

- Membership and Participation
- New Members: A total of 185 individuals joined this year, with 127 being under the age of 16, indicating a strong youth engagement.
- Holiday Riders: The holiday program attracted 119 visitors who contributed to the local economy by staying and spending in the area.
- Volunteerism
- New Volunteers: The year saw an addition of 17 dedicated volunteers, enhancing our capacity to serve the community and deliver programs.
- Staff Development and Training
- Youth Development:
- One young staff member successfully completed the Place2Be Peer Mentoring Program, equipping them with valuable peer support skills.
- Paths for All Walk Leader certification was achieved by staff, promoting outdoor activity and wellness.
- Twelve individuals received Dynamic Youth Awards, recognizing their personal achievements and growth.
- Child Protection Awareness Training was provided, ensuring a safe environment for all participants.



Inspire 2023 Celebration Glasgow, Youth Scotland

"Joining forces with Inspire 2023, our vibrant young achievers celebrated their Dynamic Youth Awards in style, hosting an exuberant mood mocktail stand that was a hit! This creative twist on refreshments, a nod to the young peoples Be Yourself' event and their popular concoctions, added a splash of joy to the festivities."



Human Figures

- New Members: A total of 185 individuals joined this year, with 127 being under the age of 16, indicating a strong youth engagement.
- Holiday Riders: The holiday program attracted 119 visitors who contributed to the local economy by staying and spending in the area.
- New Volunteers: The year saw an addition of 17 dedicated volunteers, enhancing our capacity to serve the community and deliver programs.
- One young staff member successfully completed the Place2Be Peer Mentoring Program, equipping them with valuable peer support skills.
- Paths for All Walk Leader certification was achieved by 2 beneficiaries, promoting outdoor activity and wellness.
- Twelve individuals received Dynamic Youth Awards, recognizing their personal achievements and growth.
- Child Protection Awareness Training was provided to 7 volunteers, ensuring a safe environment for all participants.



Human Figures

First Aid Training was completed by three staff members, vital for handling emergencies.

Nine young people underwent Fire Safety and Awareness Training, crucial for ensuring a safe working and recreational environment.

Mental Health Awareness for Sports and Physical Activity training was conducted, emphasizing the importance of mental well-being in sports settings.

Equine Touch and Masterson Certification were achieved, by 3 volunteers enhancing our equine care capabilities.

One apprentice completed Level 5 in Horse Care and Stable Management and has progressed to become an assistant yard manager, demonstrating significant professional growth.

Lingfield Responsible Groom Certification was obtained, reflecting our commitment to high standards in equine care.

Twelve young people aged 10 – 18 were awarded ABRS Rosette and Certification, acknowledging their skills and competencies.

2 individuals gained their Saltire and Duke of Edinburgh Awards, showcasing exceptional personal development and community service.

Events: Thirteen events were organised, attended by 427 individuals including volunteers, community members, staff, and beneficiaries, fostering community spirit and engagement.

Training Opportunities: Throughout the year, 135 individuals from various demographics were offered free training, enhancing skills and knowledge across our community.



Horse Figures



- Equine Team Updates
- New Additions: Two new horses have joined the ESR team, expanding our equine family and capabilities.
- In Memoriam: We bid a heartfelt farewell to Jack, our trusted and elderly steed, who went to heaven. His legacy remains a vital part of our story.
- Promising Future: Spirit, our enthusiastic 4-year-old, was successfully backed and started, and is now poised to become a cherished forever horse for a young person who began their journey with us as a beneficiary.
- Collaborations and Initiatives
- Barefoot Trimming Courses: In partnership with Sarah Oliver, a renowned barefoot trimmer and author, we will offer courses in barefoot trimming in 2024, furthering our commitment to natural horse care.
- Clinics and Community Engagement: Our first bit and bridle clinic was hosted successfully, marking an expansion in our educational outreach.
- Festive Outreach: Ben and Frazzle brought joy to Leychie House Respite Home during Christmas, demonstrating our commitment to community spirit and comfort.
- Sustainability and Responsibility
- Eco-Friendly Practices: In collaboration with Sorbo Bedding, we have embraced eco-friendly bedding made from pine trees on a solar-powered site, reflecting our dedication to environmental stewardship.
- Volunteer and Animal Welfare Achievements
- Winter Loan Program: Six of our ponies found winter homes through our young volunteers' initiative, ensuring their well-being during the colder months.
- Endurance Riding: Ace made an impressive debut, completing her first 24km endurance ride in under 2 hours.
- Youth-Led Event: Fifteen riders participated in their first endurance ride, covering 18km, organized by a young staff member, showcasing the leadership and event management skills being developed within our team.
- Competitions and Training
- Competitive Participation: All of our horses participated in three competitions this year, including show jumping, endurance, trec, and dressage, demonstrating versatility and high-performance levels.

Community wins

- Community Hosted Best Friend Day
- On a day marked by laughter and shared stories, our community came together to celebrate the bonds that keep us rooted. Best Friend Day wasn't just a celebration of friendships but a testament to the unwavering support systems we've cultivated. As individuals arrived with their companions, the air was filled with a sense of belonging, with every handshake and hug strengthening the fabric of our community.
- Be Yourself Day
- In a world that often demands conformity, Be Yourself Day was a breath of fresh air—a chance for everyone to embrace their uniqueness. Participants were encouraged to express themselves in their truest forms, without fear of judgment. This event wasn't just about self-expression; it was about acceptance, a collective affirmation that every voice matters, every story deserves to be heard, and every individual has a place in our community tapestry.
- First Ever Wellness and Music Festival
- The inaugural Wellness and Music Festival was a symphony of health and harmony. The day was filled with the vibrant sounds of local musicians, creating a backdrop for the series of free workshops that took place. Yoga sessions offered a sanctuary of peace, nutrition workshops provided blueprints for physical health, and breathwork classes taught the art of presence. The festival was not just a day of learning but an experience that nourished the soul and fostered well-being.



Community Wins

- Community Engagement and Strategic Development
- Amidst these community-centered activities, we engaged in pivotal conversations at the local destination development meetings. Our voices contributed to the Scottish Borders Mental Health and Suicide Strategy, ensuring that our initiatives align with broader regional goals. The local place-making meetings found us at the heart of discussions, shaping the narrative of our community's future.
- Health and Accessibility Initiatives
- As a newly minted C-Card provider, we've taken a significant step in promoting health and accessibility. This initiative exemplifies our commitment to the well-being of our community members, particularly the youth.
- Influence on Policy and Development
- Our insights and experiences fed into the British Horse Society's annual access development, influencing policy and advocating for the growth and enhancement of equine access. This engagement ensures that our actions resonate beyond our immediate surroundings, contributing to a national conversation about accessibility and development in the equine community.



Impact Funding Partners-Democracy Matters
community consultation and sweat lodge
building event

- The findings from the community conversation focused on establishing trust and accountability in decision-makers, emphasizing inclusion and community spirit, and ensuring that community contributions are valued. Key points included the necessity of clear communication about how public input would be utilised in decision-making, representation of diverse community voices, and practical measures to facilitate participation, such as free transportation and multi-channel access to consultations. The community expressed a desire for events that reflect their interests, such as shared meals and music, and highlighted the importance of personalised invitations to increase involvement and the feeling of being valued.



Awards and achievements

- Became members of the Scottish Care alliance
- Finalist in the Going Green Awards
- Our founder presented at the wooden spoon annual charity auction
- Became a certified provider for career ready placements
- Finalist for health and wellbeing at social enterprise Scotland awards
- Finalist for resilient business for Woman in Business
- Certified as a trauma informed business provider
- Became a certified living wage provider
- Finalist for neuro diverse champion for employment through the Scottish union of supported employment

A graphic with a black background featuring numerous yellow and green splatters of varying sizes. The text 'GOING GREEN' is in a large, yellow, distressed, blocky font. Below it, 'AWARD' is in a similar yellow font. '2024' is in a yellow font with a slight gradient. At the bottom, 'FINALIST' is in a white, distressed, blocky font. Thin yellow lines form geometric shapes in the corners.

GOING GREEN
AWARD
2024
FINALIST

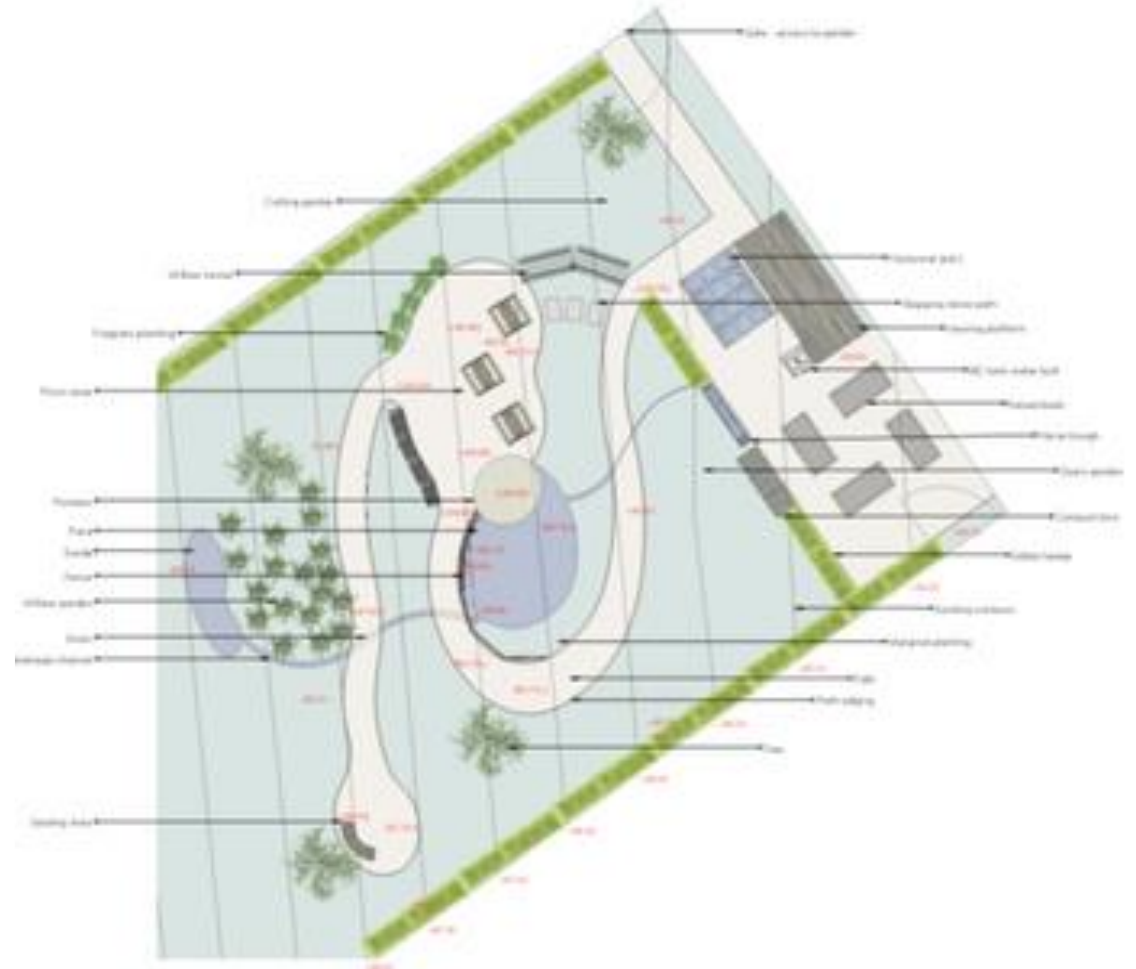
Founder Awards and achievements

- This year, our founder has realised several commendable achievements, furthering our organization's reach and impact. As a testament to their visionary leadership, they graduated from the RBS Accelerator Program, harnessing valuable growth strategies. Their strategic acumen was also recognised with acceptance into the Scottish Enterprise Pathway to Scale program, setting the stage for our organisation's expansion. Demonstrating a commitment to inclusive leadership, they spearheaded a pioneering initiative as a certified Teaching Horse provider for Merrick Pharmaceuticals' BAME division. Expanding their influence in social change, our founder became a volunteer leader for the Save the Children Changemakers program. Additionally, they shared their insights and experiences as a speaker at the annual Association of British Riding Schools conference, influencing industry peers and shaping the future of equine-assisted services.



Environmental achievements

We constructed an off grid sweat lodge, inviting reflection and growth, and nurtured a butterfly garden, enhancing our local biodiversity. Our commitment to eco-friendly living is embodied by the development of a new, tiny off-grid house. With confirmed funding for additional solar panels, we're set to increase our renewable energy capabilities. Coming this year -rainwater harvesting system and allotment, complete with chickens and an honesty shop, promoting sustainable living. Sensory garden, pond, and tactile planting will offer therapeutic spaces, while our edible hedging and willow weaving are practical forms of green artistry. The picnic area will invite community gathering, and our biodiversity and habitat report underscore our dedication to environmental stewardship.



New Services

- This year, our impact has been significantly amplified through the introduction of diverse and innovative services. We've harnessed the spirit of equine agility and grace with Polo Cross tuition, bringing a new level of expertise to our educational offerings. Our Pony Parties and venue hire services have turned our facilities into hubs of joy and celebration. We've explored the depths of the human psyche with NLP sessions and pioneered a Leadership Experience that draws upon biomimicry, learning from the natural leadership seen in horse herds.
- Our young people have channelled their creativity into a new line of merchandise, further embedding their mark on our culture. Looking to the horizon, we are excited about the development of wellness retreats, a partnership with a team-building assault course, and the introduction of spiritual healing practices such as Reiki and breathwork, all of which promise to deepen our community's connection to wellness and holistic health. These new services not only expand our impact but also enrich the tapestry of experiences we offer.



Case study Youth

- WWW aged 18, is a carer for her younger brother (16) currently in readmission of brain tumour. At aged 14, she was diagnosed with osteochondroma – extra bone growth – led to operation and took 3 years to recover. Struggled at school due to bullying, leading to the challenges of anxiety and depression and suspected generalised anxiety disorder.
- WWW lives in remote rural location with limited transport and job opportunities, nearest local shop is 10 -15 minutes away. Dad retired after back injury and mum is sole breadwinner. Dad cares for brother and aunt who is diagnosed with autism. Dad and WWW are main carers. WWW recently joined ESR as a volunteer and has since began employment through the NOLB employability local authority agreement which offer flexible working hours due to the challenges of transport and to develop the young person's true potential. ESR supports WWW with training, food and fuel support, opportunities in equine and outdoor learning, accreditation, and certification, learning to work in a team and one to one wellbeing and counselling support. WWW attended the event to get out and meet new people and to try something new, they attended with her grandmother and partner, friend, and mother. WWW really enjoyed getting out the house and socialising. WWW felt happy and relaxed and be proud of her environment and being able to give a tour of the yard and provide information about the horses. She is looking forward to being part of other events and what her future holds. She is currently working towards starting a practical equine training course and online university course in equine management. WWW is focusing on getting out of her comfort zone and is meeting friends.



Case study Adult

- Approximately 2.6million people in the UK have ADHD
- What does it mean?
- Attention deficit hyperactivity disorder (ADHD) is a condition that affects people's behaviour. People with ADHD can seem restless, may have trouble concentrating and may act on impulse.
- Lots of the main symptoms of ADHD are things that impact your behaviour, mood, and thinking. So you might be misdiagnosed with a mental health problem like depression, anxiety, obsessive-compulsive disorder, or a personality disorder.
- What do I wish people knew?
- ADHD can be overwhelming, leading to me always trying to please everyone or feeling like I have nothing to contribute. I'm always trying to do more and end up spinning to many plates and doing way too much for others without thinking about myself. I have no concept of dates or days, I often find myself in situations because I've misplaced something or I've got too involved, it has a knock on effect this has been a struggle for me since I was a child. I can be impulsive, full on or vacant.
- How can I support myself?
- Horses are what changed my life and building my own family which I've learned the hard way as I find that I'm too trusting of anything. I need to chunk down tasks and tell people how I'm feeling when I'm struggling in my head.
- How can others support me?
- Giving me a full explanation of what you need from me and allow me to ask questions can help me a lot, please don't get frustrated if I repeat myself and recognize when I'm in a state of panic or nothingness and someone checking in on me is always helpful.
- Running Eat Sleep Ride, I've made lots of mistakes along the way and struggled at times to control my emotions, however yoga, dancing, cooking, and simple practices like recognizing when I'm under using or over using my emotional, spiritual, mental, and physical energy, and how to reset these things.
- ADHD



Case study Community

- The inaugural "Look Into It" festival by Eat Sleep Ride CIC was a family-friendly event aimed at promoting wellness and supporting local businesses. For a first-time event, it was a logistical success, featuring 3 entertainers, 5 caterers, 8 stall holders, 4 workshops, and 9 musicians. It drew over 120 attendees, primarily families, with positive engagement observed. Despite the success, lessons were learned about timing and the need for more child-focused activities. Survey feedback from 60 respondents highlighted a desire for more stalls and workshops, praising the music and social aspects, with suggestions to enhance future events for the community.

photography 2023



Free therapy service overview

- The free therapy services at ESR offering of counseling and equine-assisted therapy to the ESR community. Over two years, 360 individuals benefited from 2160 hours of support using various therapeutic methods. A flexible approach allowed for timely, tailored support, essential for addressing mental health promptly. Our teams trauma-informed background brought diverse, specialized care to clients, many with past traumas and inadequate access to therapy. Clients reported significant personal and familial benefits, emphasising the value of immediate access to therapy and the unique, non-clinical setting involving horses which facilitated profound healing and self-awareness.