



Annual Review 2022

MESSAGE & OVERVIEW FROM THE CEO



Dr Hannah Burgon, PhD, MA
Social Work - CEO and founder

2022 was our 10th birthday year and so a time for reflecting on our work over the past decade. Sirona Therapeutic Horsemanship has now supported over 1,000 participants since we first started in 2012 at our previous home at Hannah's at Seale Hayne, Newton Abbot, with initially just four horses and a small group of dedicated volunteers. During this time, we have developed into a strong team of professionals including social workers, counsellors, teachers and equine staff, alongside a committed band of valued volunteers, supporting over 100 participants each year.

We are still passionate about our work and humbled daily by the strength and resilience shown by our participants to overcome their challenges with the support of our amazing herd of horses and other animals. Our life changing work couldn't happen without the support of all of our supporters and funders - thank you.

A handwritten signature in black ink that reads "Hannah Burgon".

The demand for our provision has continued to grow, with a 65% increase in applications received during 2022 compared to 2021. Alongside this the level of support need has been visibly higher, with more referrals for young people unable to attend school due to high levels of anxiety, those with self-harming behaviours and an increase in young people exploring gender identity issues. Self/parent referrals have also increased dramatically; up 112% from 2021. This would appear to be a direct correlation to the budget cuts in social care and education putting more pressure on the voluntary sector.

With Covid-19 pandemic restrictions easing in 2022 we responded to this increased demand by starting to provide some small group equine and animal-assisted sessions. Alongside this we also reinstated some public events. These included: a very busy open day in July, attended by 177 people; being asked to present at the Equine-Assisted Practitioners Network conference in June; running a number of courses for the public on our work, and initiating new 'Referrer Information Mornings'. All these were very positively received and have provided collaborations for further opportunities.

In January 2022 we received the first instalment of the 3-year Big Lottery Community funding we were awarded in autumn 2021. With this grant we were able to reinstate our popular 'Supported Volunteering'

sessions for those 18 years+ who have a range of support needs such as learning disabilities, mental health/physical health issues, or are excluded or isolated in their communities. In August we also reinstated our Summer Holiday groups. These popular small groups were provided on a donation basis for young people already attending Sirona during term time who would benefit from continuing over the summer holiday period, such as young people in foster care, and those with additional needs who find other group activities difficult to access. The sessions were extended to other disadvantaged young people who could benefit, including those from low income families, together with young people from our local communities not able to attend during term time, and a number of Ukrainian refugee children. Activities included learning how to look after the animals, cleaning out the stables and grooming the ponies, together with teaching the goats to be led, learning about different feeds and healthy diets, and art and crafts activities.



2022 - OUR WORK & ACHIEVEMENTS IN FIGURES

PARTICIPANTS

- 104 Direct participants
- 628 Total beneficiaries (participants, courses, events, etc)
- 1,345 Direct participant delivery hours
- 65% Increase in applications received during 2022 compared to 2021
- Age range 6 - 88 years
- 78% Female - 22% Male
- 87.5% White British, 12.5% Other ethnic groups
- 90.78% Overall attendance rate

REFERRAL CATEGORIES

- 43 Mental Health / Anxiety / Confidence
- 35 Education, Health and Care Plan (EHCP)
- 27 Foster Care / Adoption
- 23 Autistic Spectrum Diagnosis
- 19 Self-harm
- 19 Not In Education, Employment or Training (NEETS) & Education Other Than At School (EOTAS) / home schooled

COMMUNITY WORK

- 1 Public Open Day
- 11 Community events attended / provided
- 8 Training courses provided (5 for team, 3 for public)

NUMBER OF SESSIONS DELIVERED

- 527 equine & animal assisted sessions delivered
- 255 Therapeutic horsemanship
- 55 Equine-assisted therapy
- 78 City & Guilds Level 1 Diploma in Horse Care
- 84 Changing Lives Through Horses
- 11 Holiday horsemanship
- 29 Supported volunteers
- 41 Taster visits
- 2 Work experience student placements

EVENTS

- Attended the launch of the Human Equine Interaction Register, Saddlers Hall, London
- Presented on equine welfare at the Equine Assisted & Facilitated Practitioners Network conference, Unicorn Centre
- Presented on evaluation and outcomes at Horse World, Bristol
- Team development day



TEAM & CENTRE DEVELOPMENTS

OUR TEAM

- 8 full-time / part-time staff
- 1 apprentice
- 1 former participant employed on the Government Kickstarter scheme
- 4 freelance staff (clinical child psychologist, BHSAI Instructor, BA (Hons) QTS teacher)
- 8 board members
- 35 volunteers
- 2,566 volunteer hours
- 8 horses
- 2 goats
- 3 chickens
- 1 dog
- 1 cat



TEAM TRAINING

- Level 2 & Level 5 Safeguarding
- Safer Recruitment
- Safeguarding for trustees
- Bystander Training
- PREVENT Counter Terrorism
- Health & Safety
- Emergency First Aid at Work
- Emergency Paediatric First Aid
- Mental Health First Aid
- Level 2 Counselling skills
- The Strengths Approach
- Changing Lives Through Horses (CLTH) coach training
- CLTH Trauma & Attachment
- CLTH Anxiety & Impact on Learning
- Equine training with Lucy Rees (Equine Ethologist)
- Equine-Based Trauma Informed Mindfulness
- Equality & Diversity
- Managing Allegations
- Restorative Practice
- Polyvagal Theory
- Using Language
- Online Safety
- Initial Judgement & Decision Making
- Introduction to Coaching

SITE DEVELOPMENT

- Horses' barn roof extended with a grant from the Peter O'Sullivan Trust
- Completed the woodland shelter in our copse ready for 2023 nature-based sessions
- Sensory garden / biodiversity area started and wildlife pond created



ANIMAL WELFARE & DIVERSIFICATION

Horse and animal welfare continued to be high on our agenda during 2022. As we have grown and learnt more about working with horses in equine-assisted therapy and learning, it has become even more important to Sirona to protect our horses; horses also experience 'burnout' in the same way as people. For this reason, we have been implementing our diversification plans by introducing more animals and other nature-based and art activities into our work over the past year in order to provide alternative related sessions.



EVALUATION

Evaluating our outcomes remains a high priority in our work. To develop new ways of data collection sensitive to our participants' needs, whilst balancing against the demand for quantifiable results demanded by referrers, we started to introduce more formalised session-based targets with young people in 2022, aligned to the goal-based outcomes evaluation approach (Duncan Law, 2019 'The goal-based outcome (GBO) tool guidance notes' MindMonkey Associates: London). Whilst we follow a child-centred approach in sessions working within a non-directive, integrative model, we also understand the need from referrers and organisations to evidence our provision with a clinically recognised tool. The GBO method allows the young person to set their own targets and to follow their progress at their own pace, which is aligned to our co-production, child-centred approach. Targets set by young people have included working towards being able to lead a pony out for a nature walk, to smaller targets such as picking out a pony's hoof.

FEEDBACK



"being with the horses had made me feel calm and relaxed and makes me feel ready to learn. Knowing however bad it is it will get better with time and you just need to relax and take life in a stride and be calm."

"Sirona has helped me – I feel happier around the horses. I am more confident and I have learned that even if I think I can't do something, having a go is the best thing to do".

"It has taught me to stick at something that is hard. It's helped me to be confident and not to panic if something goes wrong" The horses helped – especially Rupert as he reminds me of me".

"It has made me feel calmer and helped with my anger and made me more patient – I have made friends – yay!"

CASE STUDY - BILLY

Billy was a young person in foster care referred from a local school for a place on our Level 1 horse care course. Billy was absconding regularly, engaging in unhealthy behaviour and his social worker believed he was at risk of CSE. Billy had previously had 15 foster placements. On his first session at Sirona, Billy was withdrawn, and said he didn't want to attend. The practitioner Kate explained there was no pressure but as we had heard that Billy loved horses, did he want to come and meet some of our rescue horses and could then leave if he still wanted to. Kate introduced Billy to each of the horses, explaining their stories and some of their difficult backgrounds and how they now had a home for life at Sirona. Billy chose to continue at Sirona and slowly started to thrive. He did arrive on occasion tired and emotional, finding it difficult to concentrate. However, he managed almost full attendance, completing the full Diploma in the year timeframe with flying colours. In addition, his foster placement stayed stable throughout his time at Sirona.

BILLY'S STORY

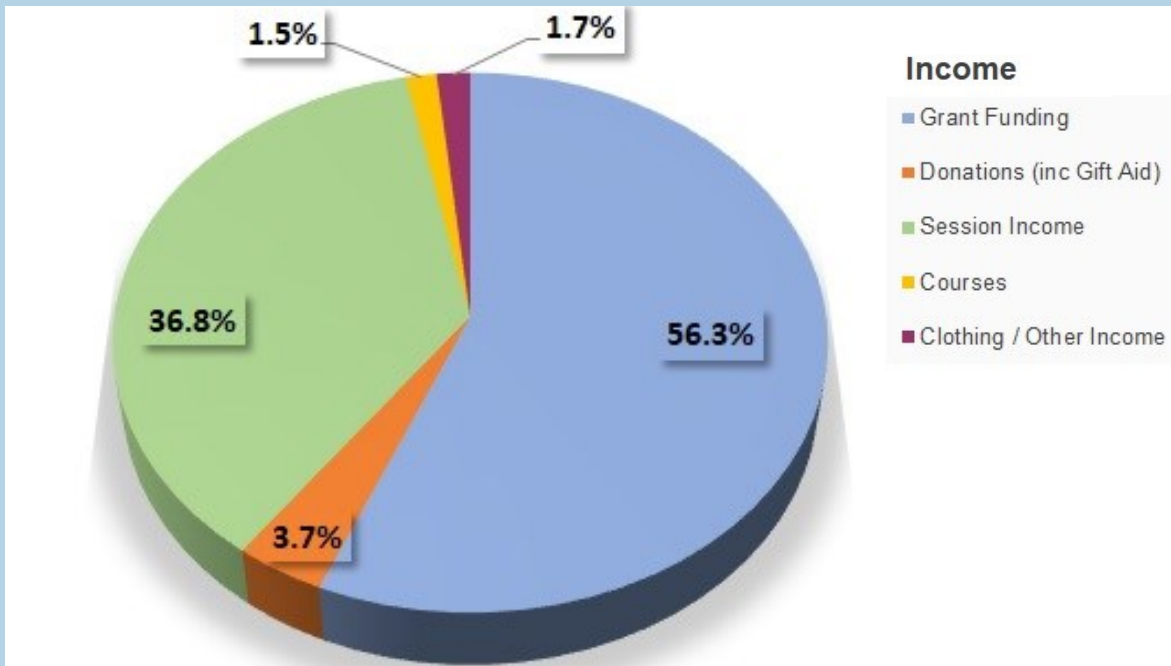
When we asked Billy for his feedback from attending Sirona he recalled a time when he arrived one day telling us he felt suicidal and it would be bad for the horses to be near them due to his state of mind. His practitioner Kate had taken Billy into our shepherd's hut and given him a cup of tea until he felt calm enough to eventually leave the hut and sit outside his favourite pony Autumn's stable. As Billy was sitting on the concrete with his head in his hands, the practitioner asked if Billy would like one of Autumn's rugs to lie on so he had Autumn's smell and something warm to sit on. Billy wrapped himself up in the rug with Autumn putting her head over her stable door with her warm breath on Billy's head. Billy and Kate sat in silence for a while together listening to the rhythmic and soothing chewing of Autumn munching on hay. After some time, Billy said he felt better enough to come and join the group - completing some of his Level 1 portfolio course work before the session ended.

Billy told us that a key element had been the relationships he had built up with the other two young people - both also from care backgrounds - together with the staff and the horses and other animals; Autumn and Ginger our yard cat in particular.

At the end of the course Billy gave each practitioner and the other two students a huge hug and told us, ***'I will never forget this place, I will always have a little piece of Sirona in my heart'***.

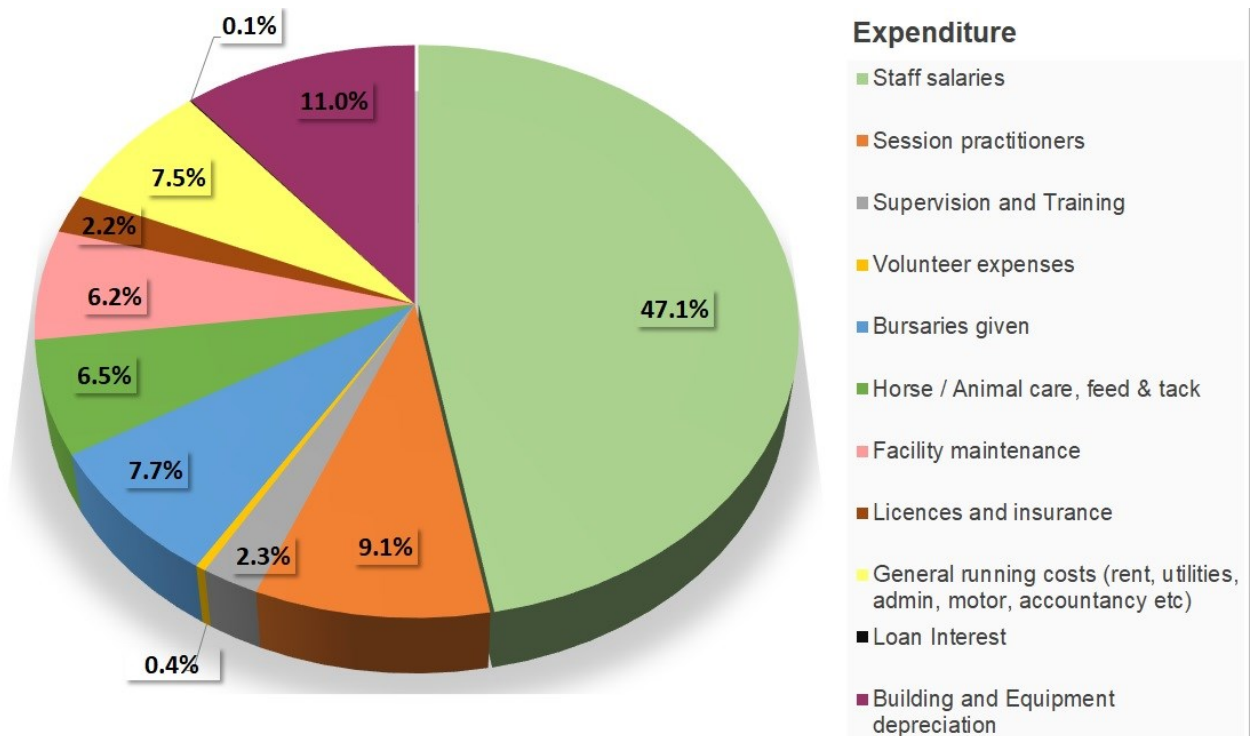
2022 FINANCIAL REVIEW

INCOME



Sirona is funded primarily by grants and session income. The total income during the year 2022 was £192,358 (2021 - £148,179) of which £108,339 (2021 - £74,502) was grant funding and £7,190 (2021 - £8,635) was donations (including gift aid). £70,719 (2021 – £64,718) was received from session income; £2,920 (2021 – £0) from courses, and a further £668 (2021 - £324) from sales of clothing and other items.

EXPENDITURE



Total expenditure for the year on our charitable activities amounted to £183,993 (2021 – 157,719) as the charity sought to pursue its objectives. Direct staffing costs rose by a further £16,077 to £86,318 as the core staff team was strengthened; horse and animal costs rose by £1,240 to £10,575; and rent and utilities increased by £1,189 to £3,463 reflecting the ongoing cost of living crisis. However, the sharpest increase was in the provision of bursary places which rose by £7,529 to £14,099 as the charity offered support in an increasingly difficult financial environment for so many. Other costs, such as administration, stayed relatively stable compared with the previous year.

THANK YOU to our supporters

SARAH MORGAN

JAN O'HIGHWAY

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We would also like to say
"thank you" to

- Friends of Sirona for your continued support
- All those who sponsor a pony
- Players of SeaMoor Lotto
- Everyone who supported our 2022 summer open day
- Our fabulous, tireless volunteers
- Dedicated trustees
- Our patrons
- The Dartington Estate

The
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Charity Information

Address: Buckhams Stables, Old School Farm, Dartington Hall, Totnes, Devon, TQ9 6EB

Email: info@sironaequine.org.uk

Telephone: 01803 868779

Web address: www.sironaequine.org.uk

Registered Office: The Merchant's House, 10 Town Quay, Totnes, Devon, TQ9 5DW

Sirona Therapeutic Horsemanship CIO is a Charitable Incorporated Organisation registered with the Charities Commission of England and Wales.

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