



# 2017 ANNUAL REVIEW

## *Our Mission:*

*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 increase health and well-being and provide more positive life outcomes*

Supported by



SWIRE  
CHARITABLE  
TRUST

Northbrook Community Trust



**As Sirona enters its 6th year** since welcoming the first participants into our stable yard at Hannahs at Seale Hayne, it is exciting to report that we are finally going to be moving to a permanent new home on the beautiful Dartington Hall estate near Totnes. Seale Hayne has been a wonderful home for us to get our centre off the ground and we are extremely grateful to the developer and Hannahs at Seale Hayne for giving us this opportunity, but, as it has never been a permanent site due to proposed housing development, it has always felt very insecure not knowing when we may have to move.

**The lease has now been finalised** and we have gained planning permission for our new bespoke stable yard and classroom; this is for a secure 20 yr lease on a peppercorn rent and gives Sirona the long-term security and stability to be able to develop the charity into the future. We are now busy working towards raising the funds that we need for the build. We launched this with a successful Crowdfunding Campaign where we raised £10,505. Thank you to everyone who supported us! The film is still available to watch on our website [www.sironaequine.org](http://www.sironaequine.org). This money is the start of our build fund and it allowed us to qualify for other grants which will help us to reach our goal. We need over £120,000 altogether, so there is still a way to go but we have started work on site, in the form of the drainage scheme and percolation tests. Cutting the hedge through to form the gateway into our field felt like a very symbolic day!

**We have now supported** well over 500 participants to gain increases in self-confidence and self-esteem, learn new skills, improve communication skills and ability to empathise and relate to others, so becoming more resilient and going on to have more positive lives in the future. An ongoing challenge in our work which is so often slow, and based on building relationships both with the horses and staff and planting seeds for the future, is proving our outcomes: This is notoriously difficult to do when you are working within the therapeutic field with so many variables and such a subjective area, but I was very fortunate to be accepted onto the Seedbed social entrepreneur programme receiving support for a new evaluation methodology for 2018. The Seedbed programme has also provided support with our business plan and securing for a loan with SWIG (South West Investment Group) towards our new centre.

**Last but not least** Sirona was very proud to be awarded the Quality Assurance Mark, a locally developed initiative supported by the Community and Voluntary Service Infrastructure organisations in Teignbridge, South Hams and Torbay. The Scheme is endorsed by Torbay and South Devon NHS Foundation Trust. We feel privileged to be among one of the early organisations to be awarded the QA mark and recognised as a provider with robust policies and procedures and health and safety practices in place to be able to support our vulnerable participants to our best possible ability.

Dr Hannah Burgon  
CEO and Founder

Charity Information:	
Trustees:	Sarah Urwin, Sue Bicks, Amanda Layzell, Rosie Bell, Laurel Ellis
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:	<a href="http://www.sironaequine.org.uk">www.sironaequine.org.uk</a>
Email:	<a href="mailto:info@sironaequine.org.uk">info@sironaequine.org.uk</a>

## Our year in summary...

Sirona formally adopts Registered Charity (CIO) status on January 1st  
(Charitable Incorporated Organisation)



We secured the lease and gained Planning Permission  
for our new purpose built centre on the Dartington Estate



We were awarded the Quality Assurance Mark, which is endorsed by the  
Torbay & South Devon NHS Foundation Trust



Sirona directly supported 121 vulnerable and  
disadvantaged participants



2 apprentices completed the  
City & Guilds level 2 in horse care & riding



6 students completed City & Guilds level 1 in horse care  
with a 90 % pass rate.



Our Crowdfunding Campaign raised £10,505  
to start our New Build Fund



We provided 378 equine-assisted sessions



We provided work experience for 3 students from local schools



48 volunteers supported our work

And...the first signs that our big move is finally happening...!





## Training and Events

April	1	Mindfulness, Horses and Nature
	25	Trustee training by Teignbridge CVS
	29	Self-Harm and Young People
May	6	Mindfulness and the Healing Drum
	16	SAFETALK suicide prevention
	17	Riding and Road Safety
June	10	Sirona Open Day
	15	Child Protection & Safeguarding



July	12	First Aid at Work
September	16	Understanding Autism Data Protection Workshop, Heathfield
October	14	Environmental Arts
	19	TTouch Clinic - Dreamhorse
November	4	Child Protection Level 3
December	5	Employment Law - Tozers Solicitors, Exeter
	21	Exeter Racecourse Fundraiser (£899!!)
January	15	Introduction to Being a Trustee (Totnes CVS)
February	5/16	2 Day Equine First Aid (BHS Duchy College)
March	5	Child Protection & Safeguarding
	13	First Aid at Work



## Outcomes and Evaluation

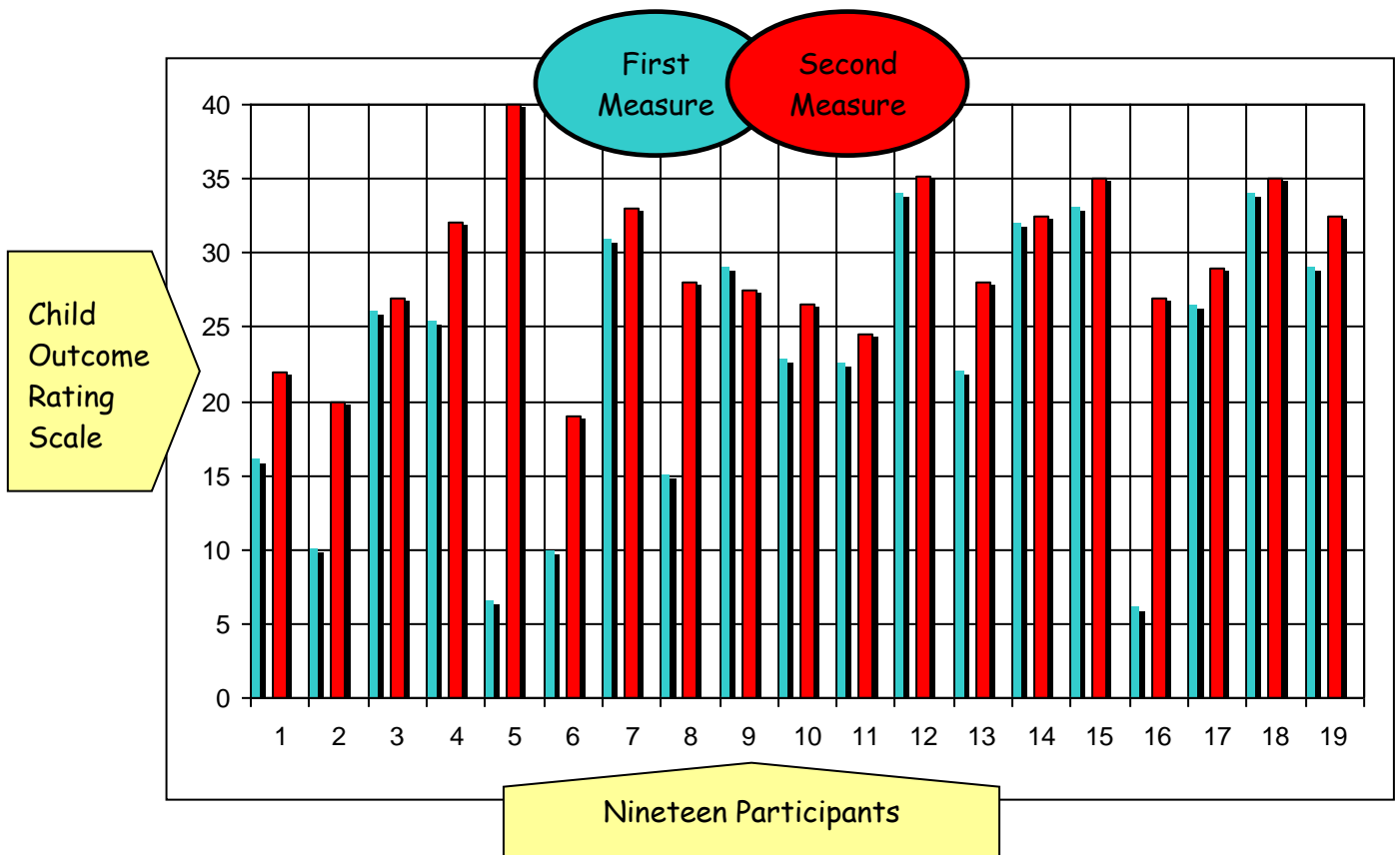
Sirona has been supported by the Child Outcomes Research Consortium\* to conduct a pilot project using the Child Outcome Rating Scale (CORS) to measure the impact of our activities with a group of nineteen 8-21 year olds. The Outcome Rating Scale is a four item measure designed to assess areas of life functioning known to change as a result of therapeutic intervention. These include: symptom distress, interpersonal well-being, social role, and overall well-being

94.7% ...of participants demonstrated improvement in life functioning over the course of the intervention.

42.1% ...of participants demonstrated reliable improvement in life functioning\*\*

\* Child Outcomes Research Consortium (CORC) 4-8 Rodney Street, London, N1 9JH | [www.corc.uk.net](http://www.corc.uk.net)

\*\* Based on 5 point or more improvement consistent with Child & Adolescent Mental Health Services outcomes



## Referrals...

We 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.

Young people are referred with difficulties such as ADHD, Autistic spectrum, mental health issues, anxiety, self-harm and eating disorders. Other reasons for referrals include those experiencing difficulties with their peers, social isolation and learning disabilities.

## **What we do...**

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 growth 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 tailored 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. 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.

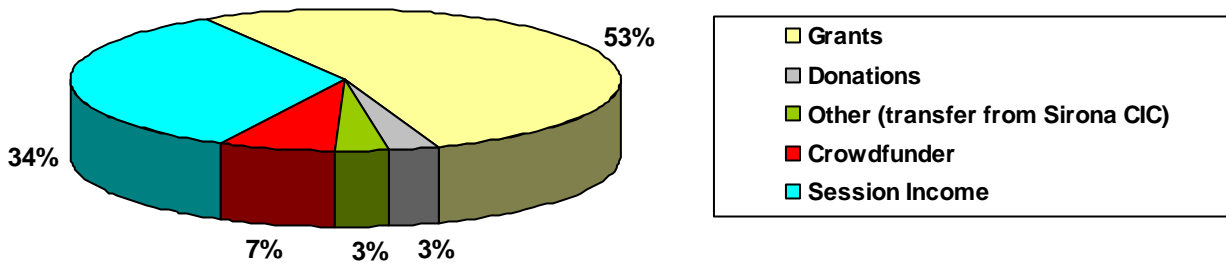
### ***Our volunteers***

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. We could not exist without their support.

<b>Management team:</b>	
Hannah Burgon:	PhD, MADipSW, CEO and founder
Emma Matsambanye:	BACP reg Counsellor and voluntary Safeguarding officer
Josie Arcsott:	Adv Dip in Humanistic Counselling trainee, and voluntary Comms officer
Sally Croft:	Treasurer, retired chartered accountant

## Income:

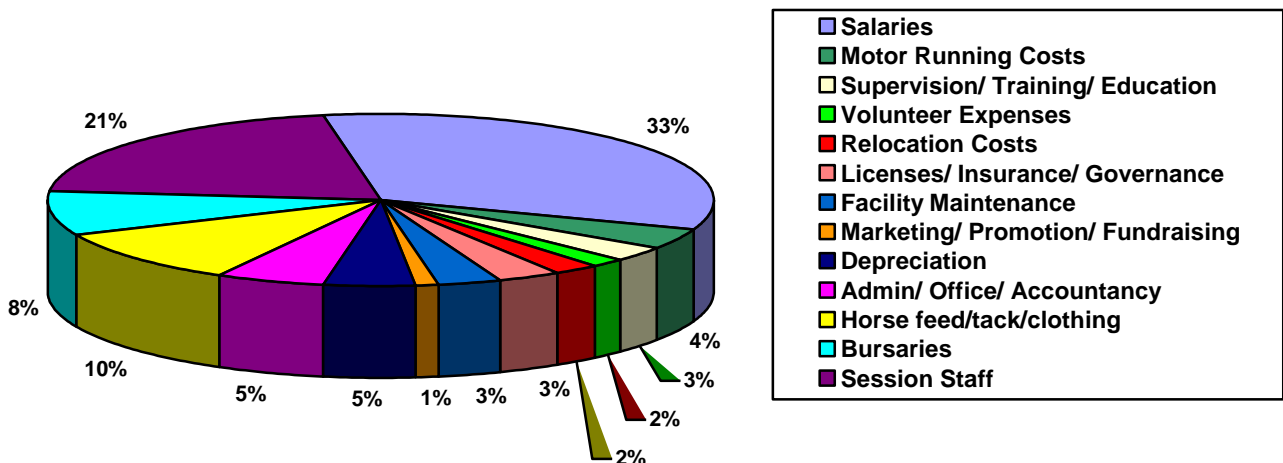
In January 2017 Sirona CIO (Charitable Incorporated Organisation) took over the activities and assets of Sirona Therapeutic Horsemanship CIC. The transferred assets amounted to £19,550, made up of £4,550 of fixed assets and £15,000 of unexpended restricted grant funds as agreed with the funders involved.



\* Notes: 1. 'Session Income' includes an amount of £1200 raised from Courses, Workshops, Fund-raising Events + T-shirt sales. 2. 'Other' relates to transfer of fixed assets of £4,550. A further £15,000 of restricted grant funds transferred from Sirona CIC is included in 'Grants'.

Our total income in 2017 was £149,275. Over half of this income was contributed via grants, and we are indebted to the nineteen funding providers who supported our work with grants ranging from £250 to £15,600. Fee income from equine sessions directly reflects the numbers of young people who benefit from being referred to us, so we are delighted that this figure grew to £50,965, an increase of 39% over the previous year. In September we launched our 'Crowdfunder' (via social media) in order to finance our new stable block at Dartington Hall; the response was not only heartwarming, but also totally beyond our expectations, and at the end of the nine week period of the campaign we had raised a staggering £10,497.

## Expenditure:



Our total outgoings for 2017 were £89,561, and in the knowledge that our 2018 move will put tremendous strains on our limited financial resources, we have worked extremely hard to manage and contain our overheads and costs and to reduce them wherever possible. Our salary bill for 2017 showed a reduction of £2,000 on the previous year, and although we increased payments to our session staff by around £10,000 against 2016, this was reflected in higher session fee income. Clearly, horses cost money too, and we spent over £9,000 in the year taking care of our equine friends. Our 'Admin' costs include all associated office costs and accountancy charges, and we were pleased to be able to contain these outgoings to just 5% of our total expenditure. Of the surplus we carried forward, the element of unrestricted funds of £14,670 is invaluable in allowing us to cover initial costs at our new site in relation to groundworks and installation of access roads.



We want to say

# a Mega Thank You

To everybody who supported us in 2017  
with both time and money....

Steve Munday, Planning Consultant

Chantal from X Construction

Reg Bunningham from RB Architectural Designs

Pete Nuttall from Green Lane Ecology

Nadia Milligan - our solicitor at Addleshaw Goddard through Law Works

Richard Urwin for all his help and advice

Nicky Collins for the loan of her lovely pony Rupert Jones

Ginny & David for the loan of their wonderful horse Roxi

For editing our Crowdfunding Video  
Ben Brockbank Naylor  
& Matthew Burgon

Stephen Bond of Heritage Places

For shooting our crowdfunding video: Shaun Derioz and Oliver Stapleton

Our fantastically committed trustees...

- Sarah Unwin
- Sue Bicks
- Laurel Ellis
- Rosie B
- Amanda Layzell

Just a few of our wonderful volunteers...  
Sue P, Nicole B & Lottie,  
Hesti E, Mia A, Kate E,  
Rhys M, Tracey S, Lisa B,  
Jan o'H, Louise B



For this Annual Review  
John Harrow

The Albert Hunt Trust

The Gibbons Family Trust

PC NICOLA HUGHES MEMORIAL FUND  
Opportunities for the Future  
Reg. charity number: 1196398

Baynton Ford Charitable Trust



The Elmgrant Trust

The Sir Jules Thorn CHARITABLE TRUST

Viscount Amory's Charitable Trust