



Changing Lives...

the first 10 years





At Tower House Horses we have been improving the mental health and wellbeing of our clients since 2011. We are passionate about our work and continue to be inspired by our herd of wonderful equine teachers, who so far have positively influenced the lives of over 750 children and adults. Our service continues to evolve to reflect the needs of each new beneficiary group and the lived experience of the people we seek to help.

We are proud to be celebrating our 10th Anniversary and grateful for the support we have received from our Patrons, Trustees, donors, partner organisations, clients, suppliers, volunteers and friends of Tower House Horses.



In 2018 Tower House Horses was proud to receive recognition with a High Sherriff of Hampshire Award for services to the community

2011

Horse Handling Club

For young people with special needs. Courtesy of three grants from Hampshire County Council's Short Breaks programme.

Horse Handling Club ran for three summers.



2012

Pupils, Parents and Ponies Project

An Awards For All grant allowed us to run this project with Farnborough Grange Infant & Junior School and Henry Tyndale School. The project, involving pupils, teachers and parents, aimed to show that improved levels of confidence and self-awareness gained from time spent with horses can positively affect learning outcomes in schools for special needs children. Significant changes were recorded in key areas such as increased levels of confidence and reduced anxiety.



2012

Substance Misuse - equine assisted recovery programme

Piloted our first programme for Hampshire County Council (HCC) Substance Misuse Team. Such was its success, between 2012 and 2019 we hosted 30 groups referred by HCC substance misuse and mental health teams. As government cut backs took effect groups attending in later years were funded by the National Lottery. Our recovery programme featured on Southern TV in 2013.



2015 -16

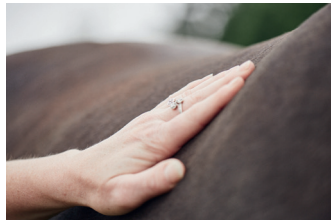
Horses Helping People Change for Life

Building on our substance misuse experience, we added armed forces veterans and newly-released offenders into our "Change for Life" project to help them build confidence and self-esteem to deal with the challenges they face. We collaborated with Footprints - a mentoring charity - and HCC's Veterans Court Diversion Scheme and ran six groups over an 18 month period. Funded by Awards For All, the project was the subject of preliminary research by Dr Adrian Needs of Portsmouth University's Psychology department, which confirmed the effectiveness of the programme.

2015 - 21

Francis House Treatment Centre

Experience from our equine assisted recovery programme led to a long and continuing association with Francis House treatment centre - part of the Streetscene group - for whom we have offered our programme to 16 groups up to August 2021. We have been grateful to the National Lottery, the Double O Foundation and Dan & Krystyna Houser for their support over the years. Our consistently excellent outcomes led the Care Quality Commission to commend Streetscene for including equine assisted recovery in its range of treatments.



2017

Hants & Isle of Wight Community Rehabilitation Company's Innovation Grant for domestic violence offenders

For this audience, there was particular emphasis on recognition and regulation of emotions, improving communication skills and learning the difference between aggression and assertiveness.

Two groups benefitted from the horses' empathetic, non-judgemental approach to demonstrating a positive way to relate to others.



2016 - 19

CPD days for counsellors and therapists

We established our popular days for care professionals, to help them re-energise, re-evaluate and re-focus, in the company of the THH herd and their peers. The effectiveness of these days as respite from the pressure of work in the caring professions informed our decision to offer similar days to NHS staff following the pandemic.



2018

Butterfly Project

Partnering with the Footprints Project once again, an Awards For All grant was the source of funding for female previous offenders, aimed at developing confidence and self-esteem to help rebuild their lives.



2018

Elderfield

Santander awarded us a grant for Elderfield, a half-way house for male previous offenders run by Langley House Trust, who valued our support in helping residents to gain self-belief and life skills through time spent with our horses. Those who completed our programme reported significant change in their level of self-confidence and emotional wellbeing, which was corroborated by Elderfield staff, who recorded dramatically improved attitudes and behavior regarding their residents' intention to move on and desist from re-offending.



2018 - 19

Wolverdene School parenting project

Funded by Tesco's "Bags of Help" scheme, this unique programme provided emotional support for two groups of parents of children with complex needs, who attended this special school in Andover. We were grateful to Tesco shoppers in Andover, Whitchurch and Charlton, who voted for this project in their local stores.



2018 - 21

Horse Sense programme

The start of our ongoing Horse Sense programme for young people with anxiety and depression. The escalating crisis since then has drawn support for THH's work from a number of sources, including the National Lottery, Simply Health and the Government's Coronavirus Community Support Fund. We have worked closely with Children and Adolescent Mental Health Services (CAMHS) and Winchester Youth Counselling who have been able to refer young people in urgent need of help to our group and one-2-one programmes. Horse Sense continues to provide young people with the confidence and emotional resilience to deal with the challenges they face. We continue to seek funding for young people and have set up our own bursary scheme to assist those in most need.



2019 - 21

Trinity Herd Wisdom project

Established before the pandemic to meet the needs of survivors of domestic abuse, this project took on greater significance as incidence of domestic abuse soared throughout 2020 and beyond. Our collaboration with Trinity Winchester, who refer their clients to us, has been supported by grants from Awards For All, a HCC Councillors Grant, National Emergencies Trust and, in 2021, from Comic Relief. The counselling team at Trinity value our contribution to their clients' mental health and wellbeing and have noticed significant, often life-changing benefits.



2019 - 21

Rehabilitation for previous offenders

Building on the success of our previous project for the Hampshire & Isle of Wight Community Rehabilitation Company, we were allocated funding for one-2-one programmes for up to 6 individuals during 2019, with funding for an additional 5 added in 2020. The project unfortunately came to an end in June 2021 when the National Probation Service resumed control of all local probation services. One probation officer referred to our programme as "the best service probation has to offer".



2019 - 21

Winchester & District Young Carers

These wonderful young people make huge sacrifices when a family member needs to be cared for, and richly deserve time out for themselves. Generously supported by Zurich Community Trust, Co-op Foundation and Eight Foundation, THH offers a number of respite days during holiday periods for these very special young people.



2011 - 21

One-2-one support for children

Throughout the past ten years we have provided support for children and teenagers from the age of 9 upwards on a one-2-one basis. They have been referred by local schools, children's services, adoption services and children in care teams. Our horses are able to help them to build confidence and self-esteem, increase emotional resilience, develop the ability to communicate and learn important life skills.



2021

NHS "Thank You" days

During 2020 we witnessed the mental and emotional trauma of the pandemic take its toll on NHS staff and wanted to do something to help. We crowdfunded to enable us to offer respite days to frontline staff, which took place during the summer of 2021. In the words of one senior nurse: "I'm so grateful to all those who chose to donate ... it's very humbling as I will never know who all those kind and generous people are who gave from their hearts to help tired and weary NHS workers."



2021

Fledge project

Our experience with young people revealed that many of the vulnerable who reach young adulthood fall through the cracks and find it difficult to access support from 18 onwards. This year we began our collaboration with Fledge - a charity which supports at risk young adults and helps them to avoid the pitfalls of homelessness, joblessness and lack of opportunity through inadequate education. Funded by the Henry Smith Charity and Barratt Developments Community Fund, the first Fledge group benefitted from increased confidence and a stronger sense of hope for their future. The second group began in August 2021.



2021

Horses Change Minds

Our latest project for 2021 complements the NHS's social prescribing scheme. With an estimated 8 million people in England with mental health problems who cannot get specialist help because they are not considered sick enough to qualify, our HCM programme will take referrals from NHS link workers, offering a lifeline to those struggling with poor mental health in our communities. Kindly funded by the Anton Jurgens Charitable Trust and the National Lottery, NHS link workers will signpost the first group to us in October 2021.





We are grateful for the support we have received from:

Allegra's Ambition

Asda

Anton Jurgens Charitable Trust

Barratt Foundation

Charities Aid Foundation

The Clothworkers Foundation

Comic Relief

Co-op Foundation

Dan & Krystyna Houser

Double O Foundation

Eight Foundation

First Asset Finance

Hampshire County Council
Councillors Grant

Helen Robertson Charitable Trust

The Henry Smith Charity

HM Government Coronavirus
Community Support Fund

National Emergencies Trust

The National Lottery
Awards For All

The National Lottery
Community Fund

Santander Charitable Giving

Simply Health

Tesco


Waitrose Community Matters

Zurich Community Trust

You'll find us in a beautiful rural setting in the Hampshire Downlands, with easy access to A33, A30, A303 and M3. Micheldever Station is a five minute walk away.


To learn more, arrange a visit
or speak to one of the team:


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With special thanks to:



for sponsoring our
10th Anniversary event



for photographs



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