



# Annual Review 2018

## Foreword

**2018** has been a hugely exciting and pivotal year for Sirona Therapeutic Horsemanship as we finally moved to our beautiful new home on the Dartington Hall Estate, near Totnes. This has been a long project, taking over 5 years to secure the lease, gain planning permission and then raise the funds to build the centre on a site with no existing services. However, we now have a new purpose-built centre comprising of a large free range open barn for our special herd of horses together with a separate stable block, a light and airy classroom, 2 separate arenas, 10 acres of grazing and a small woodland copse, all nestling into of a beautiful south facing valley surrounded by nature. Our participants are very happy to be at our new home, many commenting on what a peaceful, relaxed environment it is.



*Our Official Opening event in November 2018*

**With a 20 year lease on a peppercorn rent**, Sirona now has the security and facilities to develop our services into the future, and so provide a more stable and diverse income stream. Over the next 5 years we are planning to develop our small woodland copse to deliver Equine-Based Nature Activities led by our Forest School practitioner Angie. We will also expand our range of courses to those interested in learning more about equine-assisted interventions, with the first of these on 18<sup>th</sup> May 2019. We have had significant interest, both from referring organisations and the public wanting to know more about our activities at Dartington Hall, and so have our first official open day for the public on Saturday 15<sup>th</sup> June 2019. All are welcome so put this date in your diaries!

**Despite all our energies being directed at fundraising** and project managing the build of our new centre, we still found time to deliver our services and other activities during 2018, such as being invited to present at the Equine-Assisted and Facilitated Practitioners Conference at the Unicorn Centre in Gloucestershire in June, where Chair of Trustees Sarah Urwin and Sirona counsellor and practitioner Josie Arscott presented on the importance of supervision in our work.

**Over the last 12 months**, we've noticed an increase in referrals of young people with higher support needs, some requiring 2:1 support; amongst them are young people with significant mental health issues, including being hospitalised for self-harm. These sessions have a higher associated delivery cost, so, together with the budget cuts in social care we are having to rely more on grant funding and donations to provide bursaries for these young people. Our loyal team of volunteers have been tirelessly supporting Sirona in different ways to help with this; from helping serve tea and cakes at our open day, to poo-picking our fields and shaking collection buckets at fundraising events – we couldn't operate without this support.

**Last but not least** we want to thank all the trusts and donors who supported Sirona with the move to our new home – they are listed on the final pages in detail. A massive thank you to everybody who helped with making the move to our new dream home a reality.

***Dr Hannah Burgon, CEO and founder, and the Sirona team: Josie Arscott, Emma Matsambanye, Angie Whitehead, Ella Woodfield and Zoe Hayter***

# Our Work with Beneficiaries...

- 381** Equine Assisted Sessions
- 626** Session hours
- 236** Therapeutic Horsemanship Sessions
- 103** Level 1 Course Sessions
- 24** Equine Assisted Therapy Sessions
- 18** Taster Sessions
- 9** City & Guilds Level 1 Horse Care Course students
- 3** Changing Lives students
- 100%** Level 1 Horse Care course Pass Rate
- 46** Volunteers
- 2** Work Experience placements
- 240** Attended Events
- 135** Participants
- 423** Total beneficiaries

## Working Together

During 2018 Sirona worked with a diverse range of organisations to address need across Devon including Exeter, Plymouth Torbay, the South Hams, Teignbridge and Mid Devon

- Community health services: CAMHS, NHS, local GP's, Community Health and Social Care teams, health providers etc.
- Social care: Children's services, Fostering and Post-Adoption teams, Disability teams.
- Education providers: local primary and secondary schools, pupil referral units, local community colleges, Devon County Council 0-25 team.
- Private sector providers: residential children's homes, adult learning disability providers.
- The voluntary and community sector: housing associations, YMCA, Action for Children and other charities.
- Direct referrals: i.e. parents of home-schooled children, adults with mental health issues and other support needs.



Local MP Sarah Wollaston meets the team

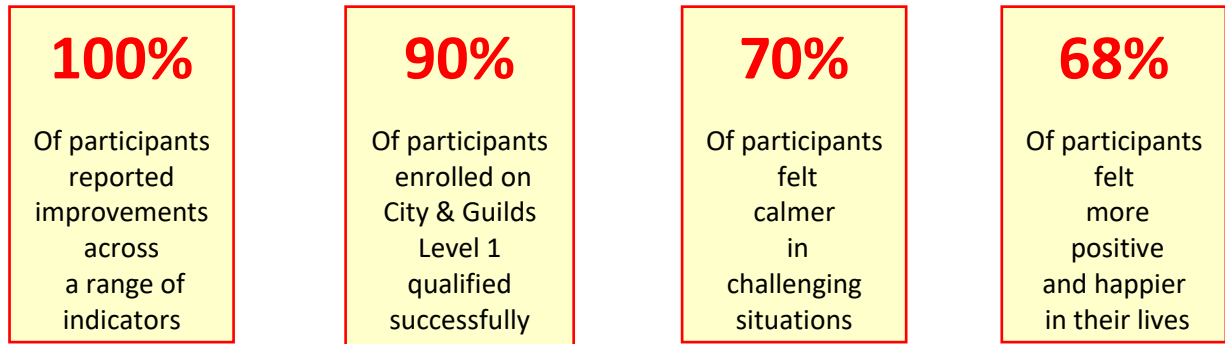


# Impact & Evaluation

Our CEO Hannah Burgon was accepted onto the 2017/18 Social Entrepreneur Programme and supported by Mr Mark Cotton in developing and delivering our Annual Impact Report.

*In summary, the report identified that across nine measures the majority of our participants;*

- ☑ Reported improved confidence in trying new things or meeting new people
- ☑ Felt better able to understand and communicate feelings and emotions
- ☑ Were better at sticking to things they found difficult or challenging



## *Summary of a Case Study from our Impact Report:*

14 year-old Claire was suffering extreme anxiety and not attending school. Her mental health issues had led to her being hospitalised several times. Claire initially attended 6 sessions with Sirona to help her deal with her feelings and emotions.

Claire then progressed to the Level 1 Horse Care course, demonstrating a new-found enthusiasm and willingness to learn. Her social worker commented that Sirona transformed her from being quiet and withdrawn, to being animated and communicative.

After successfully completing the course Claire returned to school part-time. She said she felt more confident and better able to stay calm in difficult situations. Claire's mother said that the difference was "amazing, and a joy to see" - and that her more positive approach to life meant that they could really look forward to the future together.

## *Some quotes from participants:*

*" 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 "*

*" Helping at Sirona has helped me with confidence and self esteem "*

*" Sirona has helped me a lot. It's peaceful and makes me feel calmer "*

*" I am more confident now. I find that the horses reflect how you should treat people. I'm a lot nicer "*

*" Sirona has helped me improve my confidence around other people and at school, also with making friends. I wanted to be around horses because I love them and they are the only thing that made me feel safe "*

*" I feel relaxed after spending time with them (horses). Make you feel happier afterwards "*



# Training 2018



Being a Trustee



Equine First Aid



Data Protection



Safeguarding for trustees



First Aid at Work



Child Protection Level 2 and 3



Safer Recruitment



Early Help & Safeguarding



Sirona Team Development Day



Talk for Soroptomists Club, Brixham



Dartington Community Day



Presented at the EAFPN Conference



Lucy Rees Clinic & Lecture



Exeter Racecourse Collection

# Events 2018



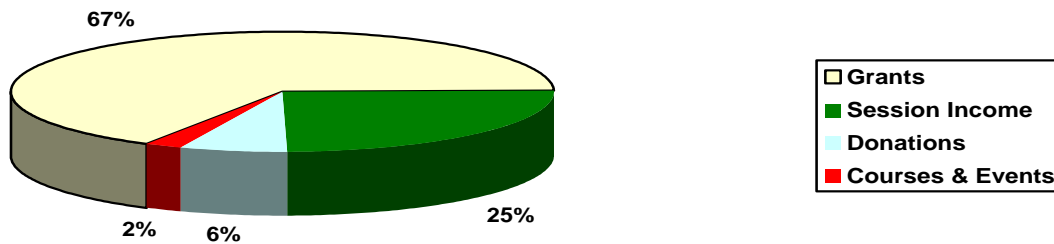
**Continuing Professional Development (CPD)** is really important to Sirona and we aim to provide a really diverse range of training and events to our team to support our work with vulnerable groups, including safeguarding, child protection and first aid training as standard.

A highlight in 2018 was our patron, the well-known equine ethologist Lucy Rees coming over from Spain to deliver a training clinic for our team together with a fundraising evening lecture based on her new book on her research with wild horses.

These were really well received with both events selling out and raising over £3000 towards our new centre. A huge thank you to Lucy Rees for this.

# Our Finances

## Income:



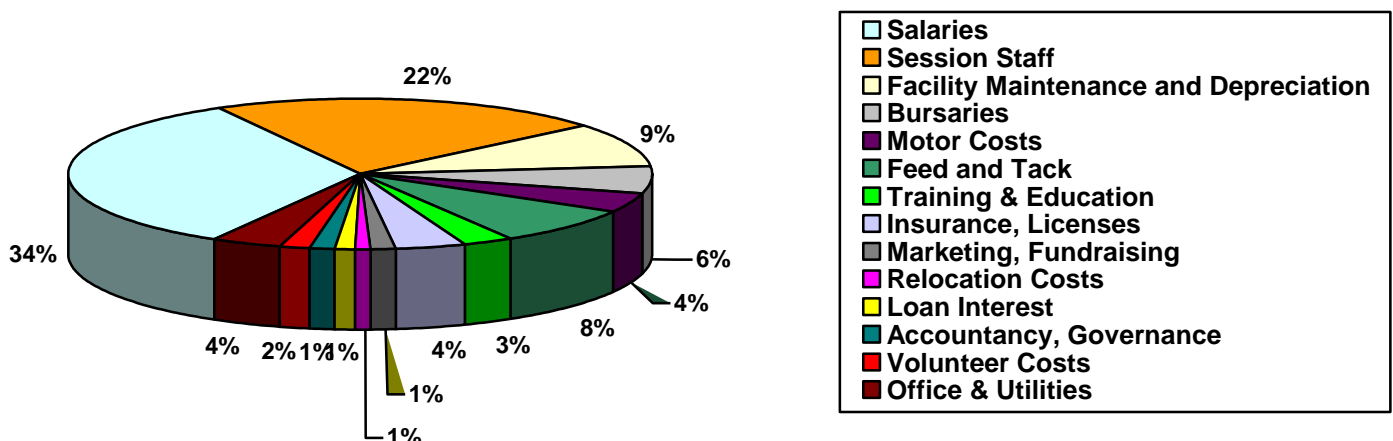
Sirona's total income for 2018 was £213,124, of which £141,603 was grant income; session income totalled a little over £53,000, and £13,837 was received from donations (this total includes relevant gift-aid, and also a single very generous anonymous donation of £7000 specifically for our new tack room). A further £4632 was generated from courses, events, and sales of T-shirts. Almost 70% of our income was restricted funding (£148,103), the bulk of which related to the building of our new centre at Dartington.

Moving from Seale Hayne to Dartington was always going to be a huge expense for a small charity such as Sirona, and the significant increase of 80% in grant funding (up from £78,655 in 2017) reflects both an enormous effort from within Sirona to identify and apply to grant-providers who might help us, and also the generosity of all the trusts and other organisations who have supported us in our endeavours. The net result is that it has been possible to complete the groundwork, stables, arena, and a round pen at our new centre within the year. As part of this project, Sirona was also granted a repayable 5 year loan of £30,000 from SWIG Finance Ltd., Seedbed Scheme.

During 2018, unrestricted reserves increased by £118,351 which directly relates to the increase in fixed assets as a result of the building of the new centre. Sirona now benefits from the security of a 20 year lease, and a centre which they now own.

## Expenditure:

Our total outgoings in 2018 were £112,025. As ever, our most substantial expense was 'people costs', and at £64,023 this accounted for 57% of our expenditure, made up of salaries, wages, and associated costs of £37,694, session fees of £24,521, and volunteer expenses of £1808. Horses are a large expense too, and our spending on feed and tack for our equine herd totalled £9089. During the year we were pleased to be able to offer much needed bursaries to the value of £6544. We always strive to keep our office costs to the absolute minimum, reflected by expenditure of £4723 – just slightly over 4% of our total costs.



# Thank you...

...to our fantastic trustees who give so much time and support to Sirona

Sarah Urwin (Chair) Laurel Ellis Rosie Bell  
Sue Bicks Sarah Matthews Sarah Newton, Deidre Ford

..to the wonderful trusts and organisations who provided us with grants and financial support...



The £7,000 generous anonymous donation for our new Tackroom/Classroom.



...and to our amazing volunteers and others who supported Sirona in 2018...

Amanda L  
Ben B  
David S  
Dominic D  
Finn  
Ginny S  
Hesti E  
Hunter  
James H

Jan O'H  
Jane S  
Jasmine  
Jim  
John H  
Kate F  
Kate M  
Lara  
Lisa B

Lottie C  
Louise B  
Lucy R  
Matthew B  
Mia B  
Nick H-W  
Nicole B  
Oliver S  
Phil E

Rhiannon S  
Rhys M  
Richard U  
Sally C  
Shaun D  
Shirley H  
Steve A  
Sue P  
Tracey S



Some memories of our journey to

**Dartington**



...and some of the generous people and organisations who helped us on our way...



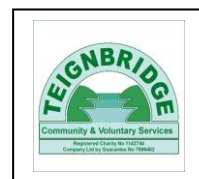
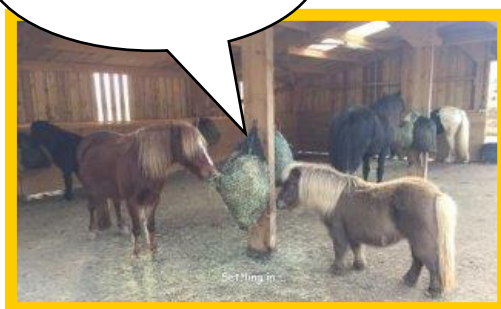
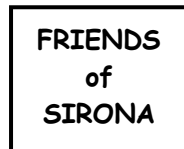
Brixham Trawler Association

Reg Burningham from R B Designs

Baynton Ford Charitable Trust



Soroptimist International Of Brixham



**Dartington**

