



Amy's Trust CIO – Healing through Horses

Service overview

Introduction

We are Amy's Trust; a charity whose mission is to support children and young people experiencing mental and emotional health challenges through Equine Facilitated Learning.

In recognition of the desperate need for nurturing spaces capable of supporting children and young people in mental and emotional distress, Amy's Trust's vision follows:

"To provide and continue to develop a peaceful sanctuary that fosters connection and healing, changing the lives of children and young people in our community through the power of nature and the horse-human bond".

We are a new provision looking forward to developing strong bonds with families, commissioning services and other professionals to support the wellbeing of children and young people in Nottinghamshire.

Due to our unique environment and exclusive site use for the children and young people accessing our service we are able to support some of most vulnerable young people who may struggle with busier environments. Our eligibility criteria is outlined below and will soon be accessible via our website.

Location

We operate from our 15 – acre site in the village of Redmile (near Belvoir Castle) which is home to our herd of horses:

Amy's Trust – Healing through Horses
Duffield Acres, Main Road,
Redmile, Nottingham
NG13 0GQ

Offer

Description:

We offer 1:1 Equine Facilitated Learning sessions delivered by a qualified EFL practitioner. The young person and their accompanying parent/carer will have exclusive access at our 15 acres site in which the sessions take place.

Note: Should Amy's Trust and the multidisciplinary team surrounding the young person deem it to be an appropriate and positive opportunity for the young person to be

introduced to another young person on site this will be considered in parallel with the other young person's needs and development. In this eventuality the session will still be run 1:1 but the site will be shared between two young people and their accompanying parent/carers. This will only arise as a possibility once a relationship has been built between the young person and Amy's Trust facilitators, and multidisciplinary team and Amy's Trust director approval is in place.

Length of session and timetable we currently offer:

2 hours per week

1x AM session (10am - 12pm)

1x PM session (1pm - 3pm)

Tuesday - Thursday.

Pricing:

£200 per session. Transportation costs are not included in the cost of the session.

Meeting time and administration time are charged at £50 per hour.

Financial policy:

Amy's Trust financial policy requires sessions to be paid for in 6 weekly blocks in lieu of the session block commencement. If you have any queries, please contact us.

Eligibility criteria

Amy's Trust has a diverse selection criterion in order to uphold access to all individuals from all walks of life. Eligibility therefore centers around the child or young person's need for the service based on the following areas:

- Symptoms of mental/emotional distress. These may include, but are not limited to, low mood, depression, anxiety, feelings of overwhelm, feeling disconnected from self and others, changes in behaviour such as withdrawing from social activity, difficulty focusing and paying attention.
- This may or may not include emotional/ mental distress associated with attachment disorder, trauma or neurodiverse expressions such as autism (verbal, including selective mutism), attention deficit hyperactivity disorder (ADHD), and demand avoidant profiles.
- It is noted that severe psychological disorders can only be considered in combination with the involvement of other mental health professionals supporting the individual.
- Age; status as a 'child' or 'young person'. This typically refers to those aged from 7 up to 25 years old. Consideration of the individual's situation will be taken into account in consultation with other professional's input as 'emotional age' can vary from chronological age in certain situations.
- Child or young person has an interest or curiosity towards horses and nature.

Information is gathered via our referral form and stored in line with UK GDPR and the Data Protection Act 2018.

Key contact

Ruby Cox (Director, Lead EFL Facilitator) – info@amystrust.org, 07500 649631

Website

www.amystrust.org

