

Course/Group title: Equine Therapy

Description of the course (including the number of sessions):

This is an eight session course that gives participants the opportunity to interact with horses and care for them. Through these activities participants will learn about themes such as relationships, trust and social skills.

Dates & times:

May – July

Dates and times to be confirmed.

Venue:

New Directions – Clowne.

Benefits of attending the course:

- Improved understanding of relationships.
- Improved confidence in socialising.
- Increased engagement in occupations.
- Greater confidence in engaging in new activities.
- A sense of acceptance and non-judgement that comes from interacting with animals.

Available to:

Anyone within Bolsover and Clay Cross Neighbourhood who has an interest in horses, and wants to develop their skills in managing relationships, developing a sense of trust, or wants to re-engage with leisure or productive roles.

How to book a place:

You can be referred to Occupational Therapy by your Care coordinator, key worker or consultant.

To be included in which section:

Keeping well



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