

Into the Field

Let us bring the horses to you



Into the Field

Into the Field is a brand new intervention being offered by The Seeds of Change to add to the existing portfolio of equine facilitated sessions that support young people.

Offering access to those individuals who are unable to attend our centres in the conventional way, Into the Field will enable clients to participate in equine facilitated 1-1 sessions from their own environment, be that at home, in hospital or geographically removed from our locations in Bedfordshire or Northamptonshire.

How does the programme work?

In the same way as our traditional sessions, a 1-1 coach is assigned to work with you or your young person and will be familiar with the outcomes that you are hoping to achieve from prior discussion and completion of an ILA (Individual Learner Assessment Form).

The coach will agree a convenient time slot with the young person and a discussion will take place with that client via face time, Whatsapp or Zoom, whichever is the preferred way of communicating.

From the outset, the coach will be in the stable yard or in a stable with the horses and the client will have full view of the equine environment and access to the horses.

Through discussion with the coach, the client will observe and interact with the horses and eventually choose one that they would like to work with during their programme.

Sessions will have embedded learning objectives and focus on transferable learning to support the client in working towards their own objectives.

Interim tasks and videos will be sent through to the client after the session, with activities and information to gather before the next meeting.



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... I can't thank you enough for the help you have given B and am astonished at how successful the four sessions were.

*Parent of Into the Field client,
October 2020*



Who is it for?

This programme is for anyone who would currently be accessing our 1-1 therapeutic programmes, but needs extra support or has issues with accessibility. This could be any of the following:

- ✿ Those who are housebound due to medical conditions
- ✿ Those who are unable to travel to the centre themselves due to self isolation, distance or other reasons.
- ✿ Those requiring support to move their lives forward towards a healthier and happier existence.

What are the benefits?

There can be many barriers to accessing timely appropriate and successful intervention and support and we feel that Into the Field removes many of these.

It is accessible and it is available instantly.

It is available in an environment which is familiar to the learner, but still offers that unique contact with horses and the outside world.

It is real-time and interactive, enabling observation and participation in a live session.

It gives access to the equine facilitated approach and allows those who have allergies or other constraints the chance to participate in an interactive session with horses.

It is engaging in a way that many virtual interventions can't be and the client still has many of the benefits of a real life EFL session and some additional benefits too!

It's completely confidential, COVID secure and focused on the needs of the client throughout.

What is the impact?

SUMMARY OF OUR EVALUATION:

This work is always experiential, be that in person or virtually. However, in a virtual session the experience of physically being outside in the fresh air and being able to touch the horse was removed.

Initially we were unsure if we could still deliver really effective sessions without this 'physical' element.

What we discovered, however, was that although the physical experience was missing the virtual experience delivered some surprising additional benefits that we had not previously considered.

✿ Not having to travel is something that removes a significant barrier to accessing help for many.

✿ The emotionally and physically safe space of a home or a school is often an easier place to work from in the early stages and this can have huge benefits to accessing help that otherwise may not be available.

✿ The ability to record tasks with the horse to reinforce the learning meant that the duration of the session continued. It also meant that the video could be re-watched over and over again, to further deepen the experience and the learning.

✿ The face to face session time could focus on building and supporting the emotional needs and the follow up video could build upon this and deliver a more 'academic' outcome.

✿ Many clients who spend long periods at home or unable to access external support really enjoy researching or investigating elements of the learning and welcome this as a positive way to start to engage with the outside world and possibly school.

✿ Clients who have little contact with the outside world either temporarily or for extended periods find this option still keeps them in touch with something really positive. It extends the world outside of their immediate carers and environment.

✿ This programme can be used as a stepping stone to engaging with the outside world, accessing other help and support or to joining an in-person EFL session.

The programme is in its infancy, but already showing signs of being at least as effective as our in person EFL sessions. The benefits are still there, but just delivered in a slightly different way and continue to meet different client needs. It makes this service more accessible.

For more information about session availability please contact:

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Client feedback

I was initially reticent about how much impact a virtual therapy session could have, however, for an autistic child, like B, meeting "virtually" made it so much safer. B has struggled severely with anxiety over the past few years; she had self-enforced "rules" including not going anywhere which would take longer than a 30 minute journey (20 when stressed), not going out in the afternoons and certain places felt "wrong".

If we had needed to travel to the session in person I am fairly convinced that she would have been unable to attend and that we would have not got any further.

Although B's first reaction was to refuse to engage with the session, being on Facetime meant that I was able to talk with Katherine on the iPad outside of her bedroom before taking it into her room. B was then able to gradually join in whilst being in her own safe environment and was soon completely immersed.

The virtual session allowed her to focus on the horses rather than worrying about where she was looking; I was astounded to hear her engaging with Katherine and chatting so confidently and relaxed, and I am convinced that this is partly due to having the pressure of face-to-face contact removed. She looked forward to sessions each week and felt a connection with Mrs Pickles the horse. Again, I had wondered how successful it would be given that B wasn't actually with the horse but I wonder whether the safety of the screen gave a slight distance which enabled her to relax more.

The past few months have been even more challenging than usual for us as a family due to moving house and my husband and I have been utterly astounded by how well B has coped. She talked a lot about the horses and mentioned how she and Katherine discussed change with relation to the horses and seasons and how Katherine helped the horses to feel safe and comfortable. She was able to talk about the change in her life more pragmatically and with an increased maturity. B genuinely seems to have grown up two years in the past two months; she is more able to recognise that her negative emotions will pass and can discuss things more rationally.

Since starting the equine therapy sessions B has talked more about her self-imposed restrictions and has decided that she wants to overcome them. She has made plans for going on holiday next Summer, since we moved house she has been sleeping in her own bed (with me on a mattress on her floor) for the first time in almost 3 years.

She has also been able to bathe and wash her hair independently and without stress and she has not needed to be in the same room or room next to me in the evening and has enjoyed reading calmly in her bedroom. She has been more flexible about trying new things and was even able to meet up with some new friends at a farm (this was the first time we have been able to go out to a visitor attraction as a family for about two years). B has also been recovering from moments of panic more quickly.

I can't thank you enough for the help you have given B and am astonished at how successful the four sessions were."

*Parent of Into the Field client,
October 2020*