

Course/Group title: First Hurdle- horses for wellbeing

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

*This has been a pilot group working in partnership with spirit and soul currently awaiting funding for further groups.

The first hurdle is a 10-week programme. Taking part once a week for 3 hours between 13:00 PM and 16:00PM.

Working with horses in a therapeutic way to meet the following aims and more:

Aims:

- To build confidence and increase coping skills
- To reduce stress and anxiety and increase resilience
- To build trust and teamwork and increase skills of working with other people
- To develop confidence in goal setting and establishing skills for the future

During the pilot groups the OT team have delivered educational/theory based learning in support of the sessions. Based on transitioning what has been learnt into day to day activities in support of facing challenges and problem solving skills.

Dates & times: The first hurdle is a 10-week programme.
Taking part once a week for 3 hours between 13:00 PM and 16:00PM.

Venue: Spirit and soul, Equine assisted therapy, Kirk Langley

Benefits of attending the course:

- To build confidence and increase coping skills
- To reduce stress and anxiety and increase resilience
- To build trust and teamwork and increase skills of working with other people
- To develop confidence in goal setting and establishing skills for the future

Available to: for this pilot group it is available to anyone under the Derby City neighbourhood team.

How to book a place: Discuss with your worker on the Derby City neighbourhood team.

To be included in which section: Keeping Well



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