


HORSE-CENTRED WELLBEING


INFORMATION SHEET

WHAT'S THIS ALL ABOUT?




We know that hanging around with horses is a great thing for people with disabilities. But sometimes equine therapy is not totally the right fit for you. Perhaps you want a more relaxed environment. Or perhaps you simply don't have a therapy budget in your NDIS plan. Our popular "Horse Centred Wellbeing program is a social version of our therapy program, designed to come out of core NDIS funding.

WHAT ACTIVITIES ARE INCLUDED?



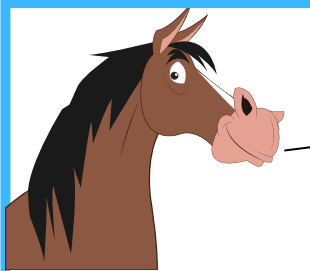
It's all about caring for and learning about horses. Some activities are feeding and grooming, walking the horses and learning about the health and happiness of horses. And basically, hanging with horses is cool, and who doesn't want to do things that are cool?

IS HORSE RIDING OFFERED AS PART OF THE PROGRAM?




Independent riding is not part of the basic program. Horse riding is great fun but it is not something we offer. We hope to be working with other providers to make it available to our clients.

HOW LONG DOES IT LAST?




Sessions are 60 minutes. We recommend you consider a program of 8 weeks. But you can come for one, two, twelve, whatever, some people just never stop coming. Once you get to know the horses, they are friends you look forward to seeing.

HOW DO I GET THEM THERE?




We can sometimes arrange transport at extra cost. Or sign up with friends and take turns driving.

HAVE YOU GOT A UNICORN?




No, our insurance company won't let us. Sorry. But you can always pretend and we won't judge.

CAN MY PARENTS/SUPPORT WORKER/CARER COME TOO?



Yes, whatever supports you need can come along. They will have to agree to behave safely.

WHERE DOES THE MAGIC HAPPEN?



We are in Trot Park, South Australia. It's not hard to find. But you must book to attend.

Heartfelt SUPPORT

