

# Update September 2022



*Is this a vision? Is this a dream? Do I sleep? – William Shakespeare*

## **Together we are 'Riding for Smiles'**

---

As we come towards the end of September all our schools and groups are back at the stables. So good to see you all. I hope to get down to meet as many of you as possible over the next few weeks. And we are hoping that a new school can join the group very soon. Geoff

---

### **Riding for Smiles' Mental Health Programme (MHP)**

The Programme has now completed two years of project activity. This follows the Research and Development project, published on the RfS web site in April 2022. [RfS-MHP-FINAL-April-2022.pdf \(ridingforsmiles.org\)](#) Those findings provided the parameters for the project activity.

RfS has analysed all findings from assessments, questionnaires, observations and discussions with children, school staff and head teachers. RfS has found key factors and points which are relevant to our ongoing and future programmes.

RfS' second paper, just published on the RfS web site, seeks to inform, and improve all projects involving mental health issues. We discuss the mental health issues and difficulties observed as presented by the children, we discuss assessment and the challenges of assessing, we look at the development of strategies to provide maximum benefits from our sessions and activities and we offer our thoughts on the way forward.

<https://ridingforsmiles.org/wp-content/uploads/2022/09/RfS-Mental-Health-Project-Conclusions-Y2-FINAL.pdf>

Do please find time to read the paper. Do please share and recommend to anyone working or researching in the setting, to school heads, school staff, families of the children who come along, to potential funders and partners. Indeed, to everyone who might be interested in the work of Riding for Smiles.

You might also like to read, '

[The-story-of-Riding-for-Smiles-2017-2022-.pdf \(ridingforsmiles.org\)](#)

Or watch our video [Riding for Smiles | Riding for Smiles](#)

*"Dreams, indeed, are ambition "*

*William Shakespeare*

**Together we have the ambition and together we can make a real difference for every child who takes part.**

---

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

Dr. Geoff Cutts  
[chair@ridingforsmiles.org](mailto:chair@ridingforsmiles.org)