



Page 3 Welcome

Page 4 Our Story

Page 6 The Place

Page 7 The People

Page 8 Equine Facilitated

Learning (EFL)

Page 10 The Service

Page 11 FAQs

Page 12 Contact Us

CONTENTS

page 2

We are Amy's Trust, a charitable organisation providing Equine Facilitated Learning to children and young people in the Nottinghamshire area.

Amy's Trust is set up in memory of Amy Duffield whose connection with horses inspires the work we do.

Our mission is to support children and young people experiencing mental and emotional health challenges through Equine Facilitated Learning.

MEICONNE

OUR STORY

Amy Duffield 1989 - 2013

Born in 1989, Amy came into the world as the only child to her parents Sharon and Tom. She was their everything. Only eight years later, Tom passed away suddenly – this was, understandably, a very difficult time for both Sharon and Amy. Together, they found some solace by surrounding themselves with animals, whether this be their dogs and cats or through the companionship they found with horses. From a young age, Amy was a keen rider and cherished the bond she made with her horses. She continued to nurture this love throughout her life, maintaining her commitment to them during her education and time studying at Leeds University. It was apparent that the bond she held with her horses helped her deal with the stresses of modern life and acted as a constant in

what continues to be an ever-changing world.

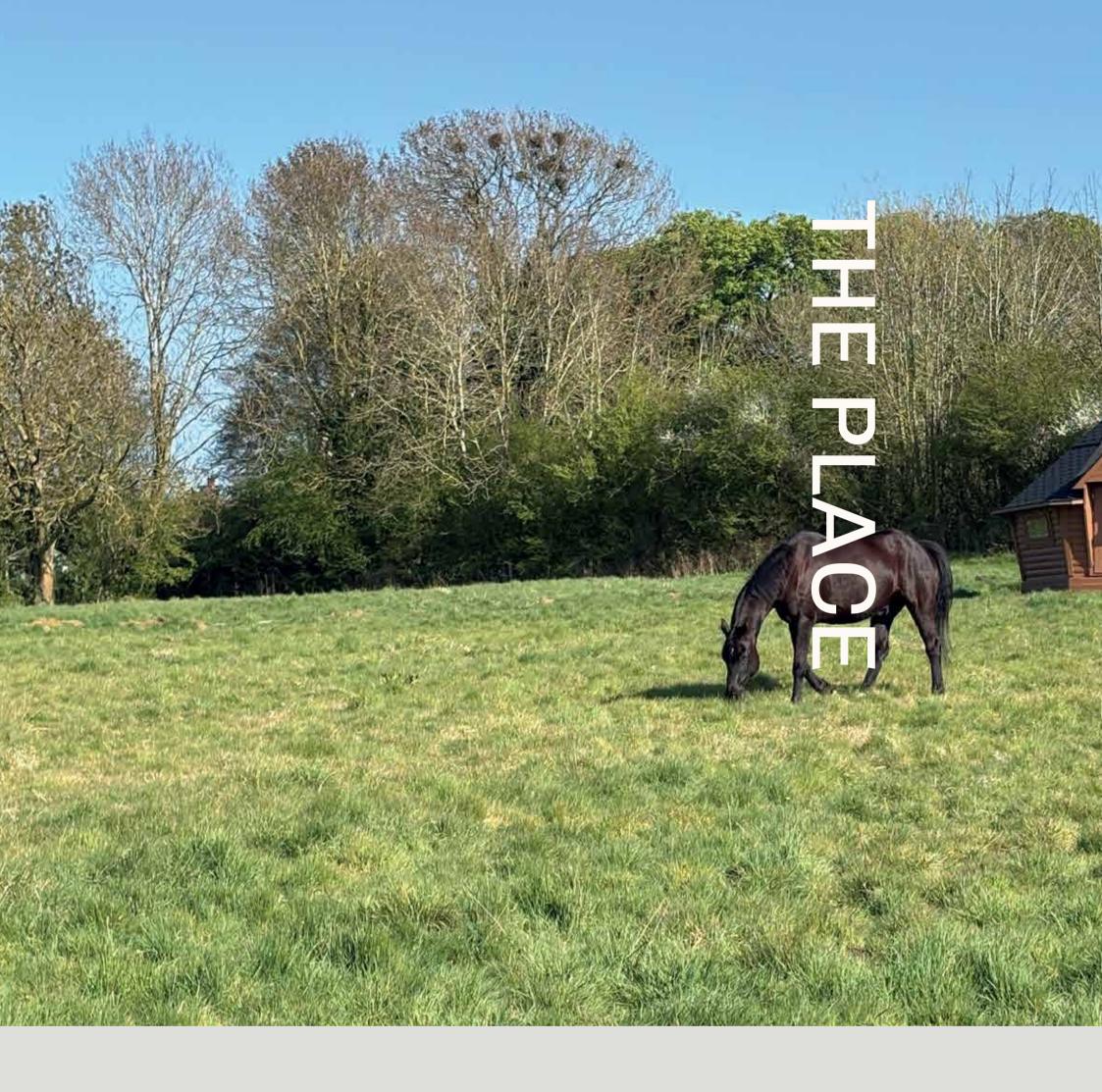
In August 2013, Amy came down with what most assumed was a 'common cold'. Unfortunately, her condition deteriorated quickly, and she was rushed to hospital. It was over the next four days that the worlds of everyone close to her changed irrevocably. It was found that Amy had contracted a virus which had attacked her heart muscle, in turn affecting all her organs and requiring her to be placed on a ventilator for the best chance of survival. The ICU teams at both the Queen's Medical Centre and Nottingham City Hospital delivered exceptional care, doing everything possible to aid Amy's survival. It was despite their best efforts that Amy passed away in August 2013.



After Amy's death, her mum, Sharon Duffield, dedicated her life to raising money in Amy's name. To gratefully acknowledge all that the Nottingham University Hospitals had done for Amy, Sharon – alongside family and friends – went on to raise over £120,000 through a series of fundraising events. This enabled the hospital to purchase additional equipment and open a new training facility, named the 'Duffield Training Room', in Amy's memory. Sharon wasn't done there and continued fundraising in Amy's name, making multiple donations to therapeutic equestrian centres to support disadvantaged children and young people. Her ongoing fundraising became known as 'Amy's Trust', a name we've carried through to today to honour where our story began.

It was later, in May 2020, that we sadly lost Sharon to cancer. It was Sharon's wish that a charity dedicated to helping children and young people be set up in Amy's name, incorporating Amy's endless love of horses. Sharon left her estate to this cause, and this is what has enabled us to undertake this project in memory of Amy.

And so, here we are today. Our board of trustees comprises a devoted team of friends, family, professionals, and equine experts. Together, we're dedicated to creating an effective and progressive facility for children and young people across Nottinghamshire and the surrounding areas, to benefit from the healing power of horses.



Amy's Trust is set within 15 acres of beautiful land in the village of Redmile. Nestled in the Vale of Belvoir, Redmile sits close to the border of Nottinghamshire and Leicestershire.

We feel honoured to be the guardians of this patch of heaven that weaves together woodland, water, and grassland to provide a haven for horse and human alike. Mindfully designed, our provision has been built to facilitate a symbiotic relationship between horse, human, and environment and supports access for those with mobility needs.

Our set up includes a track system to mimic horses' natural movement patterns in the wild, an off-grid solar electrical system, a manure composting system, cosy cabin, composting toilet, horse barn, hay barn, and interaction zones for connecting with the horses during Equine Facilitated Learning sessions.

We work in partnership with both the horses and the land to foster an environment with the capacity for the healing and change that our young people, communities, and world deserve.



RUBY COX Director

Ruby is a qualified Equine
Facilitated Learning practitioner,
passionate about working with
children and young people to
support their well-being and
self-discovery A former vet, Ruby
has spent the last seven years
developing her EFL work. She
leads the delivery and growth of
our provision. For more info on
Ruby visit our website.

HOLLY WATTS Trustee

Close friend of Amy & Sharon, Holly is our charity Chair and plays a key role in fundraising and raising awareness around the work of Amy's Trust. Holly has been an integral part of fundraising in memory of Amy since 2013.

POLLY DELL'ARMI Trustee

Close friend of Amy & Sharon, Polly is a passionate people person. Her experience in business strategy and HR equips her in overseeing the safeguarding practices and HR within the charity. Polly has been an integral part of fundraising in memory of Amy since 2013.

ALEX LANGFORD Trustee

Alex is a family member of Amy and Sharon and is passionate about supporting their legacy and serving their cause. Alex is the charity Treasurer and has been an integral part of fundraising in Amy's memory since 2013.

NIGEL CULLEN Trustee

Close friend of Sharon, Nigel has been involved with Amy's Trust from the beginning. With a wealth of experience supporting charitable causes, Nigel is key in overseeing the charity's successful organisation and management.



ANDY HARPER Advisor

Andy is our marketing and tech advisor. With a wealth of experience in the digital and technology sector he is an integral part of the Amy's Trust team, supporting the charity's digital, marketing and strategy needs.

THE PEOPLE





Horses' unbreakable connection to the present moment and sensitivity to what is arising there can bring unconscious emotions, beliefs, and behaviours into awareness for the facilitator and young person to explore together. Awareness is the precursor to all healing and change. When coupled with compassion, this awareness provides the space to explore these emotions, beliefs, and behaviours. This supports the young person in learning about themselves and the way they relate to the world at their own pace.

Our approach to EFL focuses on working with what arises in the present moment with playfulness, acceptance, curiosity, and empathy. This is known as the PACE approach developed by Daniel Hughes. This works to foster self-compassion and self-confidence in the young person and which is the foundation for creating positive changes in wellbeing over time. For more information on our EFL approach, visit our website or use the QR code below.



SERVICE THE SERVICE Amy's Trust offers EFL sessions to children and young people experiencing mental and emotional distress in the format of 2-hour sessions held at our Redmile site. Sessions are facilitated by our lead EFL practitioner, Ruby Cox. We acknowledge that every package of support will be unique due to the individual needs of each young person. Therefore, each support package will be developed in close collaboration with the supporting services. This will comprise details such as length of placement and frequency of sessions. To view our policies please visit our website. For information on our eligibility criteria, referral process, session fees and times, please contact info@amystrust.org.

FAQS

Can young people ride the horses?

There is no ridden element in the EFL we offer, and we do not provide any riding at our provision.

Do young people need to have had prior experience with horses?

There is no requirement for children or young people to have had any experience with horses before. However, an interest, openness, or curiosity towards horses, animals, and nature will support engagement in our provision.

Can young people or parents/carers/professionals with mobility needs access this provision?

We have designed our provision with equal access in mind. This includes wheelchair accessibility to our cabin, toilet and equine interaction zone. We will always do our best to support all bodies and their access needs. If you have any questions regarding a particular access need, please get in touch.

What is your approach to inclusivity?

Radical acceptance and celebration of all beings is at the very heart of what we do. Variety is the spice of life, and holding space for self-discovery is key in allowing the authentic expression of each individual to emerge. We acknowledge that even with the best intent, unconscious biases do exist, therefore we work proactively to ensure our approach to inclusivity is embodied on a ground level.

For more details on our approach to inclusivity, please refer to our equality and diversity policy which can be found on our website.

FAQS

CONTACT US

Have a question about our Equine Facilitated Learning provision?

Send us an email, we'd love to help.

info@amystrust.org www.amystrust.org