

# Turning



# Ideas

# Into Impact



## Eat Sleep Ride - Annual Impact Report 2025



Eat, Sleep, Ride is a Scottish charitable company  
Scottish Charity number SC053818





# OUR STORY

**Eat Sleep Ride exists to create connection, confidence, and leadership through horses, land, and community. Based on a reclaimed former landfill site in the Scottish Borders, we work with people and animals who have often been overlooked. Transforming space, restoring trust, and building belonging.**

**Our work brings together rescued horses, young people, isolated adults, and nature to create learning that is relational, ethical, and grounded in real responsibility.**



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# **OUR GOALS**

## **Support Young People into Confidence, Skills and Positive Progression**

**Our primary focus is young people facing disadvantage. We support those affected by anxiety, neurodiversity, care experience, rural isolation, low income and disengagement from education. Through equine-assisted learning, accredited youth awards and structured volunteering, we help young people build confidence, responsibility, leadership skills and pathways into employment or further education.**

## **Create Meaningful Pathways into Work and Responsibility**

**We provide real roles, volunteering opportunities and supported employment so young people can gain experience, develop transferable skills and move toward sustainable futures. We believe in learning through doing — building capability, not dependency.**



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# OUR GOALS

## Strengthen Families and Carers Around Young People

**We recognise that young people do not exist in isolation. We support young carers, unpaid carers and families experiencing financial pressure, trauma or isolation. By strengthening the wider support network, we improve long-term outcomes for young people.**

## Provide Safe, Nature-Based Spaces for Growth and Belonging

**From our rural site, we offer calm, structured environments where individuals can reconnect, regulate and rebuild confidence. Horses and land are tools for learning, leadership and emotional growth.**

## Build Community Through Participation

**We create opportunities for refugees, volunteers and local residents to connect, contribute and belong. We believe in participation as a pathway to resilience.**



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# Year in Review: Our Impact in Numbers

Let's look at what we accomplished the previous year:

## TOURISM AND VISITORS

**104** HOLIDAY RIDERS **268** VISITORS

## YOUNG PEOPLE EMPLOYED

AGED 14-20: **8**

## VOLUNTEERS

AGED 18+: **17**

AGED 13-18: **11**

## PROFFESIONAL TRAINING PARTICIPANTS

CHILD PROTECTION AWARENESS: **13**

FIRST AID: **15**

SNAPCHAT AWARENESS: **10**

## LEADERSHIP EVENTS

**3**

## NEW RIDERS

**88**

## FREE ASN SESSIONS

**36**

## SUBSIDISED SESSIONS

**40**

## EVENTS ESR HOSTED

**6** + **177** FREE/SUBSIDISED  
(SEASONAL/WELLBEING)

## ESR STAFF VOLUNTEERS LEARNING EXCHANGE

**13** EVENTS

## UNIVERSITIES WORKED WITH

**4** (**8** UNI STUDENTS SUPPORTED))

## YOUTH ACCREDITATION

**6**

## EQUESTRIAN QUALIFICATIONS BHS (ABRS)

**5**

Every number represents a life changed. Thank you for being part of the impact



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# Year in Review: Our Impact in Numbers

## 2025 Participation & Reach Data

**In 2025, Eat Sleep Ride has engaged over 400 regular participants across programmes, events and equine-assisted activities.**

### Demographics:

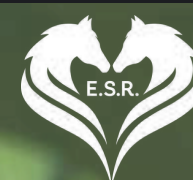
- **290** females
- **111** males
- **144** children under the age of 14
- **21** participants from Black and Ethnic Minority backgrounds
- **7** identified young carers
- **21** participants with complex needs
- **24** participants identifying with a disability
- **17** families experiencing low income

### Equine Welfare Impact:

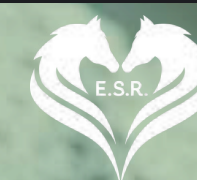
- **8** horses rehabilitated
- **3** successfully transitioned into new homes

### Key Outcomes

- Improved confidence and self-efficacy among young people and women participating in equine-assisted learning.
- Increased emotional regulation and resilience, particularly among neurodiverse and trauma-affected participants.
- Strengthened sense of belonging and social inclusion within rural communities.
- Development of leadership, mentoring and employability skills through volunteer and shared leadership pathways.
- Enhanced connection to nature and environmental stewardship through participation in biodiversity and sustainable land-based activities.
- Demonstrable dual impact: improved human wellbeing alongside ethical horse rehabilitation and welfare.



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# How Your Donations Make A Difference?

**Every contribution, no matter the size, creates a ripple of impact that extends far beyond the moment you give. When you donate to Eat, Sleep, Ride you're not just giving money - you're fueling hope, creating opportunities, and changing lives for people, animals and the environment.**

**Ethical horse care and rehabilitation  
Youth and intergenerational learning  
Leadership through responsibility, not control  
Community connection and inclusion  
Environmental regeneration and innovation**

**Together, we're proving that change is not only possible - it's happening, every single day.**



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# **Our 2025 funders**

**Your invaluable support is fundamental to the success of Eat Seep Ride**

## **Thank You All!!**

**Three Guineas Trust**

**Children in Need - Big Sky Grants**

**Goswick Golf Club**

**Barclays Community Sports Fund**

**BCCF Environmental Legacy Fund**

**Anti Racism Communtiy Engagement Fund**

**Stafford Trust**

**Imperial Polythene**

**FCC Communities Foundation**

**Scottish Borders Climate Action Network**

**Community Into Action/Science Ceilidh**

**KFC Foundation**

**Dr Guthries Foundation**

**Stafford Trust**

**The Womens Fund**

**The Mushroom Trust**

**Scottish Refugee Council**

**Sported Grass Roots Lottery**

**Asda Foundation**

**Barchester Health**

**Growing Food Together Fund**

**Baily Thomas**

**Young Game Changers Fund**



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TOURISM/YOUTH/ENVIRONMENT/EQUINE/COMMUNITY-POLICY SUPPORT

# Membership Bodies

**SPORTED - EQUESTRIAN**

**YOUTH SCOTLAND**

**UK YOUTH**

**YOUTH BORDERS**

**BORDERS COMMUNITY ACTION**

**CHARITY EXCELLENCE**

**SCOTTISH BORDERS CHAMBER OF COMMERCE**

**SCOTTISH BORDERS SOICAL ENTERPRISE CHAMBER**

**SCOTTISH CARE ALLIANCE**

**SOCIAL ENTERPRISE SCOTLAND**

**ROYAL BANK OF SCOTLAND ALUMI**

**VISIT BERWICK**

**VISIT SCOTLAND**

**SOUTHERN UPLAND  
PARTNERSHIP**

**TEACHING HORSE**

**ASSOCIATION OF BRITISH  
RIDING SCHOOLS**

**HORSE HUMAN EQUINE  
INTERACTION REGISTER**

**SCOTTISH BORDERS CLIMATE  
ACTION NETWORK**

**SOCIAL FARMS UK**

**LIVED EXPERIENCE NETWORK**



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# ENVIRONMENT & SUSTAINABILITY

## Renewable Energy and Carbon Reduction

- **Installation of 25 new solar panels**, significantly increasing on-site renewable energy generation.
- **Upgrade of the solar inverter and battery storage system**, improving energy efficiency and storage capacity.
- **Introduction of a solar monitoring app**, allowing the organisation to track energy generation and carbon reduction in real time.
- **The site operates largely off-grid using solar power**, reducing reliance on fossil fuels.

## Water and Land Management

- **Rainwater harvesting system** introduced with support from NatureScot to reduce water usage and improve sustainability.
- **Creation of a new wildlife pond** to support amphibians, insects and bird species and increase habitat diversity.

## Biodiversity and Habitat Creation

- **Planting of native species including juniper and hawthorn**, improving habitat for pollinators and birds.
- **Development of a nature walk around the site**, allowing visitors to observe wildlife and learn about local ecosystems.
- **The site supports a range of birdlife**, including species considered **locally vulnerable or declining**.



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# ENVIRONMENT & SUSTAINABILITY

## Circular Economy and Waste Reduction

- Development of a **biofuel project in partnership with University of Strathclyde**, exploring the conversion of horse manure into sustainable fuel bricks.
- Organic by-products from this process are reused as **fertiliser for the garden**, reducing waste.
- A **composting system** is used to recycle garden and organic waste into soil nutrients.

## Sustainable Food and Land Use

- Installation of a **polytunnel** to support local food production and extend the growing season.
- The garden area has been made **wheelchair accessible**, ensuring inclusive access to outdoor learning and growing activities.
- **Willow planting** to support traditional weaving and craft activities while also improving soil stability and biodiversity.

## Small-Scale Sustainable Farming

- Keeping **chickens for eggs**, contributing to local food sustainability and educational activities around land stewardship.



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# **INTRODUCING OUR FLAGSHIP PROGRAMS - TRANSFORMING LIVES THROUGH HORSES, NATURE, AND CONNECTION**

- **EMPOWER HER**
- **YOUTH LEADERSHIP &  
AWARDS PATHWAY**
- **INTERGENERATIONAL  
VOLUNTEERING FOR  
ALL**
- **HERD DYNAMICS**

**TOGETHER, THESE PROGRAMS HARNESS THE UNIQUE POWER OF HORSES AND  
COMMUNITY TO FOSTER RESILIENCE, LEADERSHIP AND CONNECTION ACROSS ALL  
AGES AND STAGES OF LIFE**



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# **Empower Her**

**Empower Her is a hybrid leadership and wellbeing programme designed for women and girls who may be experiencing isolation, stress, or challenges in their lives.**

**The programme runs over eight weeks and combines online sessions with in-person experiential learning with horses. It is delivered in collaboration with national and international coaches and focuses on topics such as personal boundaries, reconnecting with community, confidence building, and emotional resilience.**

**Participants develop practical tools to strengthen self-awareness, leadership capacity, and supportive peer networks.**



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# Intergenerational Volunteering for All

At Eat Sleep Ride we bring people of all ages together through meaningful volunteering opportunities. Our intergenerational approach allows young people, adults and older members of the community to learn from each other while contributing to the care of horses, land and shared spaces.

Participants can get involved in:

- Horse care and equine welfare
- Environmental and land-based learning
- Community growing and vegetable boxes
- Sustainable projects such as biofuel from horse manure
- Supporting community events and activities

Through volunteering we aim to build confidence, skills, connection and wellbeing, while creating a welcoming space where everyone feels they belong.



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# **Youth Leadership & Awards Pathway**

**Our youth leadership pathway supports young people through volunteering, alternative education, and accredited learning opportunities.**

**Participants can work toward Youth Awards and equestrian qualifications, including areas such as coaching, animal behaviour, and equine care. These programmes help young people gain recognised credits while building responsibility, teamwork and leadership skills.**

**Many participants progress into leadership roles within the organisation, contributing to activities such as social media, engineering projects, digital marketing, and peer mentoring. This pathway has helped several young people move into employment and further opportunities.**



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# Herd Dynamics

Herd Dynamics is our equine-inspired leadership development programme exploring the principles of shared leadership, collaboration and communication.

Drawing inspiration from the natural dynamics of horse herds, the programme invites participants to reflect on how leadership can be distributed, responsive and grounded in awareness rather than hierarchy.

Experiences take place in nature alongside horses and combine practical exercises, dialogue and reflection. The programme is delivered by a network of trained coaches working nationally and internationally.

Herd Dynamics sits alongside the community work of Eat Sleep Ride. While the programme is designed primarily for organisations, teams and leaders, young people connected to Eat Sleep Ride are sometimes part of the wider learning environment and conversation, helping to bring diverse perspectives into discussions about leadership and community.

The programme operates through its own dedicated learning pathway and website while remaining closely connected to the values and work of Eat Sleep Ride.



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# Case Study 1:

## Learning Exchange – Shared Leadership in Practice (HERD Dynamics)

- Partners: **Wise womens working group/social enterprise scotland**
- Participants: **9 women leaders**
- Facilitators: **Danielle McKinnon, Midi Fairgrieve, Loretta Windsor**

**Eat Sleep Ride hosted a regional Learning Exchange exploring shared leadership through lived experience rather than theory. Delivered under our **HERD Dynamics** model, the day brought together women from across the social enterprise and community sector to experience leadership as something felt, relational, and adaptive.**

**The session opened with grounding in the stables, supporting participants to notice their own presence, energy, and regulation before engaging with others. Participants then took part in the **TiED (Together in Energy & Direction)** exercise, where leadership roles shifted naturally between leading, following, and co-creating direction. Horses responded immediately to clarity, hesitation, over-control, or people-pleasing - offering real-time feedback without judgement.**



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## Case Study 1: Continued

A guided meditation in the garden created space for reflection before the group entered the field for a final exercise with the herd. **Key learning emerged organically:**

Leadership is embodied, not intellectual  
Authenticity builds trust faster than authority  
Boundaries create safety and clarity  
Connection is non-verbal and relational  
Leadership is shared and situational

**Participant reflections highlighted deep insight.**

One woman recognised how lifelong people-pleasing showed up in her interaction with Betsy, while another noticed how slowing her pace transformed connection and trust.

**Differences in leadership style were not corrected but honoured, reinforcing psychological safety and mutual respect.**

“I came to learn about leadership, but I left understanding connection.”

This Learning Exchange demonstrated how equine-facilitated practice can support leaders to develop self-awareness, regulation, and relational intelligence—capabilities essential for resilient, ethical leadership in complex systems.



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## Case Study 2: Therapeutic Group Work – **Andy's Man Club Mindfulness Evening**

Partner: **Andy's Man Club**

Participants: **8 men**

Eat Sleep Ride welcomed members of Andy's Man Club for an evening focused on **mindfulness, connection, and peer support**. The session offered a non-clinical, stigma-free environment where men could engage with wellbeing in a way that felt accessible and grounded.

Participants explored the site together—visiting the vegetable garden, pond, chickens, and horses—before taking part in guided equine mindfulness activities with Ben and Frazzel. The horses supported learning around grounding, boundaries, intention, and presence, allowing participants to reflect on how they show up in their own lives and relationships.

For many, this was their first experience of therapeutic work outside a traditional setting. One participant shared:

**“If someone told me I'd learn something about myself from horses, I'd have laughed – but I did.”**

The session concluded with a shared BBQ and home-grown produce to take away, reinforcing connection, nourishment, and community.

Several participants reported feeling calmer, more open, and more connected to others by the end of the evening.

Andy's Man Club runs free, peer-to-peer mental health groups every Monday night across the UK, creating safe spaces for men to talk—or simply listen. Eat Sleep Ride is proud to support this mission by offering a nature-based, trauma-aware environment that complements peer support with embodied learning and connection.



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## CASE STUDY 3: **YOUNG PERSON LONG-TERM IMPACT THROUGH BELONGING AND LEADERSHIP**

**Participant:** **Young woman, now aged 18**

**Engagement:** **7-year journey with Eat Sleep Ride**

This young person first came to Eat Sleep Ride at the age of 10, following significant childhood trauma and the loss of her mother to suicide. At the time, she struggled with trust, stability, and a sense of belonging.

Over seven years, she has been supported through a consistent, trauma-informed pathway rooted in relationships, responsibility, and real opportunity. Her journey includes:

- Completion of seven accredited youth awards
- Development of leadership skills through mentoring younger participants
- Gaining her driving licence, increasing independence and employability
- Launching her own podcast, giving voice to young people's experiences
- Establishing self-employment as a Youth Lead Mentor with Eat Sleep Ride

Rather than a short-term intervention, her story reflects the **power of long-term relational support** in rural communities where services are often fragmented or inaccessible. Horses played a central role—offering consistency, non-judgement, and honest feedback during key developmental stages.

**Today, she is a confident young leader**, role model, and contributor to Eat Sleep Ride's delivery—supporting others while continuing her own growth. Her journey demonstrates how early, sustained intervention can lead not only to recovery, but to leadership and purpose.



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## Contributing Beyond the Site

**Alongside direct delivery, Eat Sleep Ride contributes to wider research, consultation and learning that informs policy, practice and community understanding.**

### **Consultation & Research Contributions**

**Scottish Racism Observatory - consultation contributing lived experience, community insight and participatory perspectives**

**Creating Hope Together - community research project supporting learning around connection, mental health and community resilience**

**Contributions to discussions informing suicide prevention and mental health strategies, grounded in rural and community-based experience**

**These contributions ensure that voices from rural, community-led and nature-based settings are included in wider conversations about inequality, mental health and social wellbeing.**

**They also strengthen our own practice by embedding reflection, learning exchange and accountability into everything we do.**





# Awards, Recognition & Sector Acknowledgement

## Finalist & Shortlisted Awards

**Youth Link - Youth work Award - Outdoor Learning and Environment**

**Youth Borders LEAD Award**

**Great British Banking Awards – Randal Foundation Entrepreneur of the Year**

**BASIS Sustainable Sport Awards**

**Greener Gateway Community Award - Scottish Borders Council**

## Celebration Events

**Curiosity into Action Symposium Heart of Midlothian FC**

**Manchester celebration Coop Live Young Gamechangers**



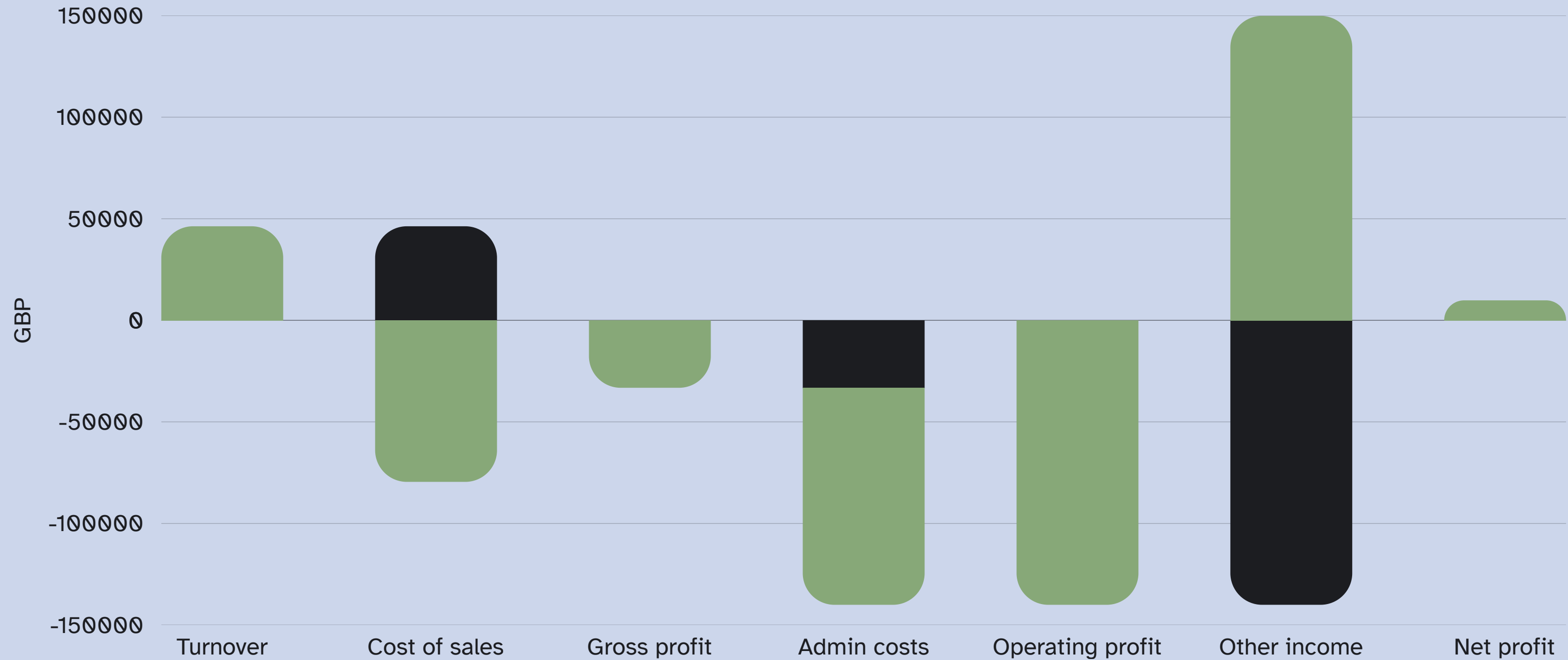
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## Profit/Loss Data

● Base ● Change



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## Contact Us

**Your insights and questions are extremely important to us and we want to create an engaging and interactive session.**

**Please feel free to share your questions or concerns.**



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