

One to One Programmes

Making a change for life



One to One Programmes

Our **One to One programmes** have grown in popularity in the last few years as they offer the opportunity to really focus on the specific issues that our clients are experiencing and need support with.

The beauty of the One to One programme is that it is totally bespoke, so you can choose the day, time, duration and regularity.

The standard booking is for a 1hr 15 min session once a week for 6 or 12 weeks, but we can increase the frequency or duration to meet the specific needs of the client.

What is it?

These sessions are delivered in person at one of our centres across Bedfordshire or Northamptonshire and will follow a detailed referral from either a commissioning body, parent or self referral.

The desired outcomes will be discussed and agreed, but these will be reviewed as the programme progresses and can evolve as work begins.

The key to getting the most from these sessions is the ability to remain flexible and work at the client's pace, offering the right level of empathy and support whilst also encouraging challenge and progression. The horses make this process very simple and enjoyable and much of the learning is through reflection, making it transferable back into every day life.



"I don't trust anyone, I don't trust my family, I find it so hard.

But I do trust you [coach] and Fudge. You are both so calm and that makes me calm and happy"

Client, 2020



Who is it for?

We work with the most vulnerable children from the age of 5 through to adults who perhaps want support in their workplace. It would be difficult to list all of the areas where this work is effective, but you can view examples of some of the conditions and issues that we work with in the 'Our Stories' section on our website.

Suffice to say that these can range from anxiety to PTSD or trauma, abuse, gangs or aggression and then more lifestyle and health issues, such as alcoholism or obesity and many mental health conditions too.

Often the underlying issues centre around confidence, communication and the ability to understand and regulate emotions. These can be the same in adults as in children. So although 90% of our work is with young people, the same approach can work irrespective of age.

What are the benefits and outcomes?

These will be specific to the individual, but having worked with several thousand clients to date, we can say (and have evidence to prove) that the changes that are possible can be significant.

Some benefits are more easily quantifiable such as attendance or engagement at school. Others may be around the ability to function for longer periods of time or in different environments.

Our aim is always to support progression and this can be small steps. At times these may be steps backwards in order to move forwards again at a faster pace, but overall we are focused on enabling the client to move forwards at their own pace towards their next steps in life.

Schools may see improved confidence, greater control of emotions and better regulation of behaviour.

Parents may experience more harmony in the home and the client may feel more in control of their choices and more able to manage negative emotions or poor choices.

What is the impact?

The impact of these changes is amplified across all spheres of the individual's life.

We will constantly be reviewing the impact of the sessions through reflection and task setting of objectives to complete between sessions to deepen the impact of the learning and also to review the next time.

If you are a commissioning body or parent we will also be asking for your feedback about any changes that you are noticing.

We will complete an assessment with each client at the start of the programme and this will be revisited at the end to determine the changes that have taken place.

What next?

After the initial block of sessions some clients feel they have achieved their goals and others may prefer to continue for longer.

We can offer progression through a tapered transition into either a new provision, environment or possibly into a longer programme with a small group. Again, this is all done in full consultation with the client and referring body and well in advance of the end of the programme.



For more information about session availability please contact:

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