

3rd July 2025

Dear Miranda,

I have pleasure in writing this report; detailing the outcomes for the beneficiaries of your generous grant.

Louise Gibson, Fundraising and Community Engagement Manager reports

- Brief history of the charity

Strength & Learning Through Horses have been delivering alternative education programmes and equine therapy services for over 14 years. We are recognised as the largest and most respected equine assisted therapy and education centre in the Greater London area and a centre of research excellence. We work with over 450 of London's most vulnerable and disadvantaged young people each year- many of these are school refusers, suffer mental health challenges and/or have learning disabilities. Traditionally offering short term interventions, we are now in a position to expand and grow our services to cater for longer term service need by way of vocational and educational training programmes.

- Details of project supported by BHMT grant

This funding has enabled 10 young people from The Hive to attend SLTH for a 6 week joint therapy and education project, offering therapeutic activities following the SLTH model of therapeutic work with horses, and educational activities working to support the yard team in caring for the horses and managing the horse and yard routine. Two of the group were then supported further to progress to attending our longer term Changing Lives Through Horses programme

- Areas of mental health addressed and profile of the recipients

The Hive is a centre in Camden offering a variety of support to local young people who may be disadvantaged or struggling with poor mental health. They selected some of their most vulnerable and those who were socially isolated or Not In Education or Employment (NEET) to attend the programme including those who were engaging with The Hives one-to-one counselling services but struggling to access their social hub.

- Impact of the project

The young people who attended consistently engaged with the project. Following the SLTH intervention:

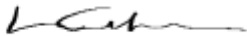
- Young People were more socially confident in speaking to each other
- Young People were scared at times but still engaged in activity and showed resilience

- Equine therapy engaged a different cohort of Young People who struggle to engage with social hub
 - Young People engaged who normally wouldn't have access to horses
 - Good practice in independence, especially for Young People who rarely leave their house
 - Young People get to experience countryside and access to nature
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- Personal anonymised examples (if possible)

One of the young people has gone from strength to strength—their attendance is excellent, their engagement is consistently high, and their skill level is such that they could confidently find work on any yard. We would be more than happy to provide a reference. They've now been part of the group for seven months and hope to begin volunteering with us during the summer holidays.

The other young person faced some challenges with attendance. After a check-in from the group's mental health support worker, we agreed that a more therapeutic approach was needed. They are now attending weekly individual equine therapy sessions, with the aim of rejoining the group once their well-being has improved.

I would like to thank you once again for your generous donation that has made such a huge difference to these young people's lives.

A handwritten signature in black ink, appearing to read 'Louise'.

Louise Gibson
Fundraising and Community Engagement Manager
Email: louise@strengthandlearningthroughhorses.org