

# RIDING FOR SMILES

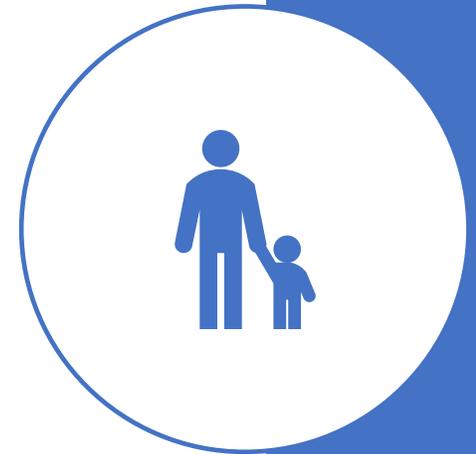




RfS offers inclusive and innovative equestrian based activities for children, young people and adults who are disabled and vulnerable

Many of the children experience low expectations from home and genuinely don't believe in themselves.

This in turn leads to them having poor social skills, low self-esteem and lack of confidence which affects them academically and significantly effects their life-chances.



Co-founder of Riding for Smiles

Retired, Special Educational  
Needs teacher

Works for RfS, project liaison  
officer with CCEC, schools and  
funders.



We work  
with those  
who have

physical disability,  
social and interaction issues,  
learning difficulties,  
behavioural and  
emotional/mental disabilities  
or multiple needs and those  
who are disaffected, excluded  
or marginalised.





We achieve

**An increase confidence and  
self-esteem,  
Improved social and interaction  
skills,  
Relief from anxiety,  
improved behaviour**





Trustee - secretary

Retired - Inclusion manager, Special Educational Needs Coordinator, Primary schools

Volunteer - Girl Guiding UK

Volunteer - Coloured Cob



horse riding



carriage rides

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grooming, learning about and cleaning tack, filling hay nets and water containers

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What can  
you do  
with poo?

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A young girl with dark hair, wearing a blue hooded sweatshirt, is smiling and looking towards the camera. She is standing in front of a brick wall. To her right, there is a glass door or window. The text is overlaid on the image in a bold, yellow, italicized font with a black drop shadow.

**Coloured Cob**  
**Equestrian Centre**

**Riding for Smiles**  
**FairPlay**

**DEVELOPMENT OF SOCIAL SKILLS SUCH AS SHARING, TURN TAKING, SHOWING RESPECT.**

**GROWTH IN CONFIDENCE AND SELF-ESTEEM**

**LEARNING CONTROL OF BEHAVIOUR AND EMOTIONS.**

**DEVELOPMENT OF LISTENING SKILLS AND THE FOLLOWING OF INSTRUCTIONS WITHOUT FUSS**

**UNDERSTANDING DANGER AND ACTING APPROPRIATELY.**

**INCREASED MUSCLE STRENGTH AND BALANCE.**

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**INCREASED  
MUSCLE STRENGTH  
AND BALANCE.**

Riding for Smiles'  
structured approach to  
each course of lessons  
ensures that every child  
knows what to expect and  
also what is expected of  
them.

Anxieties have been  
alleviated,  
confidence raised,  
negative behaviours  
successfully addressed  
and the thrill of horse  
riding felt.

We have also found that children who find communication difficult, are able to engage with their horse, they have gone on to develop skills which has helped with their day-to-day interactions, communication and cooperation.

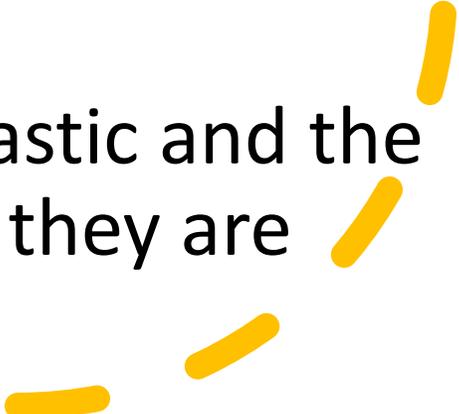
To be able to offer a course of horse-riding lessons to our most disadvantaged children has meant we were able to open their eyes.

Each week,  
they look  
forward to  
going to the  
stables and  
being around  
the horses.

The riding activities has improved their social skills, boosted their confidence and also given them a real sense of self-believe and optimism.

The project has also provided the children with regular physical activity and a chance to 'escape' from the stresses and problems caused by the pandemic over the last 12 months.

The staff at the stables are fantastic and the children talk about how special they are made to feel.



# Picking up poo!

There has been a noticeable difference in the classroom. Children are contributing more and *speaking* more confidently to others.

