

Eat Sleep Ride – Theory of Change

Activities

Person centered, experiential learning & therapeutic, equine & countryside based interactions, tailored for the needs of young people, their parents, guardians, & carers:

- Saltire & Youth Achievement Award programmes
- Rein & Shine volunteering programme
- After-school skills development programmes
- Equestrian Coaching, Stable Management & Horse Welfare training
- Employability & work experience programmes
- Riding lessons, hacking & trekking
- Provision of wellness retreats & corporate development sessions

Enabling Factors

- Safe, professional & welcoming riding centre
- Social enterprise focused on positive change that transforms people's lives
- Inclusive & accessible service tailored to the needs of young people
- Skilled, experienced & qualified youth workers, coaches, instructors & practitioners & member of Youth Scotland
- Trekking & Riding Society of Scotland & Association of British Riding Schools approved centre
- British Horse Society accredited coaching staff
- Official United Kingdom Coaching Certificate courses venue
- Hireable community events & training facility
- Strong local education & equine partnerships

Social & Personal Development Outcomes

Improved communication skills

Reduced social isolation & increased social interaction

Increased confidence & self esteem

Improved quality of life

Better able to develop positive relationships

Improved social skills & feel better able to make friends

Feel safe & better able to trust

Increased emotional intelligence & empathy

Better prepared & more empowered to make positive choices

Developed new skills / gained a qualification

Improved educational attainment

Improved aspirations & desire to achieve

Health and Wellbeing Outcomes

Increased levels of happiness

Reduced levels of anxiety

More physically active

More satisfied with life

Strategic Outcomes

Children & young people have improved physical & mental health and wellbeing

Children & young people have developed coping strategies to better equip them to live healthier, happier, & more fulfilled lives

Children & young people have increased access to life-enhancing therapeutic equine & countryside based activities

Volunteers build stronger relationships with and feel better connected to their communities

Vision

Children & young people to have the opportunities to make positive, healthy and life-enhancing decisions about their future



Eat Sleep Ride – Impact Measurement Framework

Social & Personal Development Outcomes	Indicator(s)	
- Improved communication skills - Reduced social isolation & increased social interaction - Increased confidence & self esteem - Improved quality of life - Better able to develop positive relationships - Improved social skills & feel better able to make friends - Feel safe and better able to trust - Increased emotional intelligence & empathy - Better prepared & more empowered to make positive choices - Developed new skills / gained a qualification - Improved educational attainment - Improved aspirations & desire to achieve	- Engages in conversation, actively listens & interacts with others - Participates in & enjoys social activities & engaging with others - Smiling, laughing & generally more cheerful & less downhearted or downcast - Exhibits signs of reduced anxiety, disquiet, distress or concern & appearing more calm & relaxed - Demonstrates contentment, pleasure, satisfaction & cheerfulness - Confident decision making - Develops improved resilience, grit & determination, including the persistence to succeed - Demonstrates willingness to learn more & keenness to improve skills - Develops the level of social intimacy or connection with others that is right for them, & does not feel lonely - Feels respected, valued, loved, supported & cared about - Keeps in touch with other people through involvement in a range of regular fun, sociable activities - Feels comfortable meeting new people & making new relationships - Develops self-awareness & improved knowledge of own personal strengths & weaknesses - Improved interpersonal & social skills - Demonstrates commitment, attitude & motivation to improve self - Is satisfied with their employment, education or training	
Measures	Tools	Target
Number of ESR participants reporting / demonstrating positive social & personal development both during & after intervention: - improved communications - Increased social engagement - increased confidence /self esteem - improved quality of life - positive relationship development - improved social skills & better able to make friends - feel safe & better able to trust - increased emotional intelligence & empathy - better prepared & more empowered to make positive choices - developed new skills / gained a qualification - improved educational attainment - improved aspirations & desire to achieve	- Participant survey / direction of travel questionnaire - Course instructors, youth workers, workshop facilitators, coaches' and practitioners' observations - Case studies & video / audio interviews - Course / activity feedback forms - Participant testimonials - Parent / guardian / family member feedback	75% of participants per intervention

Eat Sleep Ride - Impact Measurement Framework

Health and Wellbeing Outcomes	Indicator(s)	
1. Increased levels of happiness 2. Reduced levels of anxiety 3. More physically active 4. More satisfied with life	• Smiling, laughing & generally more cheerful & less downhearted or downcast • Has increased feelings of confidence, self-worth & self-esteem • Shows improved confidence in their own capabilities • Feels that their life is valued & respected • Absence of excessive or overwhelming negative emotions, such as sadness, anger, anxiety • Shows confidence in their ability to make decisions • Has improved feelings of safety & security & increased level of independence • Is able to develop emotionally & show age-appropriate emotions and behaviour • Enjoys good support in relation to any mental health problems & improved access to & increased use of support services, including access to mentoring or counselling • Knows where to go for support when a crisis or a mental breakdown occurs • Has family members who understand their condition & are able to make informed decisions for them to be able to live a fulfilled life • Eats & sleeps well • Has access & is able to take part in appropriate opportunities for physical activity & takes part in regular exercise • Addresses any substance misuse issues & enjoys better physical health as result of being free of addiction • Has improved physical health and healthy lifestyles	
Measures	Tools	Target
Number of ESR participants reporting / demonstrating positive changes to health and wellbeing both during & after intervention: • increased levels of happiness • reduced levels of anxiety • more physically active • more satisfied with life	• Participant survey / direction of travel questionnaire • Course instructors, youth workers, workshop facilitators, coaches' and practitioners' observations • Case studies & video / audio interviews • Course / activity feedback forms • Participant testimonials • Parent / guardian / family member feedback	75% of participants per intervention