



EQUINE THERAPY

Building a stable future for London's Young People



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Who we are

SLTH Equine Therapy is a youth charity empowering over 600 young people a year to improve their lives through equine-assisted therapy and alternative education provision.

It works by bringing our herd of horses together with young people, education professionals and equine behaviourists.



Improving wellbeing



Building skills, confidence and self-esteem



Gaining qualifications



Enhancing chances of finding employment or returning to education

What we do

We provide therapeutic work (from 1-1 therapy to group therapy work) and alternative education programmes for young people aged 6 – 25 years old who are struggling with social, emotional or learning challenges, leaving them excluded from mainstream education, or at risk of exclusion.



Equine-Assisted Therapy Sessions for Individuals & Groups



Alternative Education Offer for Individuals & Groups



Outreach - taking our horses to people who can't come to us



Individual & Group Family Work



Vocational Training & Apprenticeships

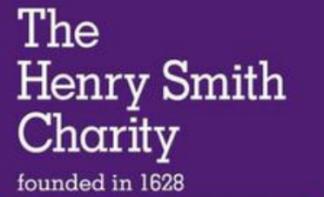
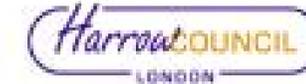


Holiday Days & Experience Days



Corporate Team Building & Mental Health Awareness Training Days

Our partners and supporters



HMP Thameside



PEARS FAMILY SCHOOL
FOUNDED BY ANNA FREUD CENTRE



Our story so far



First projects delivered from city farms around London

2010
15 young people a year

2014

Secured a short-term lease on stables in Edgware

2019
200 young people a year



King's Trust qualification centre

First research paper published

2020

First Outreach Project in Prison

2022

Won Innovation of the Year award from the Hertfordshire NHS Trust

Secured long term lease in Barnet

2024
424 young people a year

STAGE 1 of site development:
Raised £400,00



Awarded multi-year Lottery funding

2025
648 young people a year

Charity of the Year, Equestrian Business Awards



2026

Fit for the Future:
We're ready to build London's first purpose-built Equine Therapy Centre for Young People

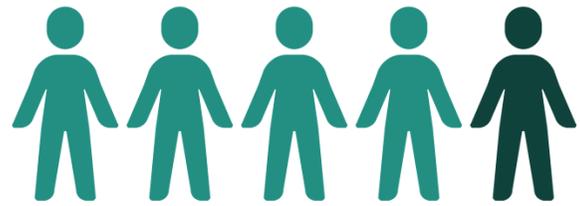


Who we help

Why we exist: youth mental health is at crisis point

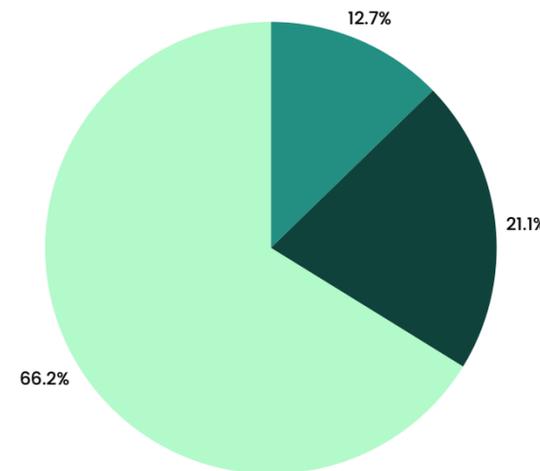
The stats are stark and are getting worse. While there may be less stigma attached to reporting mental health conditions, the underlying issues they represent are complex – poverty, homelessness and unemployment. There are other issues at play that cause or deepen the impact, such as social media, anti-social behaviour and racism. Increasing pressure on the education and social care system means young people cannot access the support they need. That's where our services help to fill that gap.

1 in 5



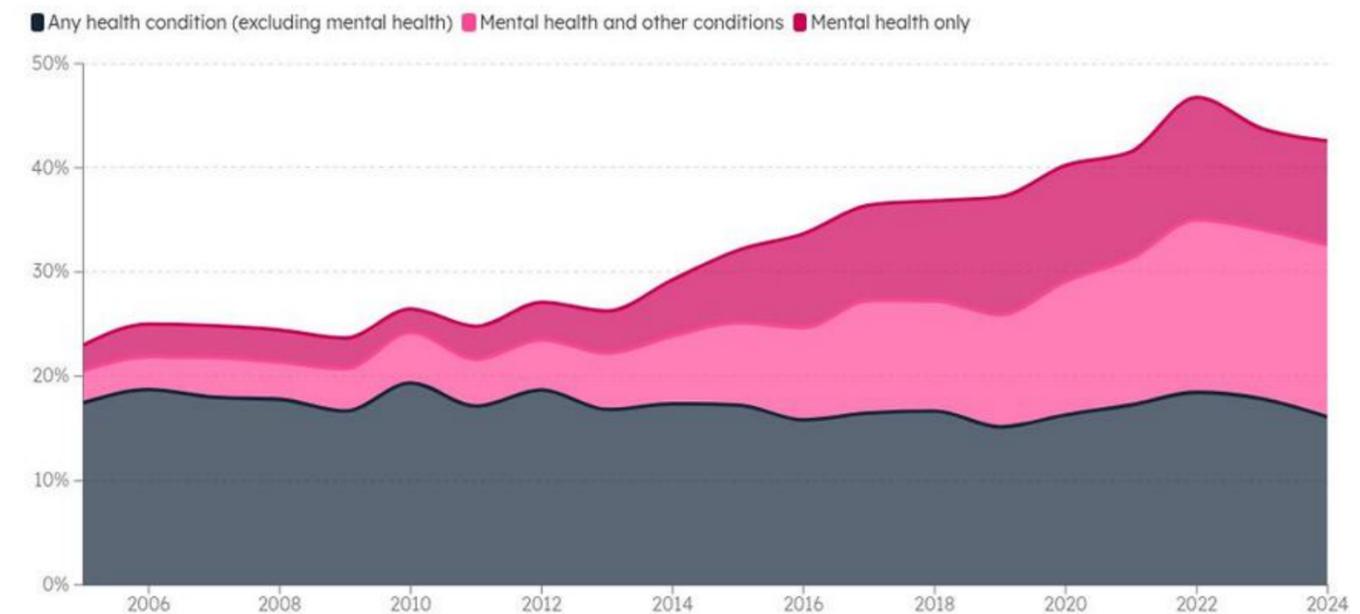
Children and young people aged 8 – 25 in the UK in 2023 had a probable mental health disorder (NHS).

987,000 (13%) young people aged 16 – 24 were NEET (not in education, employment or training, ONS). **21% of 18–24 yr olds with a mental health condition were NEET** (Resolution Foundation, 2024).



The number of 16–24 year olds, unemployed or economically inactive, reporting a mental health condition, has **TRIPLED** since 2005.

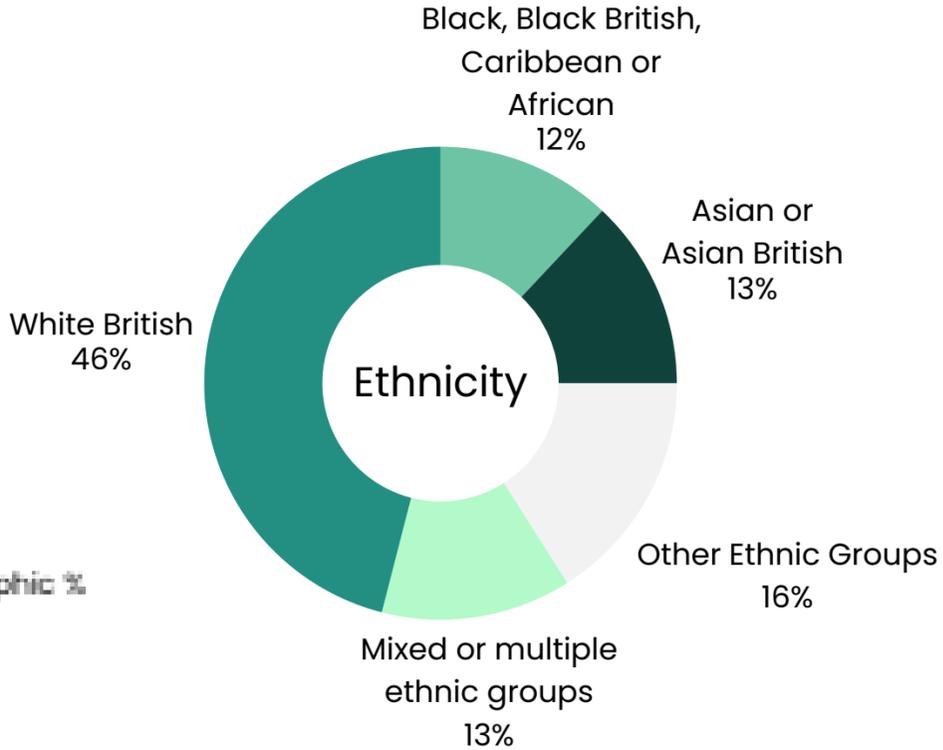
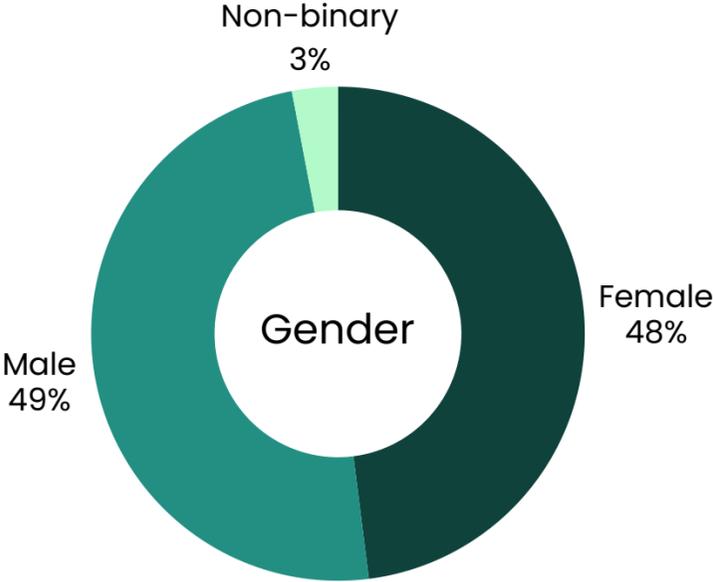
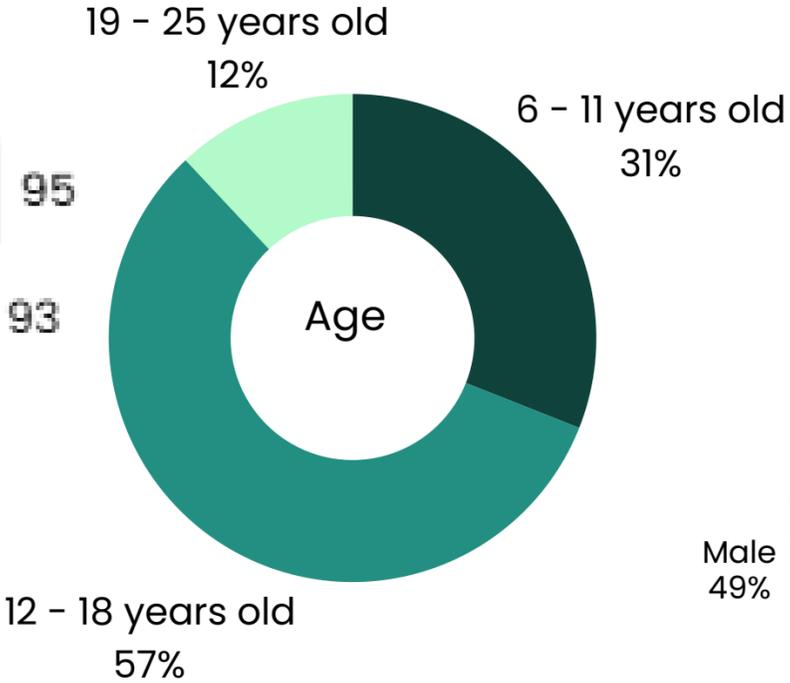
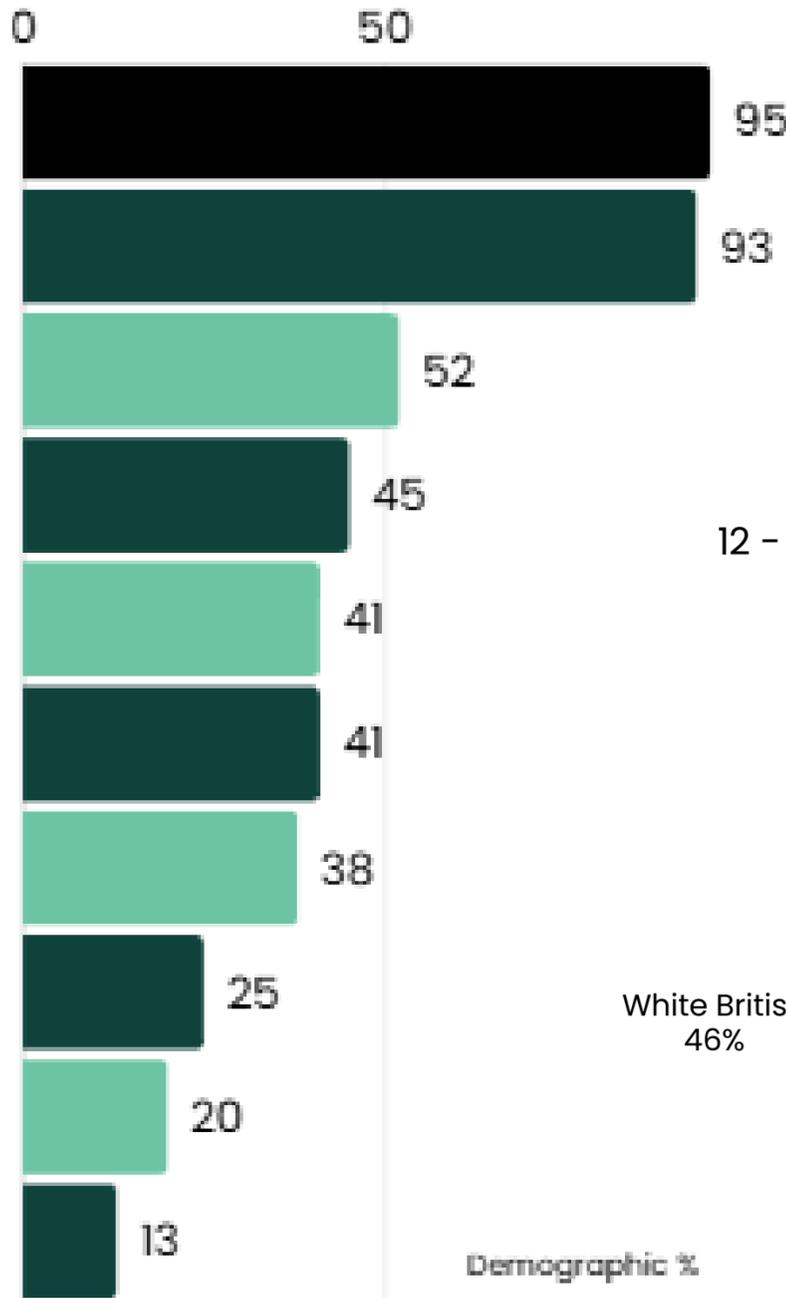
Unemployed or economically inactive (excluding students) 16–24-year-olds, UK



Source: Labour Force Survey • Annual figures are averages across quarters. Data includes up to Q3 2024.
Note: The Labour Force Survey (LFS) definition of mental health problems includes depression, bad nerves or anxiety, mental illness or suffering from phobias, panics or other nervous disorders.

Snapshot: Who we helped in 2024/25

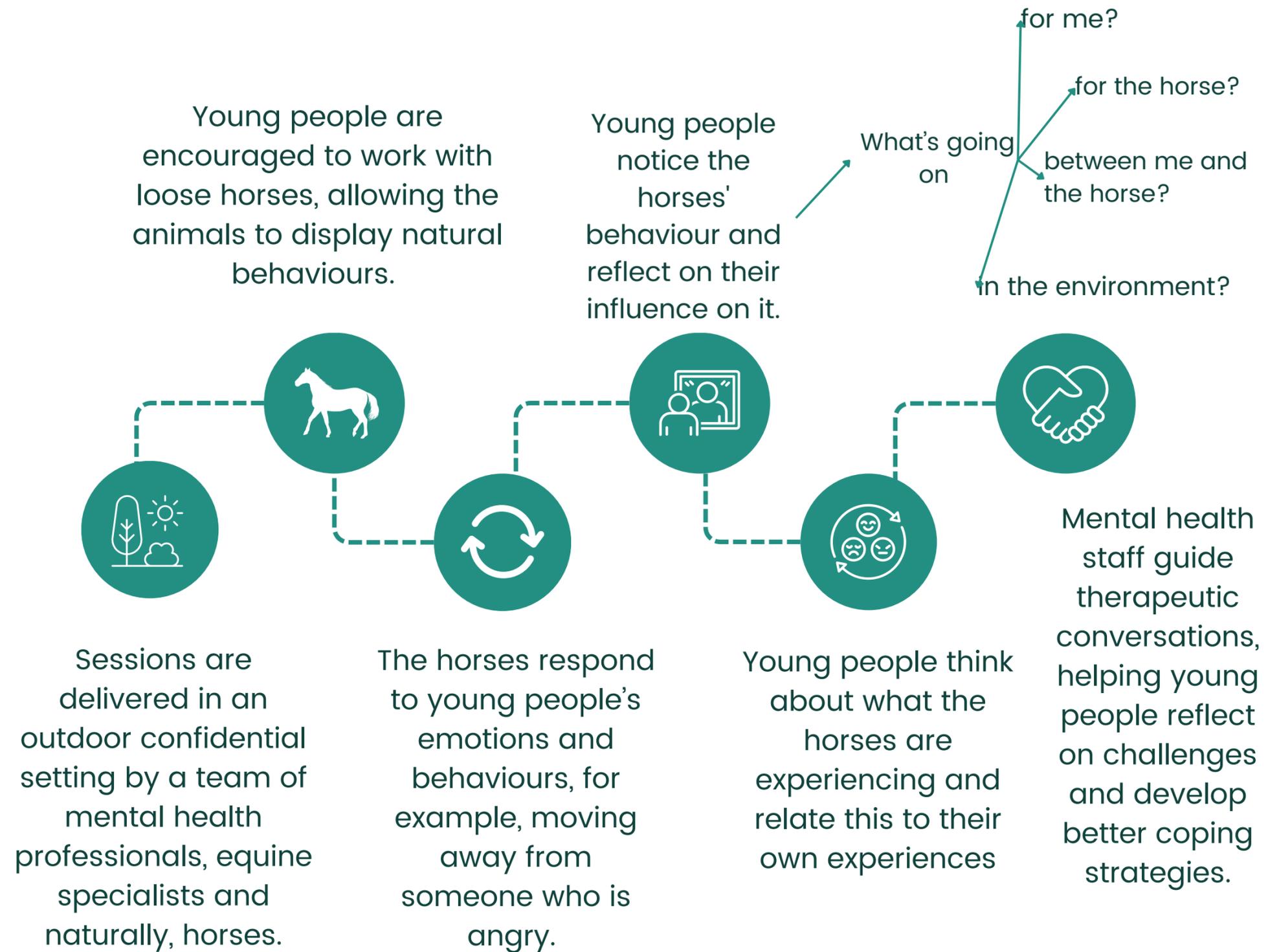
Note: data in this section comes from 577 completed forms of the 648 young people we supported.



Demographic %

How Equine Therapy works

Equine Therapy offers alternative psychotherapeutic experience and treatments for clients who find it difficult to engage in a conventional way with a professional regarding their mental well-being.





“

It has helped me
get out of my
house when I
hadn't for years.

”



Our Impact

For more information on our work and outcomes, read our Impact Report (2024/25) [here](#)

Programmes & outcomes



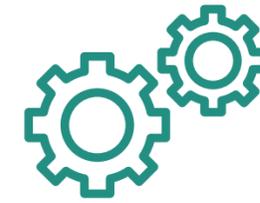
LIFE SKILLS

Confidence
Teamwork
Resilience
Time management
Problem solving
Independent living & functional skills



MENTAL HEALTH SKILLS

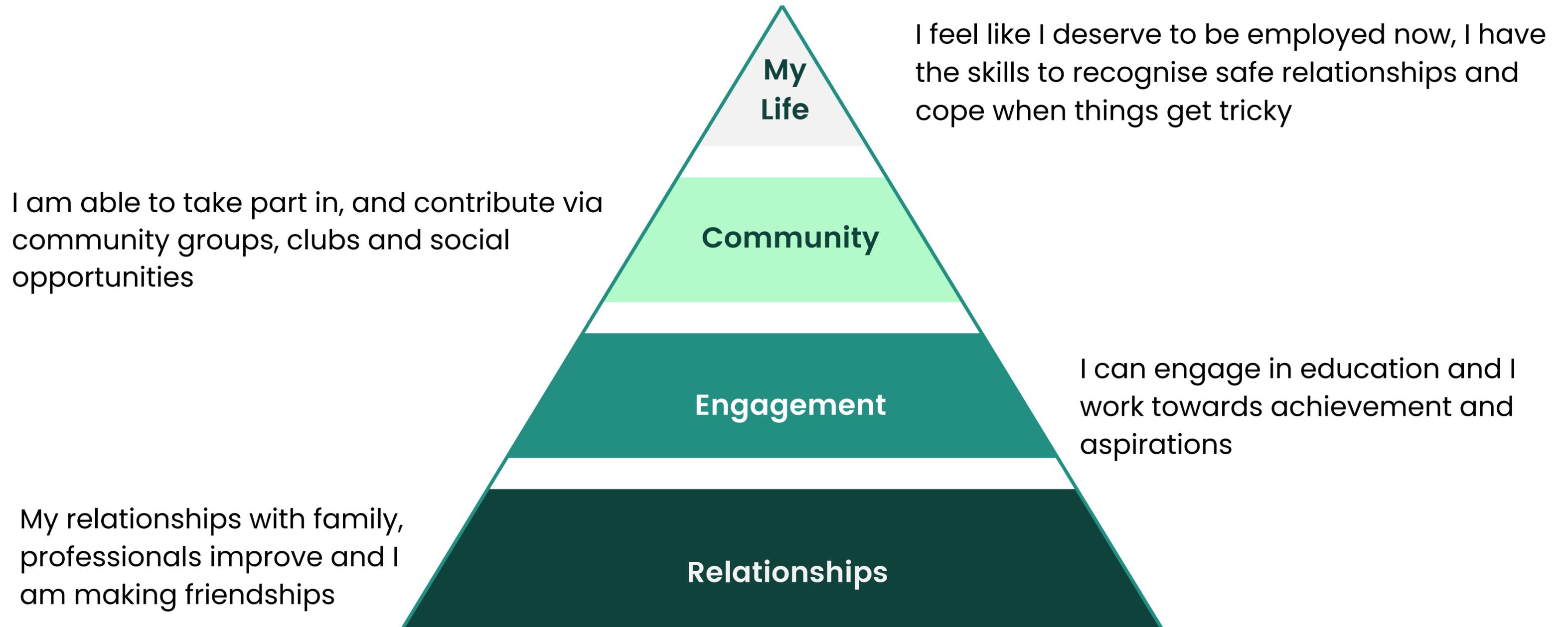
Engagement in enjoyable activities
Engagement in therapy – trusting and accessing mental health professionals and expressing feelings
Nervous system regulation
Observation skills
Reflection skills
Mentalising (putting yourself in others' shoes)
Understanding contextual impact on feelings and behaviours
Improving relationships



EMPLOYABILITY SKILLS

Equestrian Industry Accredited Qualifications (BHS)
AQA Awards
King's Trust Certificates
Communication Skills
Leadership
Numeracy and Literacy
Presentation Skills

Impact





“

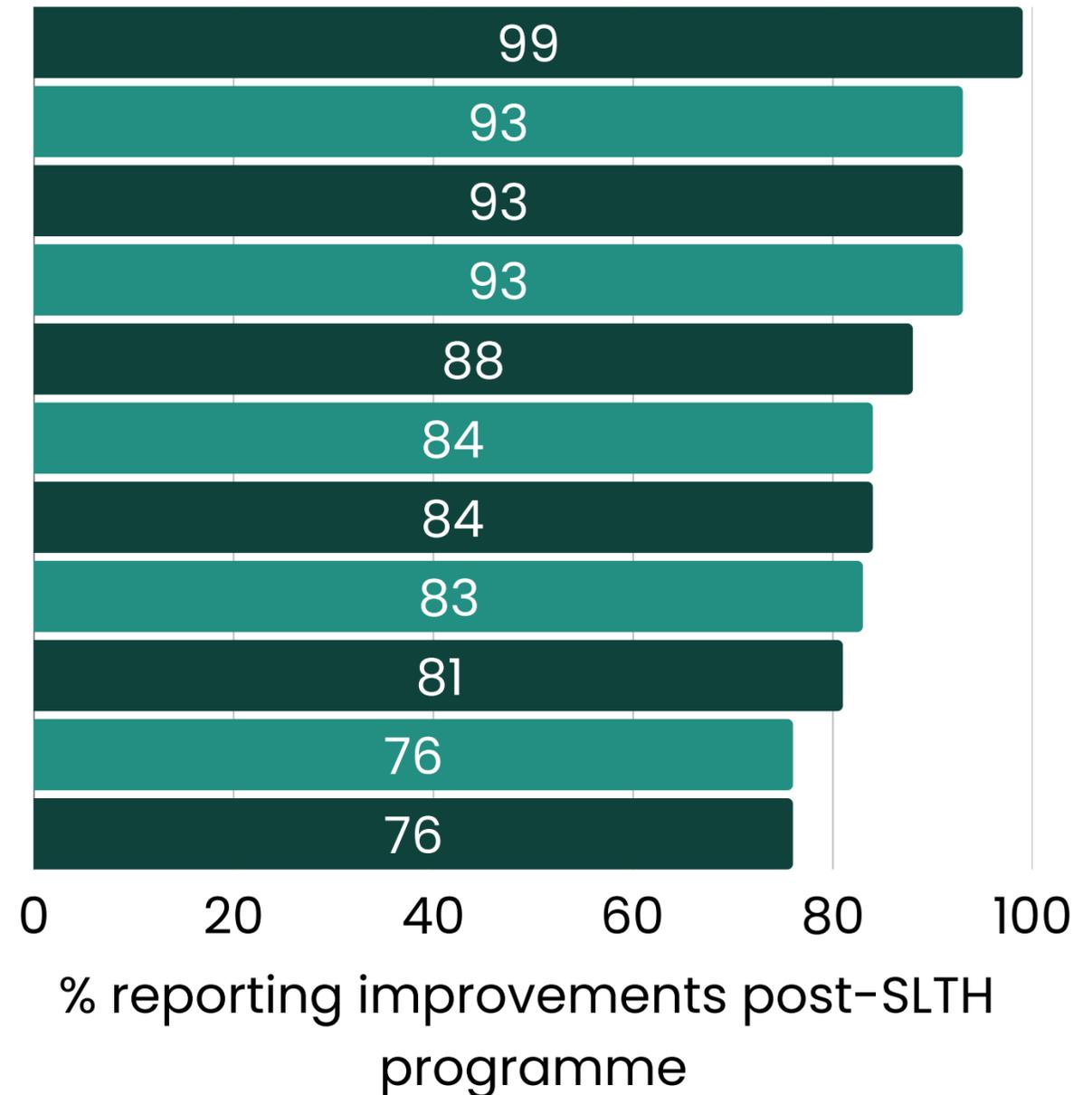
I love coming here. It doesn't feel like London. You can think, it is calm and all the stuff I have to deal with (at home) is gone while I am here.

”

Our Young People Report Improvements Across The Board

215 young people completed a post-programme questionnaire during 2024/25

overall the help they received at SLTH was good
more confidence in their abilities
agreed that “the people here know how to help me”
reported improved teamwork skills
reported improved communication skills
said their mental health had improved
said their physical health had improved
said they understood their own feelings better
said they understood the feelings of others better
said they were less likely to give up when tasks got difficult
said they would be more likely to ask for help from an adult professional





“

I have learnt more about horses and an improvement in my mental health or anger too. Remember when I arrived, I was ALWAYS angry? Notice the difference!

”

213 young people received awards

In 2024/25, one-third of the young people who attended an SLTH programme achieved an award or certificate.

103



Young people achieved AQA Unit Awards

25



Young people achieved King's Trust Personal Development & Employability Skills Award Qualifications

85



Young people achieved SLTH Horsemanship & Employability Skills Certificates



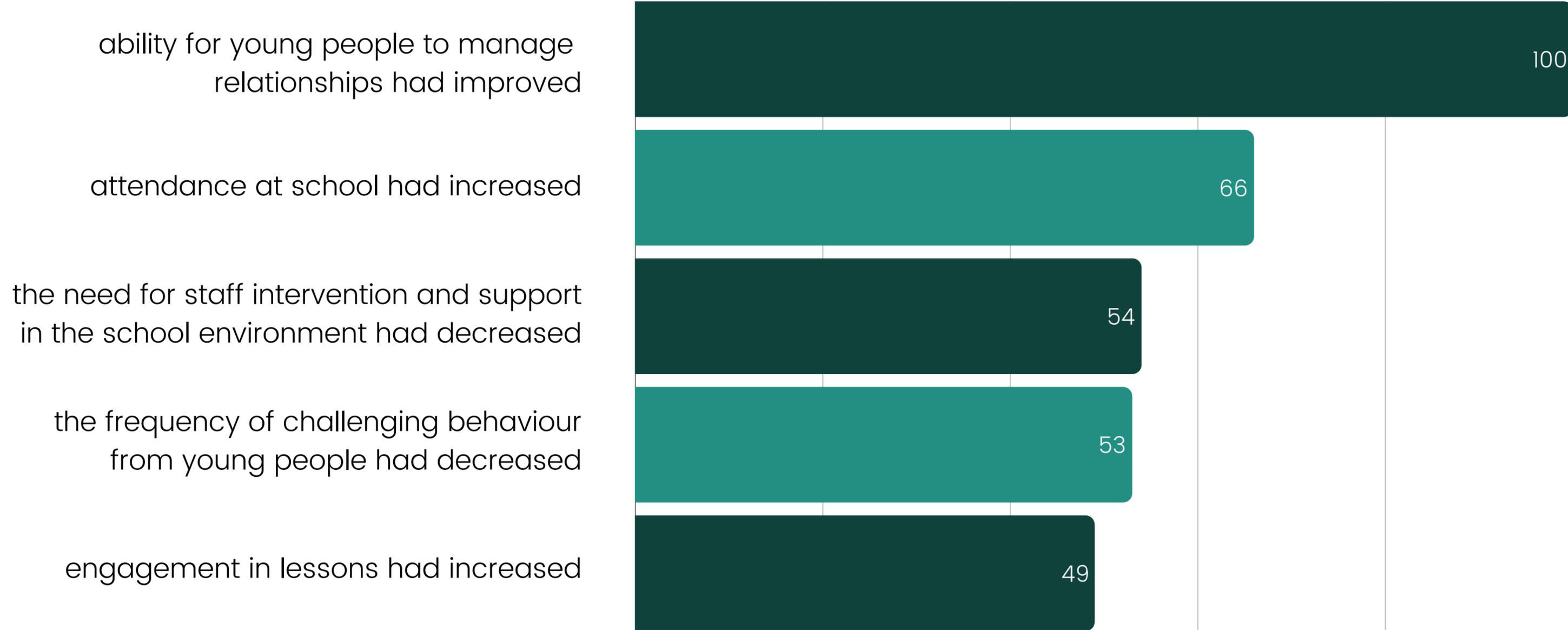
“

The certificates matter, the shift in my mindset matters more: I have learnt to judge my choices by the benefit or harm they bring, not by what I have to personally gain.”

”

What referrers and parents say

During 2024/25, 155 referring staff and 52 parents completed our quantitative questionnaire, reporting changes in the young people they support as a result of their attendance at SLTH.





Our vision for the future

Current conditions on site

We're providing provide top class youth support - but our facilities are not fit for the challenge.

- Drainage is limited, causing winter flooding and extremely muddy conditions
- Most buildings are boarded up, unfit for use
- There is no sheltered area for young people to work with the horses
- Not wheelchair accessible.
- Only 3 stables for 12 horses, and one of these leaks



Our Vision: Fit for the future

We're at bursting point and turning young people away due to lack of facilities on site. We want to upgrade our centre so we can:

- Expand capacity to 1,000 young people per year
- Be fully accessible site, including **wheelchair accessibility** and quiet sensory spaces
- **Reduce costs** (we will save £15,000 per year due to solar panels and reduced maintenance and repair costs)
- **Improve horse wellbeing** - creating a welfare led barn and track system allowing the horses to live with Freedom, Forage and Friends and have warm, dry shelter available at all times.
- Generate **additional income** (new training contracts, corporate team building days, as well as offer the site for hire for events/films etc)
- Create a **community facility** to be shared with other community groups (woodland schools, therapists, youth clubs)
- Create a **National Training Centre** to train other centres around the UK to support young people in need

It's time we built London's first purpose-built equine therapy centre for young people. We need partners who can help us make our plans for real impact a reality.



The opportunity

Building a stable future

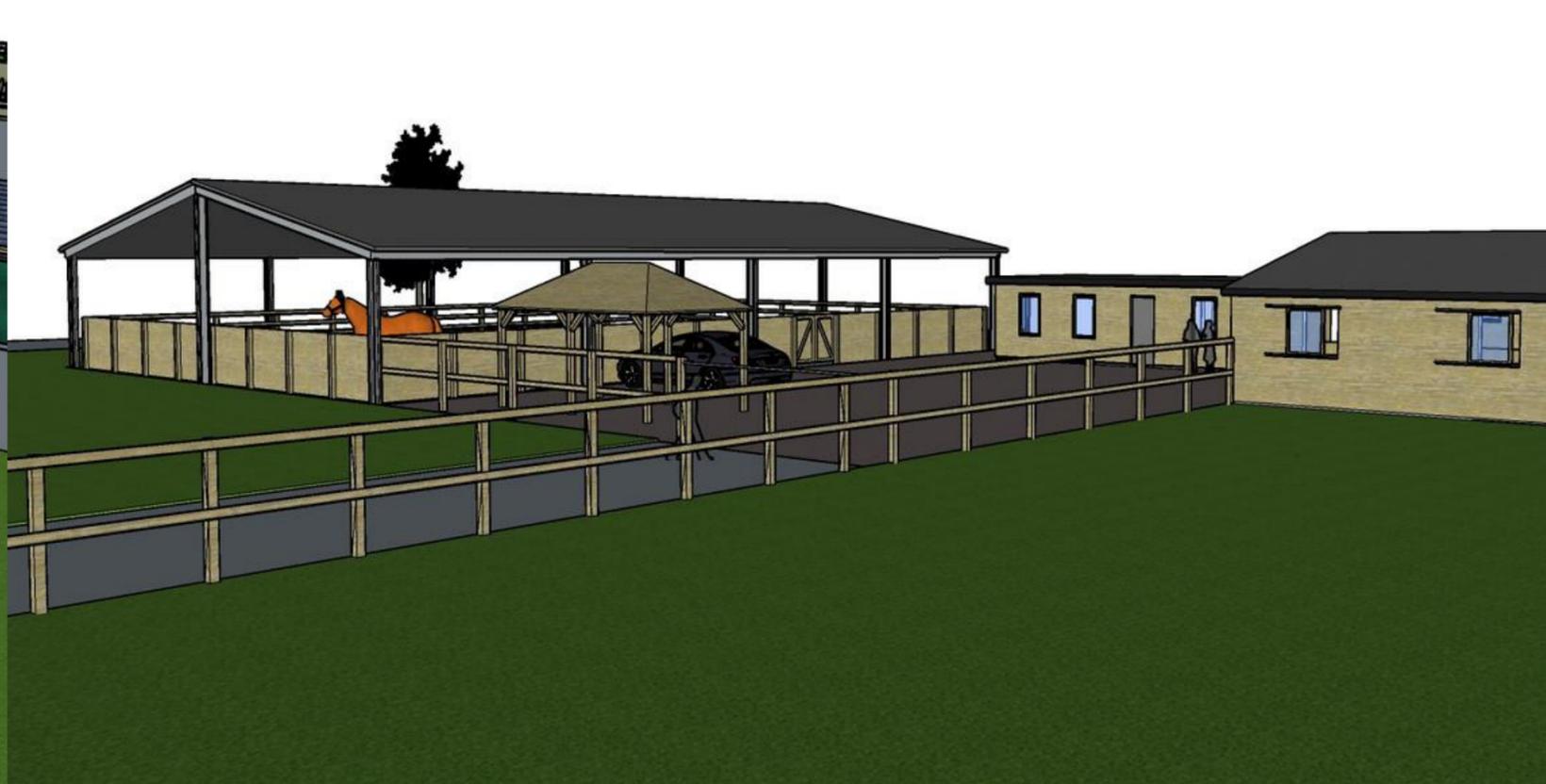
- 'New Build' Zone: Build new facilities to expand capacity: a covered arena and large barn, classroom / breakout room, toilets.
- 'Replacement' Zone: Demolish existing semi-derelict stable yard and install 12 stables, haybarn, fencing.
- 'Upgrade' Zone: Upgrade leaking portacabin offices, toilets and classroom to insulated timber buildings and create waiting room for parents.



Before



After





Why it's needed

The journey so far...

In 2022, our existing site lease in Edgware ended. Barnet granted us permission to take up a 25 year lease on a (derelict) site in Mays Lane, Barnet. We launched an emergency fundraising campaign and successfully raised £400,000 required to get the site safe for use:

- Installed a 60x30m arena
- Boarded up unsafe buildings and removed debris and rubbish where possible
- Fenced the land to create a track system for the horses
- Installed temporary portacabin offices, toilets and a classroom/therapy room

In Spring 2023, we officially reopened on the new site and since then, increased our support each year by approximately 25%, helping 648 young people in 2024/25.

Deadline to complete the build: 2027... before the site is unsafe for horses and humans

- Temporary buildings permissions will have lapsed and be unfit for use
- Existing stabling will be beyond repair and will have to be removed
- We will be forced to shut our programmes down to undertake emergency repairs and drainage works
- Our maintenance bill will substantially increase
- We will use up our reserves to cover essential repairs, rather than providing a sustainable base for development



EQUINE THERAPY

Cost breakdown

Cost breakdown: summary

Breakdown of costs

Build Cost: £814,000

Operational Cost Target: We aim to raise an additional £200,000 to contribute to two years of operational costs. This will ensure the Centre's sustainability and give us time to implement our plan to diversify our income streams through income-generating activities.

Cost breakdown summary

Quarter	Schedule of works	Cost	VAT	Total
1.0 Contractor: Elmtree				
Q1-2	Drainage, groundworks, hard/soft landscaping, slabs to all structures, bespoke buildings, covered arena	577693.56	115538.71	693232.27
Q3	Savings by reducing areas of concrete paving/hard core	-30000	-6000	-36000
Q3	Savings to private office slab complete/structure by others	-5868.55	-1173.71	-7042.26
2.0 Contractor: Hunter - Stables & Barns				
	American Barn, Hay Barn, Apex and Pent Stable, incl. delivery/assembly (10% discount)	86,196.66	17,239.34	103,436.00
3.0 Contractor: Oakpark Energy - PV Panels				
	Whole site operated on renewable energy	29,600.00	5,920.00	35,520.00
4.0 Contractor: Osprey Environmental - Asbestos survey				
	Survey/removal tbc	990.00	198.00	1,188.00
5.0 Electric - contractor tbc				
	Awaiting quote for final fix (within structures)/estimated cost	7,500.00	1,500.00	9,000.00
6.0 Planning consultant: KWA				
	Planning consultancy cost	1,500.00	300.00	1,800.00
	Post-determination 125/h-4h estimate	500.00	100.00	600.00
	S73 fees	2,000.00	-	2,000.00
7.0 Building control: tbc				
	Required during construction - estimate	1,000.00	250.00	1,250.00
8.0 Contractor: Starc+ - Architecture and PM				
	Monthly fees for site inspection, contract administration, principal designer. £1,250/month x 6 (estimated)	7,500.00	1,500.00	9,000.00
TOTAL		678,611.67	134,972.34	813,984.01



How you can support us

How you can support us

We work closely with our supporters to ensure their impact is visible, valued and lasting. We have identified some ways that you may choose to support us, however, we will work together with you to build bespoke support packages. Ideally, we would like support for both capital and operational costs to optimise the sustainability of our centre.

Lead supporter – an unrestricted donation to allow us to prioritise funds to progress the build, and to help us leverage further support/matched donation.

Zone donor – supply or fund a specific part of the build or allow us to allocate it as needed.

Donor – a chance to be part of our 'Herd', providing essential funding towards the build.

Recognition and impact: Lead partner

As a Lead Partner, we recognise the difference that your donation will make to our capital build campaign – beyond the incredible financial impact, being an early partner will help attract other supporters, increasing our speed and success exponentially.

We will acknowledge your support appropriately and by agreement; however, we'd envisage primary naming rights on the areas you can support. We would be delighted to thank you with a commemoration/launch event, PR/promotion, and an equine-assisted therapy experience and any site visits you would like.

We will also thank you formally on a specially designed Giving Tree sculpture, which will serve as a physical reminder of your support, located centrally on our site.

We will always report on the impact of your support, our progress and updates on our build.

Your support will have a long-term legacy; we want to do this soon and do it right first time.

Recognition and impact: Zone donor

As a Zone donor, we will prioritise your support where you would most like it. You may choose to fund a specific area within a zone, or allow us to allocate it where it is most needed to facilitate the completion of the overall build. You can choose to support us in the 'new build', 'replace' or 'upgrade' zones.

We will acknowledge your support appropriately and by agreement. This may include promotion/PR, a formal thank-you event and a site visit. We can arrange for an equine-assisted therapy session and you will feature on our Giving Tree sculpture, front and centre on the site. If appropriate, we will also give you naming rights over a building within one of the three zones.

We will always report on the impact of your support, our progress and updates on our build.

Your support will have a long-term legacy; we want to do this soon and do it right the first time.

We would be looking for a donation of £25,000+, or a firm commitment to raising this amount through fundraising, Charity of the Year or providing specific build-specific (gift-in-kind) equivalents within our build timeframe.

Recognition and impact: Build donor

As a Donor and member of our 'Herd', we will look to use your support where it is most needed. We would ask that you allow us to allocate funds on an unrestricted basis. Where possible, we will ensure your donation goes to both building and operational costs to build our sustainability.

We will send you an annual report on our build progress and our 'impact report' so you can see the difference your donation has made.

Depending on your level of support, we can also offer the following:

Gold (£15,000 - £25,000): name on our Giving Tree sculpture, launch invite, site visit/team building session, communications/PR.

Silver (£10,000 - £15,000): Open day/site visit/therapy session, PR.

Bronze (under £10,000): Open day event and discount options for team building sessions by arrangement.

You may want to make a direct donation or gift-in-kind (specific to build needs) or make a firm commitment to raising this amount through fundraising, Charity of the Year or providing specific build-specific (gift-in-kind) equivalents within our build timeframe.

What your funding could achieve



£5,000 pays for a wooden gazebo to create a quiet space for young people to retreat to when they feel overwhelmed



£10,000 pays for a stable, so our horses can benefit stay safe and warm



£25,000 funds wheelchair accessible pathways between all spaces



£50,000 builds a classroom, creating a warm place for young people to learn



£100,000 builds the barn - creating a warm, dry space for the horses to live in and for young people to work with the horses in



£150,000 funds a covered, all-weather arena, so we don't have to cancel sessions

Next steps



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