding and Road safety training,
Safer recruitment

A fun film night hosted at Sirona for the team watching
The Horse Boy, based on the book about Rupert Isaacson and his
autistic son who was helped through horses.



Events

NHS Partnership Event - Newton Abbot Racecourse

Big Day out networking event at Seale Hayne

Exeter Equine Fair - demos and stand

YFC club Horse Show - Teign Village

Horse Agility - Coombe Park

Dartington Community Day - stand

16 Days Professionals taster workshop at Sirona

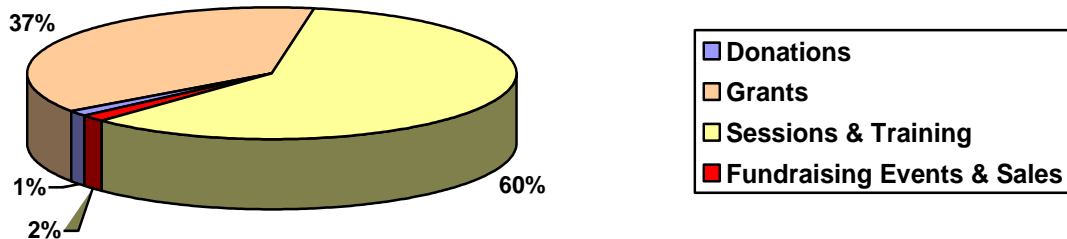
Exeter Racecourse collection & stand
- raised £533.75



Our finances....

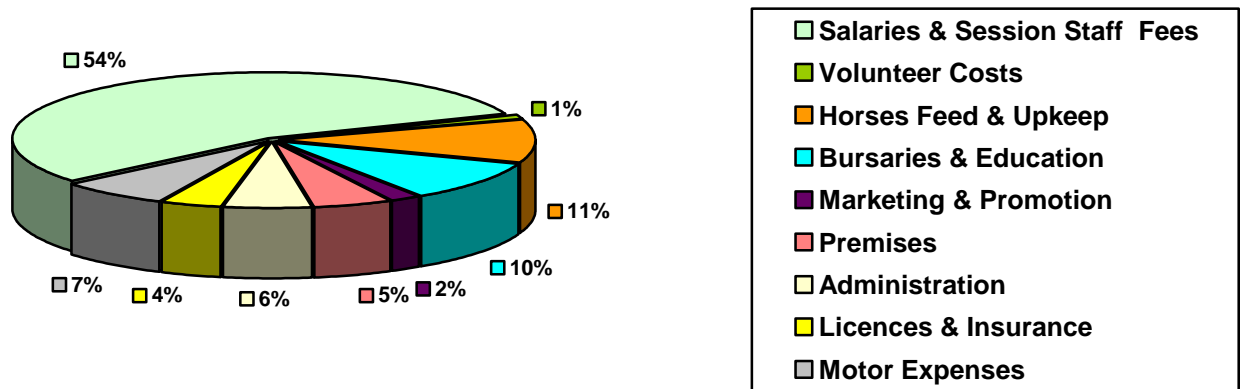
Note: Until December 31 2016, Sirona operated as a CIC (Community Interest Company) and with effect from January 1 2017 Sirona became a CIO (Charitable Incorporated Organisation). 2016/17 accounts only include the activities of Sirona CIC for the 9 months to 31 December 2016; all of Sirona's activities were then transferred to Sirona CIO. The CIC was closed at the year end, and the income and costs from activities in the January to March period will be included in the CIO accounts for year ending 31 December 2017.

Income:



Sirona's total income in the period was £61,986, a lower figure than 2015/16 due to the change in Sirona's financial year end. As ever, we are indebted to the organizations that so generously supported us with grants which total £23,245. As always we worked hard to generate fee income through our equine sessions, the total for the year being £36,731 of which £25,092 (68%) was derived from statutory bodies. Self-generated income represents nearly two-thirds of Sirona's total income for the year. A number of individual donations contributed a much appreciated £911, with sales of tee shirts, books, and other fundraising activities producing a further £1100.

Expenditure:



In 2016/17 our total outgoings amounted to £64,675, producing a small loss of £2689, although retained profit of £2085 from 2015/16 reduced this amount to £604. Salaries and session fees amounted to £33049 of which almost £8,000 related to session staff fees in isolation. Horses cost money too, and we spent almost £6,400 looking after our equine friends. Based on the current UK minimum wage, our 7000 hours of volunteer time equates to a value of over £52,000. Our 'Admin' category covers printing, postage, stationery, telephones, and accountancy charges, and we believe that our total spend of just over £3,345 reflects our permanently prudent approach.

(Note: In our accounts, administration costs include motor expenses and office rent).

Charity Information:

Trustees Sarah Urwin, Sue Bicks, Amanda Layzell, Rosie Bell
Charity Number 1169709
Registered Office The Merchant's House, 10 Town Quay, Totnes, TQ9 5DW
Business Address Hannahs at Seale Hayne, Newton Abbot, Devon, TQ12 6NQ
Web Address www.sironaequine.org.uk
Email info@sironaequine.org.uk

Management team:

Hannah Burgon PhD, MADipSW, CEO and founder
Emma Matsambanye BACP reg Counsellor and voluntary Safeguarding officer
Josie Arscott Adv Dip in Humanistic Counselling trainee and voluntary Comms officer
Sally Croft Treasurer, retired chartered accountant

Sirona simply could not exist without the generous help and support of so many truly fantastic people so a big, sincere...



Thank You

to: Richard King of Tozers, solicitors, for doggedly persevering in getting our charity registration through many hoops

to: David Cox of Teignbridge CVS for all his help with our charity registration

to: Stephen Bond of Heritage Places for generously preparing our heritage statement pro bono

to: Nadia Milligan of Hilton Addleshaw Goddard, solicitors, through the Law-Works charity for invaluable help with our lease.

to: Reg Burningham + Steven Munday for preparing our planning application for our new site at Dartington

to: Shaun Derioz for the amazing photos and all his work in maintaining and fixing things

to: Liza Bell for our website

to: Shelagh Coughlan for her sensitive Touch for our horses

to: Hesti Ellis and Sue Price for their longstanding help volunteering with horse care

to: Andrew Butcher and Hannahs at Seale Hayne for our premises; Keith Evans our fabulous equine dentist, and Tim Hughes our equally fabulous farrier

to: John Harrow for this review

...and to the organisations who so generously supported us with funding...



Devon Educational Trust; Rotary Club of Newton Abbot; Duchy College
Teignbridge Councillors Hook & Brodie; National Lottery Awards for All
Bikers make a Difference; Veronica Awdry Charitable Trust; Victim Support
Sir John & Lady Amory's Charitable Trust; The Gibbons Family Trust
Northbrook Community Trust; The Norman Family Charitable Trust
Devon Community Foundation; Duchy College