










Mission Statement

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

ANNUAL REVIEW April 1 2015 to March 31 2016

Our year in summary....

-  393 Equine -Assisted Therapy/Learning Sessions
-  124 Direct Participants
-  5 Young People's Work Experience placements
-  2 Apprentices + 1 Student Placement
-  40 Volunteers
-  Over 7000 Volunteer Hours
-  8 Staff Therapists, instructors, horse handlers.



Viscount Amory's

**The
Northbrook
Trust**

**HEAVITREE BREWERY
CHARITABLE TRUST**

BRITAINS TOP REAL
ROLE MODEL 

The Clare Milne Trust

The 
Devon Educational Trust

The Kelsey Trust

 **Devon
Community
Foundation**
a better future together

A look back over the year....

We are proud to report that we have been busier than ever in our fourth year, with over 170 people directly benefitting from attending Sirona during 2015/16. Referrals have come from Social Services, The NHS, local schools and Pupil Referral Units, residential homes, the Youth Offending Team, and many others.

During 2015 we were also busy with a full calendar of events, including an invitation to present at the first Equine Assisted Practitioners Network Conference with over 100 in attendance. In addition, we hosted an EAPN network event at Sirona and held our second week-long intensive Equidramatherapy course for young people during the summer with drama therapists Lia and Susie. Our Open Day in May 2015 had over 80 people in attendance; current and ex-participants helped staff and volunteers show the public around and a number of them gave a horse agility demonstration in the arena. This was really well received by the spectators, who commented on how relaxed the horses were, and was a great confidence boost for the participants who all received a rosette for their efforts.

We were really pleased to receive a repeat grant from The Claire Milne Trust in Spring 2015 which allowed us to reinstate our popular weekly 'Supported Volunteering' sessions. This group is for those with a support need such as a learning disability, mental health or physical disability. The group meet together for one morning each week, enjoying working together and sharing lively chat during the communal tea break. The Northbrook Community Trust were generous in supporting us for the fourth year running, funding our Education Co-ordinator Tammy, who runs our Duchy level 1 Horse Care Courses, and we also received a grant from Children in Need towards our holiday horsemanship courses for disadvantaged young people.

A huge thank you goes to Trisha Luxton and her fabulous Dartmoor ponies William and Basil who undertook a sponsored carriage drive following the Two Moors Way across Dartmoor from Wembury in the south to Lynmouth in the north to raise funds for Sirona. 'Team Chinkwell' were supported by Liz Meredith, Liz Mac and Sarah Unwin who worked tirelessly to plan and organise the drive. Thank you so much for raising a fabulous £1858 for Sirona, and creating loads of interest and enquiries along the way. We dare to hope that they will organise another one for us.....when they've all recovered, of course!

Lastly, Hannah Burgon was honored and shocked in equal measure to be the 2015 winner of the Amway 'Britain's Top Real Role Model' Award, judged by Kelly Hoppen from 'Dragon's Den'! The generous prize of £5000 was put towards the bursary scheme for participants unable to pay the full fee at Sirona.

Company Information:

Directors	Dr Hannah Burgon; Emma Matsambanye; Josie Arscott
Company Number	6570184 (England & Wales)
Registered Office	The Merchant's House, 10 Town Quay, Totnes, TQ9 5DW
Accountants	Lee Accounting (SW) Ltd, 19b Golvers Hill Rd, Kingsteignton, TQ12 3RT
Business Address	Hannahs at Seale Hayne, Newton Abbot, Devon, TQ12 6NQ
Web Address	www.sironacic.com
Tel/email	07958 356114/ info@sironacic.com

Our work and our team...

Director and founder: Hannah Burgon, Ph.D, MADipSW, MSc, Bsc(hons), Cert in Counselling.

Hannah is a qualified social worker with over 40 years experience with horses with additional training at The Fortune Centre of Riding Therapy. Hannah completed a PhD on Therapeutic Horsemanship at Cardiff University in 2010, and her book on the subject 'Equine-Assisted Therapy and Learning with At-Risk Young People' was published by Palgrave Macmillan in 2012.

Emma Matsambanye: Dip. Counselling (BACP registered), BA (hons) in Steiner/Waldorf education. Besides Sirona, Emma works in private practice and with The Domestic Violence and Abuse Service. She has a special interest in child development and emotional behavioural issues, and has also worked with children with EBD in primary schools.



Josie Arscott: BA, Final year trainee Advanced Diploma in Counselling.

Horses have been a huge part of Josie's life when she was growing up and she always recognised the power of the relationship that can develop between these wonderfully perceptive animals and people. After more than a decade working in publishing in London Josie has come back to Devon, delighted to rekindle her passion for horses and the therapeutic benefits they offer through working at Sirona.



Our Work...

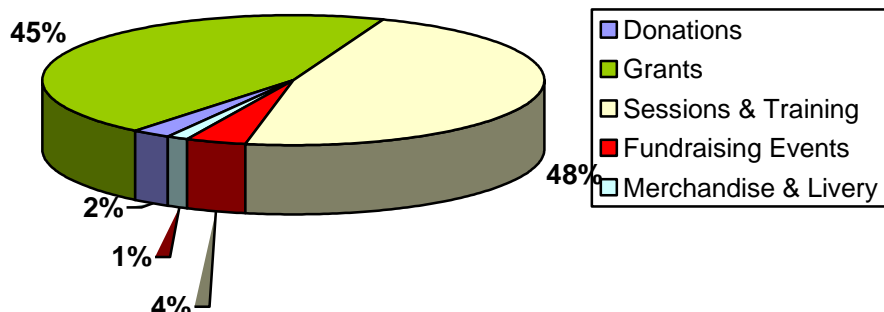
It starts with the enthusiasm, commitment and wealth of experience of our amazing team who run all the day to day activities at Sirona, ranging from our equine-assisted therapy and learning sessions, equine-based mindfulness, Duchy Level 1 courses, holiday horsemanship and our apprenticeship training. Our team consists of BHS AI Jenny Saxby, our education co-ordinator Tammy Norton, who is a qualified counsellor and holds a HND in Equine Science, and self-employed session staff and volunteers including Nicole Binder, teacher, Sue Price, Family Therapist, and Ange Whitehead who is training in Forest School. Last but not least our fabulous apprentices Ella and Becca who help with all the horse care and work towards the Level 2/3 Diploma through Duchy College at Sirona. All our session staff are competent and experienced with horses as we believe this is vital for the safety of the work.

We are supported by a further fantastic team of volunteers who bring a wide range of skills and experience to Sirona ranging from building maintenance, photography, and website and admin support. We currently have around 40 volunteers at any one time, of whom 15 are regular contributors, and we are regularly contacted by people wishing to volunteer and gain experience at Sirona.

In return we offer our staff and volunteer team a warm and supportive environment and a comprehensive training programme, which includes Child Protection/Safeguarding and First Aid training as standard. In addition we provide comprehensive in house training which has included Mental Health Awareness, Mindfulness, Non-Violent Communication, Animal Assisted Therapy and various horse based workshops, including training by our patron Lucy Rees, to provide a wide range of personal development opportunities.

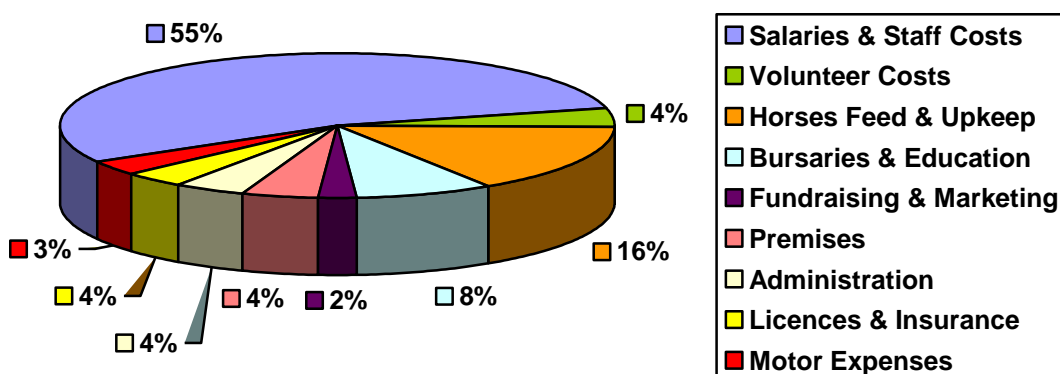
Annual finances....

Income:



Sirona's total income in the year was £76,172. As ever, we are indebted to the organizations that so generously supported us with grants which totaled over £34,000. A grant of £10,000 from the Northbrook trust allowed us to continue to employ our Education Co-ordinator, and £7,000 from The Clare Milne Trust enabled us to recommence our popular 'Supported Volunteering' sessions. Grants amounted to 45% of our total income in 2015/16. We have continued to grow our trading income through our equine-based sessions, workshops and training courses; this self-generated income of over £35,000 amounted to almost half of our total annual income. Additional income of a little over £6,500 was derived from donations, fundraising events and merchandise sales.

Expenditure:



In 2015/16 our overall outgoings totaled £75,564. Salaries and session staff fees amounted to just over £41,000, of which £14,418 related to self-employed therapists; our salary bill of £26,664 covered the cost of our three salaried members of staff. Horses are a large expense - and we spent almost £10,000 looking after our equine herd. Our volunteer expenses amounted to £3,143, which, based on the current UK minimum wage our 7000 hours of volunteer time equates to a value of over £50,000. Our printing, postage, stationery, telephone and accountancy charges were just over £3000 and reflects our prudent approach to keeping these overheads as low as possible.

Training, Conferences, Events....

Training...

Feel & Release - Kate Sandal, Philip Carl student;
Clicker Training - Jenny Saxby BHS AI, EE trainer.
First Aid Training
Safeguarding Training
Evaluation 'What's your Impact' Training
2 Limbus Lectures on working therapeutically with young people
Mental Health 1st Aid Course
Non-Violent Communication Training



Conferences...

Participated in People & Animals Network day held at Hannah's at Seale Hayne

Hosted the Equine Assisted Practitioners Network meeting in June. Sirona gave a workshop on our Mindfulness with Horses work.

Presented at the first Equine Assisted Practitioners Network conference attended by over 100.

Presented at 'Building Resilience: Opportunities for Youth Work' conference.



Events...

60+ attended Sirona Open Day in May 2015
Over 100 visited our stand at Dartington Fun Day
Sirona stand at the Natural Equine Fair at Kingsward Morrell College, Dorset
Stand at Autism Support Day, Exeter
Stand and Collection at Exeter Race Course raised £586.



Evaluation and Impact

We have been continuing to improve and develop our evaluation procedures with participants and piloted two new data collection methods in 2015-16. Hannah and Jenny attended a Children in Need evaluation training course and developed a new simplified questionnaire as a result. This has been incorporated into the start and end of a block of sessions and has allowed us to collect reliable statistics on the benefits to participants from attending equine-based sessions at Sirona. Results from this evaluation is as follows;

- * 100% reported they had learned new horsemanship skills
- * 73% reported increased self confidence
- * 64% reported an increased ability to understand emotions
- * 73% reported feeling calmer
- * 82% reported improved communication skills
- * 91% reported increased ability to concentrate on given tasks
- * 100% reported that they would recommend us to others

We have also been fortunate to have been chosen to participate in a pilot to receive support in our evaluation by the **Child Outcomes Research Consortium (CORC)** (www.corc.uk.net). Craig from CORC came and visited Sirona and gave us a range of outcome measurement tools to consider that might be appropriate for use at Sirona. After discussion we have chosen the Child Outcome Rating Scale (CORS) which is also used by CAMHS (Child and Adolescent Mental Health Services). We have now started to employ the questionnaire and will report back on this next year.

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

Thank You!

Laurel Ellis and all her helpers
- for providing refreshments on our Open Day

Trisha Luxton, Liz Meredith, Liz Mac, Sarah Urwin
for their sponsored carriage drive

Lisa Bell.... for our website

Our Patrons: Lucy Rees & Heather Moffett

Nadia Milligan from Hilton Worldwide Ltd

Sue Bicks....for our newsletter

All our 'Friend's of Sirona' contributors

Our Fab Farrier Tim Hughes

For help with horse care and many other things:

Sue P, Nicole, Louise, Hesti, Kate, Nikki, Anne, Maddie, Mel, Emma, Sarah, Caroline, James, Shaun, Jan, Sally, Di, Matthew, Tabs, Daisy, Mia, Lottie,

John Harrow - for this Annual Review