



Eat,
Sleep,
Ride,
CIC



EAT, SLEEP, RIDE CIC
OVERVIEW 2021/2022

A ridden demonstration on our Platinum Jubilee New Site Open Day, with our young people, staff and volunteers, on June 18th 2022, with over 80 attendees



KEY FIGURES - HUMAN

- 187 regular riders, 12 staff members, 71 active volunteers ranging from 8-70
 - 254 new attendees through 2022
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- 5 sustainable jobs created
 - 3 young people on No One Left Behind job programme through Scottish Borders Council
 - 27 training events attended across East Lothian, Scottish Borders and online – such as first aid, youth games and supporting young people
 - 11 training events were hosted at Eat Sleep Ride
 - These 39 events totalled 256 attendees across our staff, volunteers, riders and community members



KEY FIGURES - HORSE

- 4 new horses joined our riding school
 - 2 new liveries have also joined
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- 23 events were attended across East Lothian and Scottish Borders
 - One of these events took place in Grantham!
 - 7 events were hosted at Eat Sleep Ride such as showjumping clinics, liberty clinics and our open days
 - These 30 events totalled 237 attendees across our staff, volunteers, riders and community members
 - 4 equestrian care awards through ABRS were achieved
 - 2 staff members achieved their BHS Stage 1
 - 1 staff member achieved their BHS Stage 2 Care Lunge



KEY FIGURES - COMMUNITY

- 3 Dynamic Youth Awards were completed & 3 more are in progress
- Over 12 Hi5 awards through local primary schools
- Provided opportunities to 30 local suppliers (support economy provide workshops etc)
- Distributed over £6000 to families for food, fuel, training and clothes
- (Handed out 30 care parcels)
- 20 people accessing trauma counselling
- 5 new collaborations with allied health and employment professionals (session delivery etc)



KEY FIGURES - COMMUNITY

- Monthly youth club with 17 regular attendees
- Our 5-year anniversary, our move to the new site, which took over 900 hours of volunteer time, with people aged 3-60+ involved
- 7 SEN children are attendees on alternative education provision, attend for 54 hours a week between them all
- The start of our community allotment and pond, with planting of over 2000 trees (wording)
- Weekly work placement with Scottish Borders Council Community Payback team





A project run through the
monthly Youth Club 'You and
Your Future'

This pond was built after a grant
awarded through NatureScot,
teaching biodiversity and
hands-on skills

Over 15 volunteers helped out
on the day to get their hands
wet!

AWARDS & ACHIEVEMENTS

Our Founder:

- Is an assessor for SRUC
- Has completed the Circle Academy program to support our growth, with a level 7 SCQF in Social Entrepreneurship
- Completed a diploma in Equine Facilitated Learning & Development with a focus on emotional intelligence and mindset
- Scottish Edge Social Entrepreneur winner in December 2019
- Completed Team Leading Principles Course
- Holds BHS Complete Horsemanship Stage 4
- Part of RBS Accelerator Programme
- Training to become Neuro Linguistic Programming practitioner
- Beginning TeachingHorse corporate EFL programme



AWARDS & ACHIEVEMENTS

Eat, Sleep, Ride:

- Is approved as Modern Apprentice Training Centre
 - Horse Scotland nominated for Project of the Year 2022
 - Runner up in NatWest's Social Business Awards 2022
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- Working towards Net Zero ambitions beginning with off-grid infrastructure
 - Prestige awarded Equestrian Centre of the Year 2022/23
 - 3 staff members on a Lived Experience Panel for Community Funds
 - Members of Youth Borders, Association of British Riding Schools, Social Enterprise Scotland, Berwickshire Voluntary Services, Social Farm Scotland, GrowBiz, Trauma Informed Trust, Berwickshire Alliance, HETI and HEIR



National Endurance
Championships event attended
in Scottish Borders by our
founder, and head girl



SERVICES

Eat, Sleep, Ride offers:

- Community gardening and growing
 - Health and Wellbeing
 - Youth Club for ages 8-18
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- Trauma counselling
 - Life Trauma Coaching focusing on anxiety reduction, imposter syndrome, mindset and emotional intelligence
 - Targeted youth projects, covered by funding for young people facing socio-economic disadvantage
 - Volunteering, employability and training opportunities for all
 - Commercial equine offerings
 - In 2023 we want to develop our sponsorship packages, corporate training days and overnight retreats





A group of our volunteers helping clean our grooming kits after their lunch, which helps keep the horses in good condition

CASE STUDY - ADULT

X 21y.o. joined a leadership and comms course after we had begun working with her brother on an alternative education program. X is diagnosed borderline personality disorder, sexual and physical abuse from young age, and homeless when she attended.

After she had completed her course she joined ESR as a volunteer and undertook safeguarding training, received her PVG, attended a first aid at work course. 4 months later she was offered a job through the No One Left behind scheme.

She was supported to make a referral to Penumbra homeless team and signed up to Lingfield college to undertake her ABRS Responsible Groom course, and a skills network course on suicide prevention.

She is currently working through courses, sustained in employment 3 days per week, worked with ESR trauma councillor on a weekly basis and her program has been extended to 24 sessions.

X has begun to take on more responsibility and has been supported into her first home.

Subsequently we provided free summer activities including providing lunch and fuel vouchers for her mother and brothers, and her mother attended ESR fortnightly for trauma counselling and accreditation and training to complete her Equestrian Care Award through the Association of British Riding Schools

CASE STUDY - YOUTH

Y has been attending ESR since June 2021. He has been involved as a commercial client, volunteer, and a school referral. His personal and school referrals came for difficulties through a range of problems; a short attention span, easily distracted, problems listening to/comprehending/following through instructions, excessive talking and physical movement, unable to wait for turns and acting impulsively. Y also when overwhelmed used physical violence on his mum and his peers.

Y at school struggled with peer interaction due to these conditions, especially as he is frequently bullied and struggles to regulate his responses, often resulting in him being restricted in classroom and group activities.

At ESR, he regularly works with a range of adult staff members, taking and following instructions and is now able to work independently when given a task, as well as ask for clarity if needed. He demonstrates good work ethic and is very keen to complete tasks to a high standard. He enjoys his interaction with staff and horses, showing empathy and consideration, as well as willingness to learn. He can now take on board instruction and stick to a task.

CASE STUDY – YOUTH CONT.

He also is given opportunities to work with peers in workshops or when children attend commercial riding lessons and has shown massive improvement in these social interactions. Y is polite, friendly, and supportive of his peers, and enjoys playing and interacting. Y can now wait to speak when asked and is showing he can regulate his emotions and energy when appropriate. The advantage to our outdoor environment means that on days where Y is feeling hyperactive, he can channel this into productive tasks in an appropriate manner. We have seen a massive reduction in the number of violent actions carried out towards his peers when with us. He also shows a greater understanding of thinking and following through on ideas.

His self esteem has also improved since attending and he is much more confident in his abilities. Our yard can demonstrate and offer stable structured relationships through horses and the staff as we understand that his relationship with his Mum has been inconsistent and led to a disorganised-insecure attachment style.

It is important for Y to continue to have support that recognises when he is overwhelmed and give him space to regulate and reset, as well as peer interaction in smaller supervised groups whilst he improves his social skills and self-regulation.

CASE STUDY - GROUP

A day was held at ESR looking at creating diverse conversations in community with 9 participants who were a mixture of wellbeing and youth workers. This covered the topics of open questions, active listening, clean language, vision planning and an EFL demonstration.

We asked them where they saw our service within the community. Responses included helping children with emotional needs, that many could benefit from self awareness; both service providers and users, and the community need more access to this work. We also acknowledged that for people struggling with mental or physical health issues, that travel is a barrier, so we would need to continue working with community transport options. Everyone said our service was valuable and greater funding would allow us to become larger and more accessible.

They felt they better understand what ESR can offer, how to ask open questions and create conversation, felt inspired, and learnt to be more open minded and connected through self awareness.

On a scale of 1-10 asking 'how much did you enjoy the session' the average score was 9.8. People enjoyed taking time to think, loved small group and partner work, and enjoyed time on own to reflect and connect with horses.



Aerial shot of Eat Sleep Ride and
its beautiful location