

# Riding for Smiles

Information Sheet – February 2021

Riding for Smiles Charity Number 1174773 <a href="http://www.ridingforsmiles.org">www.ridingforsmiles.org</a>  Contact: Stephanie Hind, Project Liaison Officer <a href="mailto:info@ridingforsmiles.org">info@ridingforsmiles.org</a> Telephone: <b>07754090685</b>	RfS is based at  Coloured Cob Equestrian Centre Bank House Farm, Creswell, Notts, S80 4AA <a href="http://www.colouredcob.co.uk">www.colouredcob.co.uk</a> Telephone: 01909 725251
---	---

## Who are we?

Riding for Smiles is a charity offering equestrian based inclusive and innovative activities to disabled and disadvantaged young people and vulnerable adults. The charity can provide the activities to most people free of charge. Riding for Smiles works very closely with its partner, the Coloured Cob Equestrian Centre.

## What we provide

We provide enrichment experiences and learning opportunities for young people with a variety of needs and disabilities, including physical, mental, social, emotional, and behavioural. It combines the experience and expertise of an equestrian establishment and a Special Educational Needs teacher to offer an alternative strategy for delivering learning and the development of core life skills.

## What we believe.

We genuinely believe that all young people deserve equal chances, opportunities and positive experiences which help shape their thoughts and future chances. Through our sessions we aim to provide activities, otherwise not accessible to the young person, which give inspiration, optimism, and happiness. We are truly inclusive and welcome those who have multiple needs or those who are disaffected, excluded, or marginalised. We want our users to feel belonging and part of a group.

We work with groups of young people from Charities, Youth and Community Groups, Schools, Behaviour Units and Disability Sports Clubs in Rotherham, South Yorkshire, Nottinghamshire, and North East Derbyshire.

## **What we offer.**

Riding for Smiles offers bespoke programmes tailored to the needs of young people. Programmes usually last for a few weeks and consist of one-hour sessions divided into a half hour ride (or carriage ride) and a half hour "hands on" activity around the stable yard. Activities include grooming a pony, learning, and labelling horse body parts and items of equipment, cleaning and preparing stables, designing, and preparing ridden games. Our Liaison Officer will meet with you prior to the start of the programme to discuss your needs, preferred options and activities and desired learning outcomes. Links can be made to the National Curriculum, especially Communication and Language, Physical Development, Personal, Social and Emotional Development, Knowledge and Understanding / Science and Maths. Sessions can be based on developing key life skills or offer a purely therapeutic experience.

All our programmes are planned and evaluated and where necessary assessments are used, which outline the success of the session and individual development in relation to targets and outcomes. A general final report will be written at the end of the programme. All information will then be shared with the participating organisation and kept on the Riding for Smiles file.

## **Objectives and outcomes**

Riding for Smiles seeks to work alongside participating schools and organisations to provide exciting, enjoyable, and challenging sessions which develop a range of skills and learning outcomes specific to the needs of the group and individuals. This alternative approach can be linked to areas of the curriculum and develop social, emotional, physical and language skills. Riding for Smiles provides the opportunity for participants to build new friendships, feel part of a group and foster a feeling of belonging which increases positive identity. Communication skills will be enhanced and developed through activities which promote working together. Participants face challenges at an individual and group level which helps build self-confidence, self-esteem and a positive attitude and belief in personal achievement possibilities. Our activities are designed to build and develop interpersonal social skills such as patience, respect, sharing, empathy, and care. By helping young people become more responsible for their own actions and behaviour we aim to help them develop emotional readiness to learning and moving on in life. Due to the physical nature of the activities fitness, muscle tone and flexibility will be developed, all of which will be beneficial to the health of the participant. For many young people, the chance to take part in a new activity will provide enrichment which widens their experience and understanding. Access to a quiet green space provides an environment which is calming, relaxing and therapeutically conducive to well-being.

Young people can work towards Rosette awards to mark their achievement and will be presented with these at the end of the programme.

## **Facilities**

Riding for Smiles works with the Coloured Cob Equestrian Centre which is an excellent and established equestrian centre. It is situated in Creswell and offers superb hacks along picturesque bridleways and through the Craggs Heritage Park. This peaceful, scenic environment is conducive to relaxation and well-being. It has an all-weather floodlit fenced menage where riding lessons take place and boasts a collection of 54 horses and ponies of various sizes. This allows for riders to be matched with a suitable horse or pony for their size and weight. There is a weight limit of 15 stone and anyone over this weight will be offered a carriage ride. There is a large upstairs room where pupils can work on horse related activities and eat their lunch if needed. Other activities take place in the stable yard, the menage or in a stable, alongside a member of CCEC staff.

## **Documentation required.**

Before the programme begins you will be given copies of all necessary documents. These will include Risk Assessments, Rules and Safety, Rider Registration Forms, and a Programme Agreement sheet. Rider Registration Forms must be completed by parents / guardians and the Agreement Form signed by a senior member of your school or organisation, prior to the programme commencing. Other documents and Policies are available on request.

## **Costs**

Riding for Smiles seeks to provide programme sessions at a reduced price to allow the experience to be affordable and make it possible for groups to attend. As a Charity, whenever funding allows, we offer some sessions to chosen groups free of charge. This is at the discretion of the Riding for Smiles' trustees and will be discussed with you if it is being offered. Your Agreement will confirm if there is to be a charge to you or if the sessions are to be free. Unfortunately, we are not able to cover costs of transport to and from the CCEC.

## **Contacts**

Stephanie Hind, SEN advisor and Project Liaison Officer

[info@ridingforsmiles.org](mailto:info@ridingforsmiles.org)

Telephone: 07754090685

Dr. Geoff Cutts, Chair, RfS Trustees

[chair@ridingforsmiles.org](mailto:chair@ridingforsmiles.org)

Telephone: 07902913250