

From the Horse's Mouth

The Steering Group of The Human Equine Interaction Register were delighted to partner with The Worshipful Company of Saddlers to host an Equestrian Assisted Services Forum on 13th March 2023



Kindly supported by
The Sir Peter O'Sullivan Trust



Ed Bracher, Chair of the Steering Group shared the lessons learned during the last 12 months and the progress being made to establish the Equine Assisted Services Partnership CIO. This will give 'members' of the Register a voice in decision making and provide accountability and governance around the sector.

Training organisations are now being invited to apply to the Register and a summer conference is in development.

Prime Warden Lucy Atherton welcomed over 120 guests from across the broad spectrum of Equine Assisted Services (EAS) and we were honoured to be joined by Master of Company, Her Royal Highness, The Princess Royal.

The event highlighted the significant progress made in the first 12 months since the Register was launched which boasts 56 listed organisations who have provided evidence that they meet 5 core standards. The energy and buzz in the room as people connected, caught up, collaborated and networked was palpable.

Keynote speakers from the sector gave insightful talks:-

A Practitioner's Perspective	Petra Ingram	HorseWorld Trust
Thoroughbreds in EAS	Jennifer Barker	Racing to Relate
EAS Qualification	Harriet Laurie	The HorseCourse



A chance to connect and reconnect.

Following an interesting and informative Q&A Panel where the speakers were joined by Nigel Payne MBE and Claire Misson EAFPN. Her Royal Highness astutely rounded up and closed the formal part of the proceedings when it was clear that she was very supportive of EAS and understood some of the challenges being faced by the sector including the need for physical, learning and psychotherapies with equines to be recognised by the NHS.



The UK **Human Equine Interaction Register** aims to bring together all people involved in the field of human equine interaction, ensuring high quality service provision and creating greater awareness of this field of work



 [HEIRUKHETI](https://www.facebook.com/HEIRUKHETI)

 heiruk@hetifederation.org

 www.hetifederation.org/uk-national-register

Many thanks to everyone who attended and for your kind and positive feedback

Welcome!



Kindly supported by The Sir Peter O'Sullivan Charitable Trust

Our Purpose

The UK Human Equine Interaction Register (HEIR) aims to bring together all people involved in the field of human equine interaction, ensuring high quality service provision and creating greater awareness of this field of work.

Those listed on the Register have demonstrated that they have both human and equine welfare at the heart of what they do.

How?

The Register provides trust and confidence in the sector in order to:-

- Protect the **participants** of the service
- Protect and promote **providers**
- Protect **equines**

Applicants provide evidence to confirm that they align to and meet five criteria:

- **Professionalism:** competence to practice and commitment to professional development
- **Equine welfare:** high equine welfare and management standards
- **Service provision and service user engagement:** communication of services and the potential benefits
- **Benefits and impact:** professional reflection of the benefits and impact of the service being provided
- **Governance:** sufficient management and governance structures in place



Applicants listed
on the Register
use a 'kitemark'

Since last year

56 successful registrations

-
- Launched here on 10th March 2022 following years of discussion and commitment
 - Tested for 2 weeks by HETI members who also completed a feedback survey
 - Launched to the sector on 31st March 2022



What have we learnt?

- Hard work and slow progress!
- Huge variation in training and qualifications
- Different areas of EAS with different training and qualification needs - physical therapies, psychotherapy, physiotherapy, education, learning, coaching and other equine activities.
- We are helping others make judgements as much as we are making them ourselves.
- We need more volunteers and a more democratic structure
- Every day is a learning day



Further development

- Assessment criteria for training organisations
- Equine Assisted Services Partnership – a self-governed charity
- Grouping registrants according to interest areas, so that they can engage in the debate about further training and qualifications
- Annual renewals
- Further promotion of the Register
- Increase our pool of reviewers
- Activity (conference) to share best practice
- Continue to learn as we grow.....



HorseWorld

Equine Assisted Services Forum

“A Practitioner’s perspective”

Petra Ingram
CEO, HorseWorld Trust





HorseWorld

The story of Max

- Max is 11 years old
- She has a diagnosis of autism, struggles with anxiety and has complex needs
- Local authority referral as part of an alternative package of education due to not having a suitable school place
- Max attends the HorseWorld Discovery course for 90 minutes each week during term time and is accompanied by her mother
- Aim to enable access to some form of learning and social interaction until a school place is available





The result of Max's story

This child's developmental task is to learn to be their unique self and to develop physiological regulation.

In just 2 terms, outcome measures (based on the Thrive framework) increased:

- Being special, from 2% to 35%
- Having needs met, from 14% to 43%
- Being safe, from 2% to 43%

Overall, her Being score was 6% at the first assessment point when she started at Discovery, it increased to 40% at the second assessment.





HorseWorld

The feedback from Max's mother

"We have had years of trying to find places where Max feels safe, happy and understood. I can honestly say this is the only place that has worked up until now. The combination of the beautiful horses, the outdoors and of course the wonderfully understanding staff makes this the perfect haven for children like Max."

"Max has now been allocated a school place, but the transition will take some time. Luckily, Discovery are going to help, and I know their support will be hugely beneficial."





The story of Ben

- Ben was referred aged 10 when his school were struggling to cope with his behaviour in the classroom
- He has a history of domestic abuse against him and has been subject to sexual abuse and neglect at a young age
- Ben has expressed thoughts of suicide and has had several different living arrangements during his short life
- Challenges include being hypervigilant, delays in emotional and social development, and significant attachment needs
- Aim to support Ben during transition to secondary school



HorseWorld

The result of Ben's story

- When first referred to Discovery, Ben presented as super friendly and had a desperate need to be noticed by adults, but often missed social cues
- He found it difficult to concentrate and was easily distracted by what others were doing

Interacting with horses through groundwork and round pen exercises has enabled Ben to explore his body language, and feelings of calm and safety.

Our facilitator worked with Ben to create positive trusting relationships with both horses and adults during his Discovery sessions.





HorseWorld

The feedback from Ben

"I feel safe here [at Discovery] and I like seeing Karen [Facilitator].

When I am here it gets stuff off my mind.

I like being with Karen and the horses, and I feel happy when I am here"





The story of James

- James is 17 years old and an adopted young person having experienced significant adverse childhood experiences (ACES) and trauma from birth
- He finds it hard to relax and feel safe due to attachment needs, hypervigilance as an outcome of trauma and has an ADHD diagnosis
- James remained in mainstream school but was taught in a small learning unit where his behaviour could be managed
- Aim was to develop social skills working alongside other young people and adults





The result of James' story

- James built trusting relationships with other people whilst at Discovery
- He was interested to learn about the horses and how to develop bonds with them
- The school reported that James was calmer and able to remain in the classroom

However following the first covid lockdown he developed violent behaviours and was excluded from school. Through additional sessions at Discovery and a positive relationship with one horse called Gunner, he became more reflective about his own feelings and reactions to them.



HorseWorld

Second stage of James' story

Following his GCSE's, James attended the Discovery post-16 provision as part of an alternative package of education developed by his local authority.

He has worked on:

- Employability skills
- Increased concentration on work tasks
- Self-learning leadership through horse handling
- Supported volunteering to help other young people

James can now reflect on his skills and learning, and has a sense of pride in his achievements.





HorseWorld

Feedback from James

Sadly, in Summer 2022 we had to have Gunner put to sleep. During this time James learnt about loss, he misses Gunner but chooses to reflect on happy memories and has handled the situation in a mature manner.

“Gunner was a boisterous and cheeky horse that brought light into my life.”

“Discovery gives me a break in my week, I feel so calm when I am with the horses.”





HorseWorld

HorseWorld Discovery programme

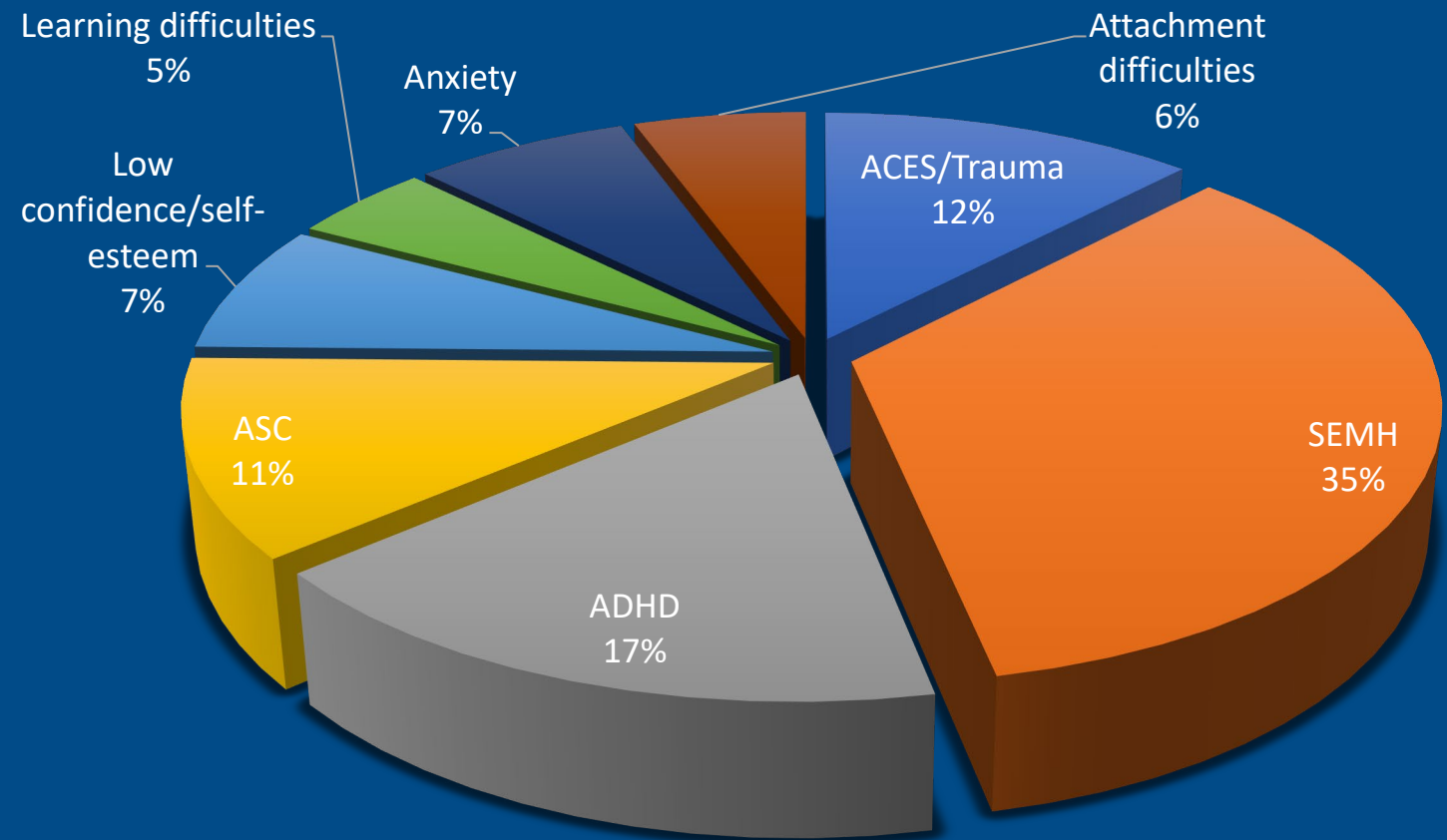
- At HorseWorld we offer a part time alternative learning provision, supporting young people from age 6 to 25
- Our provision is registered to 4 local authorities:
 - Bristol 54%
 - Bath and NE Somerset (BANES) 35%
 - South Glos 6%
 - North Somerset 5%
- In the 2021/22 school year we supported 321 referrals (prior year was 256)
- Students usually attend for 90 minutes over 6 weeks during term time, in either an individual (55%) or group (45%) session





HorseWorld

Main reasons for referral 2021/22



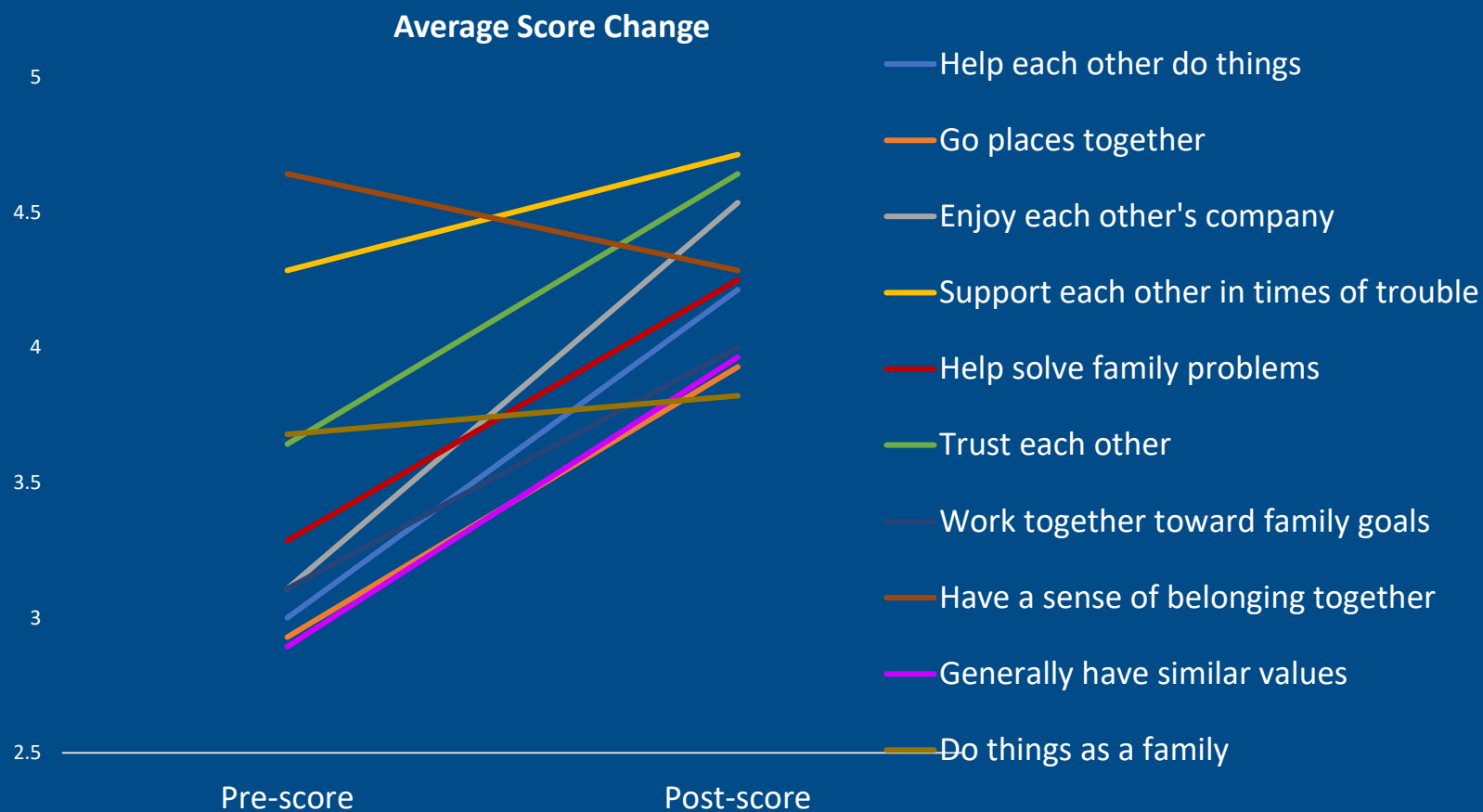


History of HorseWorld Discovery

- HorseWorld was founded in 1952 as a sanctuary to save working horses in the Bristol area from slaughter
- Discovery was first established in 2007
- The aim was to provide support to local people through our rescued horses
- Since September 2012 we have had 2,264 referrals
- The need for our Discovery programme has increased since Covid and in 2021/22 we supported between 44 and 63 young people each week
- In the summer of 2021, we ran a Families project
- We now have 8 facilitators, 4 grooms and work with between 17 and 24 rescued horses/ponies & donkeys
- We use the Thrive education approach to monitor our impact, in addition to independent evaluations



Evaluation of our Families project





HorseWorld

Analysis revealed a significant positive impact both immediately and at follow up

Average Scores Across the Time Period





HorseWorld

Moving forward.....

At HorseWorld we have 5 values which guide the approach to implementing our new 5-year strategy:

- **We Care:** *by putting the needs of our horses and young people first, we are continuously improving our operating standards*
- **We Collaborate:** *with some exciting work in the pipeline involving local adoption agencies and the Police, extending our reach whilst growing the evidence of our positive impact*
- **We are Proactive:** *planning for the future, initiating positive change to benefit the wider community of EAS providers*
- **We are Adaptable:** *continuing to evolve, to meet the changing needs of our beneficiaries in this volatile world*
- **We are Inclusive:** *sharing individual perspectives and differences, whilst providing equal access to opportunities and resources*





HorseWorld

*“HorseWorld Discovery
providing Equine connected
learning for a brighter future”*

Thank you to the Worshipful Company of
Saddlers for giving us the opportunity to share
our work and impact.



Racing To Relate

UK Registered Charity No.1182855
82 St John Street , London , EC1M 4JN

Trustees :
Adrian Pratt, Peter Drown, Jeremy Harbord

OUR MISSION

Racing To Relate adopts a holistic, evidence-based approach to help protect the welfare of Thoroughbreds after careers in racing and breeding, in particular to support horse-centred transition and re-employment of retired racehorses in Equine Assisted Services.



WHO WE ARE



WHY WE ARE HERE TODAY



OUR VISION

Global communities of practice collaborating to support ethically sustainable Thoroughbred-Human relationships where horses and people flourish.

HOW ?

Collaboration & Engagement :

- *Thoroughbred industry*
- *EAS sector*
- *Equestrian sectors*
- *Equine health, behaviour & welfare*
- *Human health & behaviour*
- *Researchers and academic institutions*
- *Governments & NGOs*

Evidence-based storytelling

Pilot Schemes

Events :

Trail To Zero Normandy 2023
'The Universal Power of The Horse'

Empathy

Advocacy

Research

Dissemination

Implementation



"Although there is a wealth of evidence to suggest we humans benefit from Equine Assisted Therapy, there is - as yet - little research on the role of former racehorses in this field. Sensitive, responsive, and used to being handled by humans, they can be uniquely suited to supporting people in need; but what traits makes an individual horse right for the job? What is the best practice for retraining horses for this purpose? How can we ensure their welfare even as they help people with theirs?"

At a time when racehorse welfare is gathering significant global attention, Racing To Relate CIO stepped up and said "let's find out". Their collaborative research with the University of Bristol aims to create an evidence-based standard for off-track racehorses working as therapy animals, using their new Thoroughbred Assisted platform to share guidelines, champion best practice, and engage with audiences both in racing in beyond."

- EMILIE GREENER, CHARITY OFFICER, THE JOHN PEARCE FOUNDATION



The Research Team

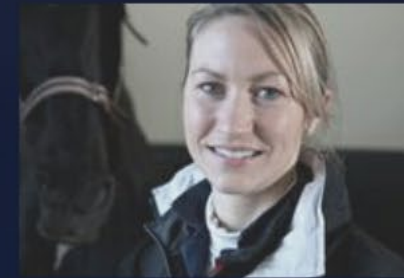
SECURING A ROBUST EVIDENCE BASE



PROF SIOBHAN MULLAN BVMS PHD DWEL
DIPECAWBM (AWSL) MRCVS
Professor of Animal Welfare and
Veterinary Ethics
UCD Dublin School of Veterinary Science
Honorary Senior Research Fellow
University of Bristol Vet School
Co-Supervisor



DR MATHILDE VALENÇON
MSC, PHD, POSTGRADUATE
Research Fellow
University of Bristol Vet School
Co-supervisor
New affiliation: MSCA research fellow, UMR
Physiology, Reproduction and Behaviour
(INRAE, CNRS, University of Tours, IFCE)



DR KATE ALLEN
BVSC, CERTEM(INTMED) (RCVS),
PHD, DIP ACVSMR, MRCVS
Senior Lecturer
in Equine Sports Medicine
University of Bristol Vet School
Co-supervisor



DR JO HOCKENHULL
BSC(R'DG), MSC(EDIN.),
PHD(LIV.)
Research Fellow
University of Bristol Vet School
Co-supervisor



CLAIRE NEVEUX
BSC, MSC
Research Engineer - ETHONOVA
PhD Student
University of Bristol Vet School



SARAH KAPPEL
BSC, MSC
Research associate
University of Bristol Vet School

RESEARCH IN ACTION !

PHD RESEARCH PROJECT - UNIVERSITY OF BRISTOL

Kindly funded by *The John Pearce Foundation*

A Pioneering and Collaborative Study (ongoing):

*'Selection and Education of Former Racehorses (Thoroughbreds) for Equine Assisted Therapy:
Developing the Evidence base for a Global Standard*

PHASE 1 QUANTITATIVE SURVEY OF EAS PRACTITIONERS :

Responses from 13 countries, 427 equids, detailed information on selection, living and working conditions.

PHASE 2 FIELD TESTS & INTERVIEWS :

10 centres, tests on 151 horses, 27 qualitative interviews with EAS practitioners, caretakers and retrainers.

Great interest from stakeholders for assessment tool to evaluate personality. Superb contribution and participation from sites as we build and test.

DRCOH THOROUGHBRED ASSISTED PILOT, NI

This very effective pilot has been an experimental cross-industry collaboration and compliments Racing To Relate's University study.



EAS: *Why Thoroughbred?*

ACCORDING TO OUR RECENT SCIENTIFIC SURVEY, TB
HAVE SPECIFIC INTERESTING CHARACTERISTICS FOR
EQUINE ASSISTED SERVICES (EAS):

SENSITIVITY

EXPERIENCE

REACTIVITY

INTELLIGENCE

MORPHOLOGY



**Racing To
Relate**



Evidence-based storytelling Thoroughbred Voices

In celebration of the 25th anniversary of The Peter O'Sullivan Trust, Racing To Relate in collaboration with the Human Equine Interaction Register (HEIR) are delighted to announce the launch of their Thoroughbred Voices essay competition.

THE VOICE OF RACING

THE PETER O'SULLIVAN CHARITABLE TRUST



”

*At the heart of good storytelling is a call
to action that inspires and motivates”*

NASHVILLE FILM INSTITUTE

*Thoroughbred
Voices*



Photograph: Norman Potter/Getty Images

TRAIL TO ZERO in NORMANDY 2023..... SAVE THE DATE !



31st May
Symposium with LIVE Demos &
Workshops :

'The Universal Power of The Horse'

BraveHearts TRAIL TO ZERO

RIDE TO END VETERAN SUICIDE

Parade Deauville Friday, 2nd June
Utah Beach Saturday, 3rd June

★

Racing To Relate, Horses & Humans Research Foundation, Bravehearts USA and partners in Normandy are hosting a Symposium and two symbolic 20 km "Trail To Zero" rides. There will be an official parade in Deauville to begin the first ride on Friday, 2nd June 2023. A special memorial ride will take place on Utah Beach the next day. More details will be released shortly.

Trail To Zero is an awareness initiative to combat the overwhelming statistic of 20 military veteran suicides per day in the United States. With special guests inc. **HorseBackUK**, veterans from USA and UK riding together to save lives.

On former racehorses !

Contact: jennifer@racingtorelate.org



RACING TO RELATE



BraveHearts



Thank you for organising such a meaningful forum and kindly inviting us to talk and connect here today.

We would also like to thank our research partners and supporters:



University of
BRISTOL



JOHN PEARCE
FOUNDATION

Racing To Relate is kindly funded by:

THE VOICE OF RACING
THE SIA PETER O'SULLIVAN CHARITABLE TRUST



JOHN PEARCE
FOUNDATION



THE
CHILDWICK
TRUST



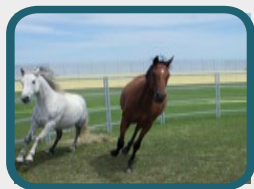
THE
RACING
FOUNDATION



Racing
Together



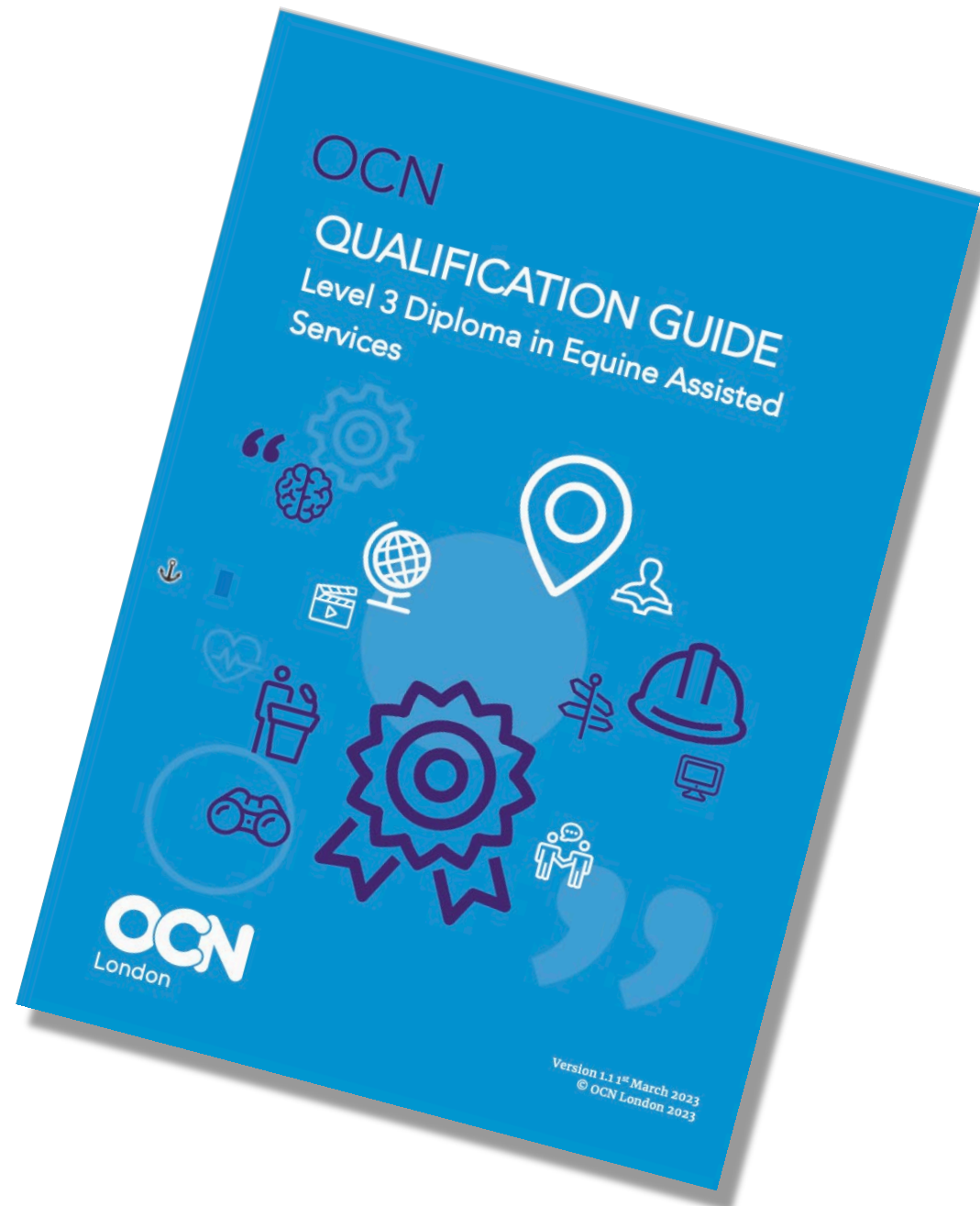
Racing To Relate is kindly endorsed by:



TheHorseCourse

when talking isn't working

Harriet Laurie, CEO



Collaboration and consultation



TheHorseCourse



HorseWorld



Julian Campbell
Education Development Technical
Manager, The British Horse Society

Level 3 Diploma in Equine Assisted Services

- On the Ofqual register
- National awarding body: OCN London
- 34 credits (340 hours of learning)
- First “open access” qualification for EAS facilitators
- Not tied to a specific EAS methodology

Scope of practice

- Unmounted EAS
- Service users with moderate wellbeing needs
- Entry level, solid foundation
- Follow on training(s)/qualifications, for example:
 - Specific psychological, physical, educational or social needs/outcomes
 - Specific EAS methodologies

Units

- Care and welfare of horses
- Care and welfare of service users
- Business and compliance
- Horsemanship
- Coaching

Next steps

www.ocnlondon.org.uk

Any competent organisation can apply to OCN London to become a training and assessment centre for this qualification

Questions for the Panel



Follow us on Facebook @HEIRUKHETI

Email us at: heiruk@hetifederation.org

www.hetifederation.org/uk-national-register

