

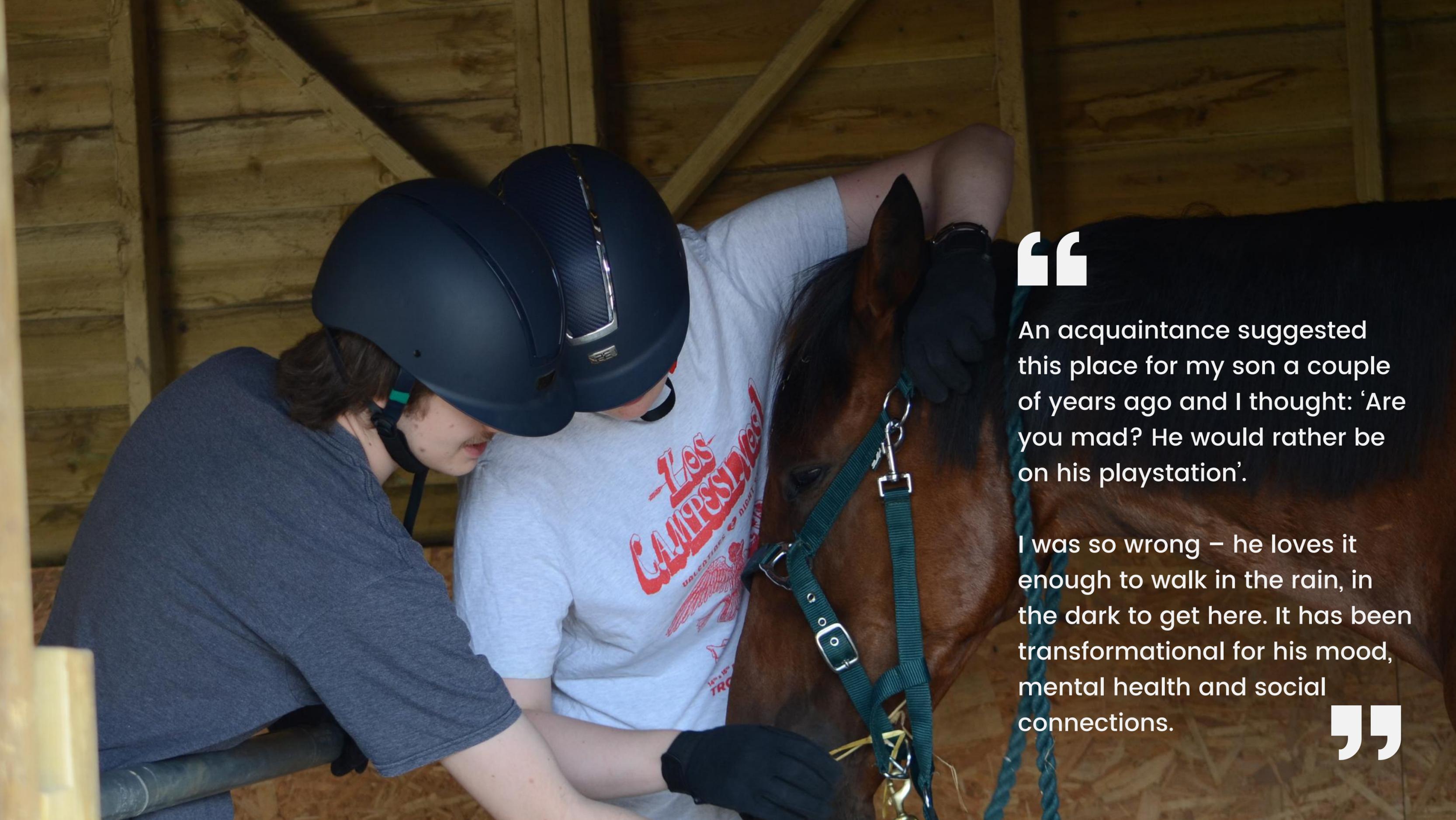


Strength and Learning Through Horses

# Impact Report

## 2024/25

January 2026



“

An acquaintance suggested this place for my son a couple of years ago and I thought: ‘Are you mad? He would rather be on his playstation’.

I was so wrong – he loves it enough to walk in the rain, in the dark to get here. It has been transformational for his mood, mental health and social connections.

”

# Our results

In 2024/25, we supported **648** vulnerable young people aged 6 – 25 years and delivered **982** sessions.

**399** accessed short-term support ( $\geq$  6 sessions and/or holiday provision)

**249** accessed medium/long-term support (8+ sessions)

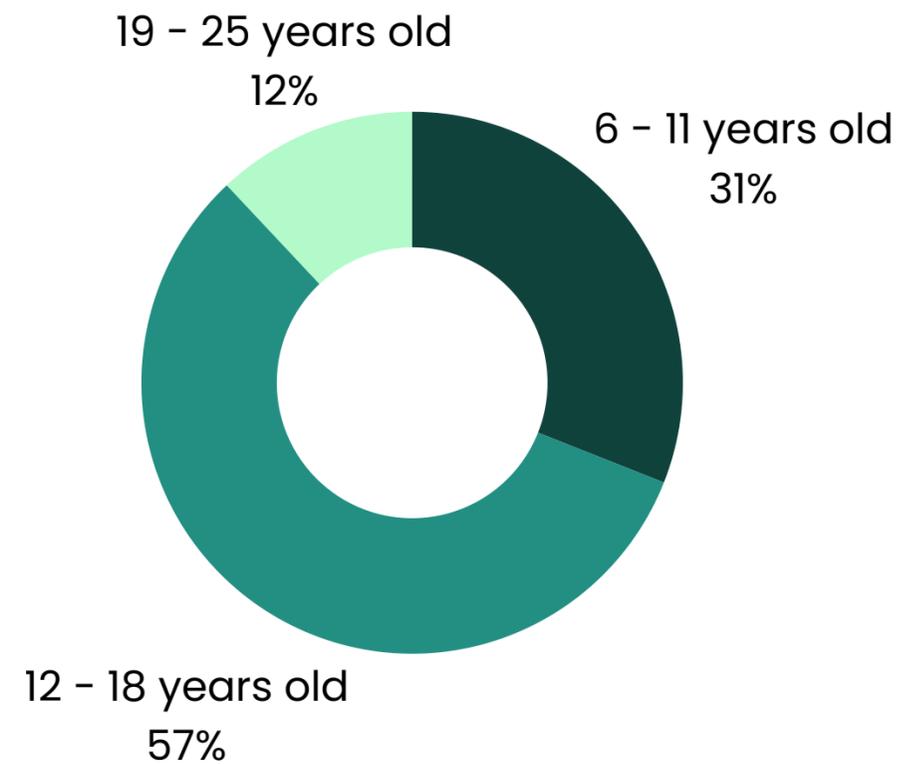
**81%** of young people reported improvement in all three personal development goals set\*.

We use the Goal Based Outcomes model, which is the mental health outcomes model of choice for the NHS and CAMHS. Young people set 3 personal goals for the programme they attend and rate themselves at the start and end of the programme on scale of 0-10. Personal goals are categorised under these three areas: Life Skills, Mental Health and Further training and employment.

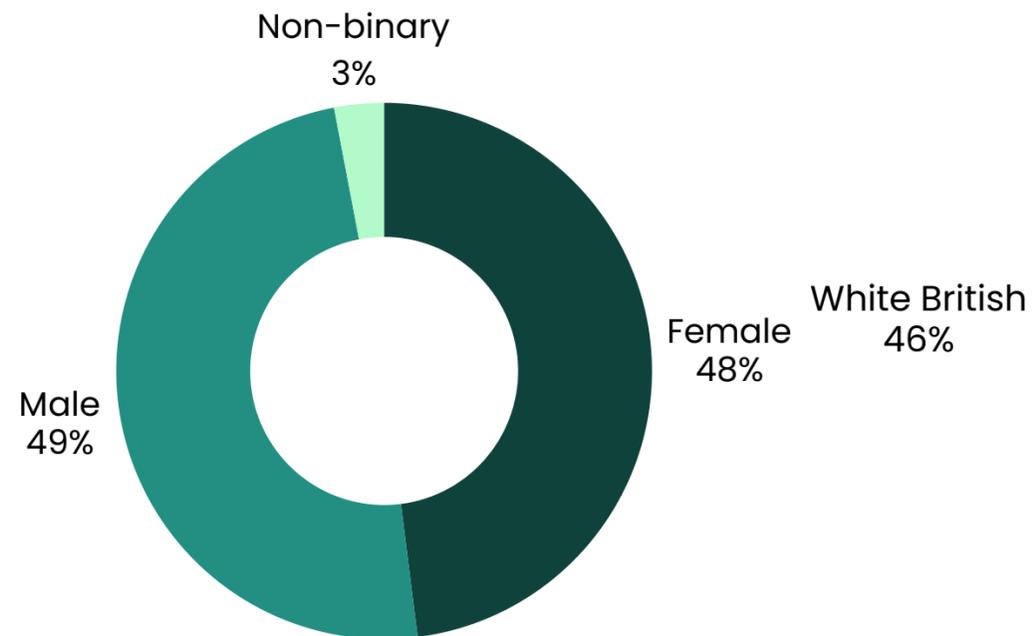


# Our young people: demographics

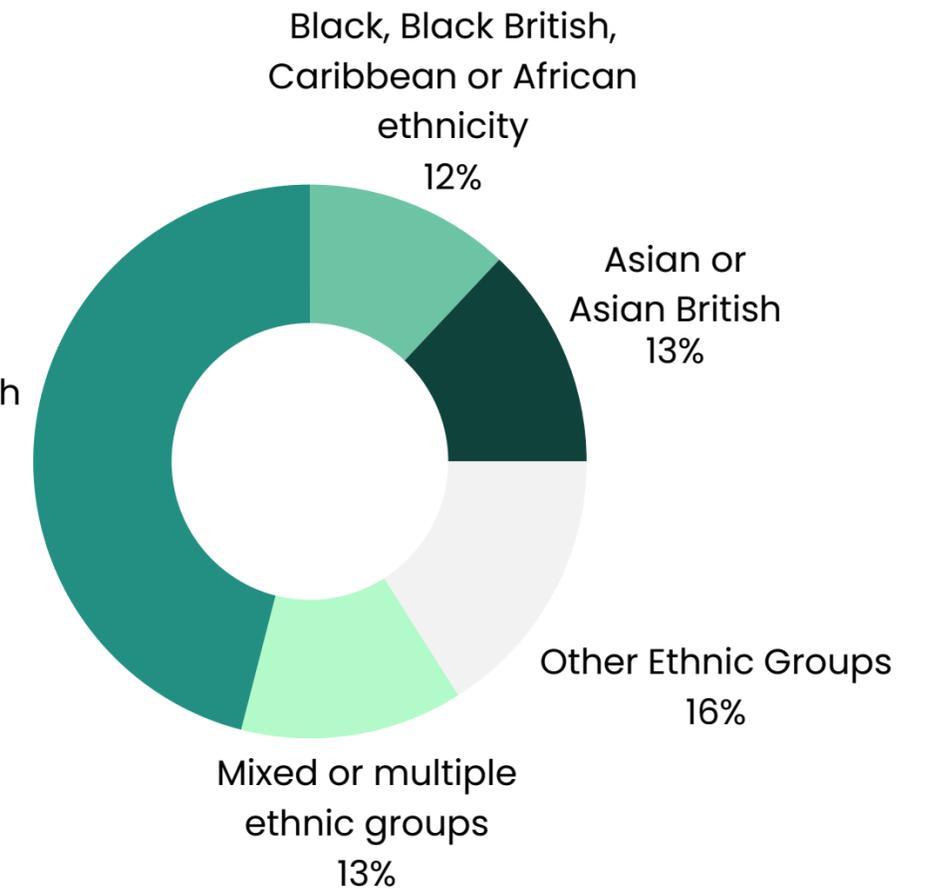
## AGE



## GENDER

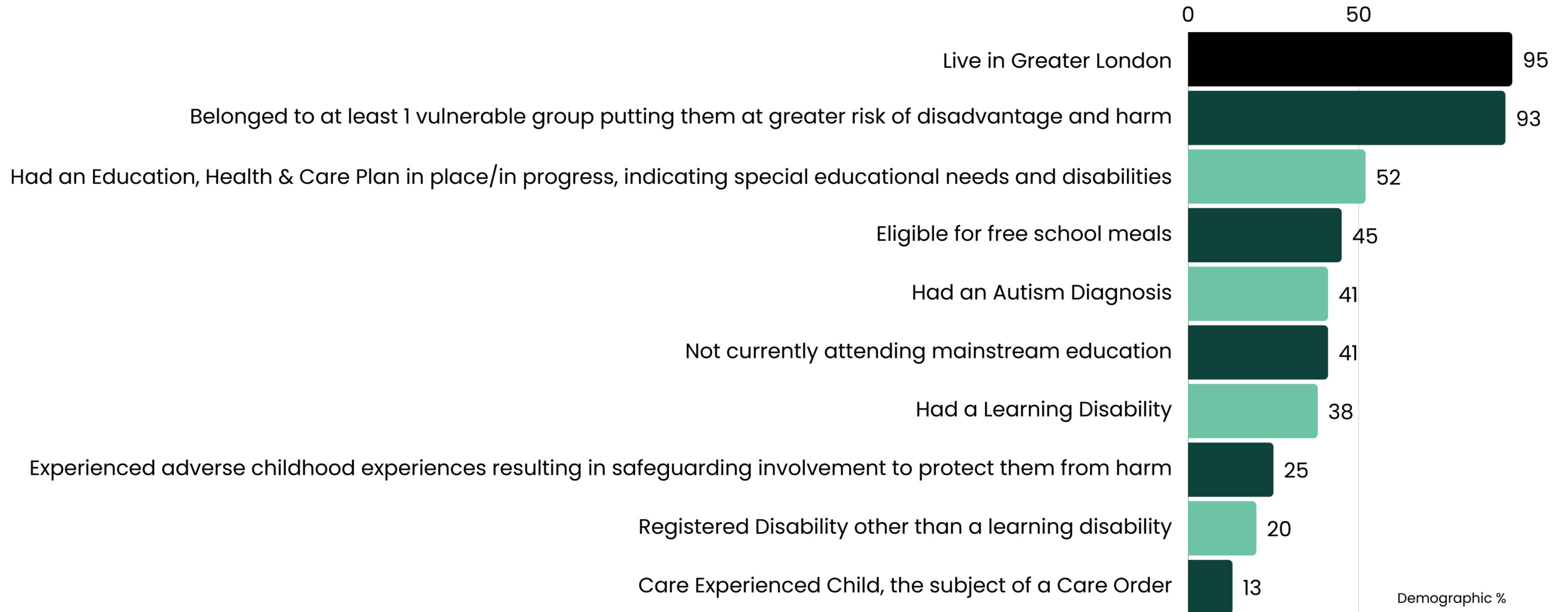


## ETHNICITY



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

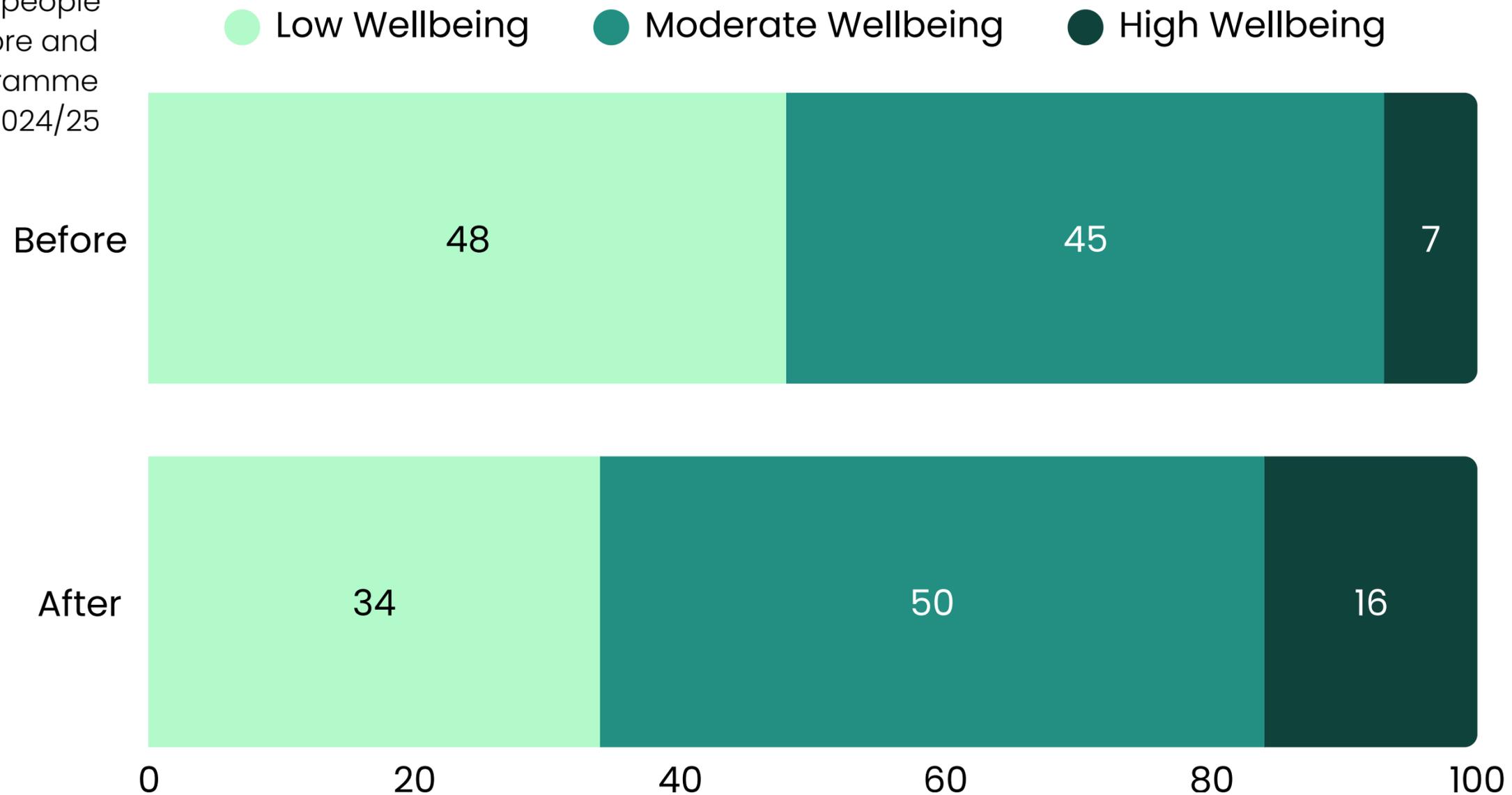
# Our young people: disadvantage profile



# WARWICK EDINBURGH

## MENTAL WELL-BEING SCALE DATA

180 young people reported pre and post programme between 2024/25



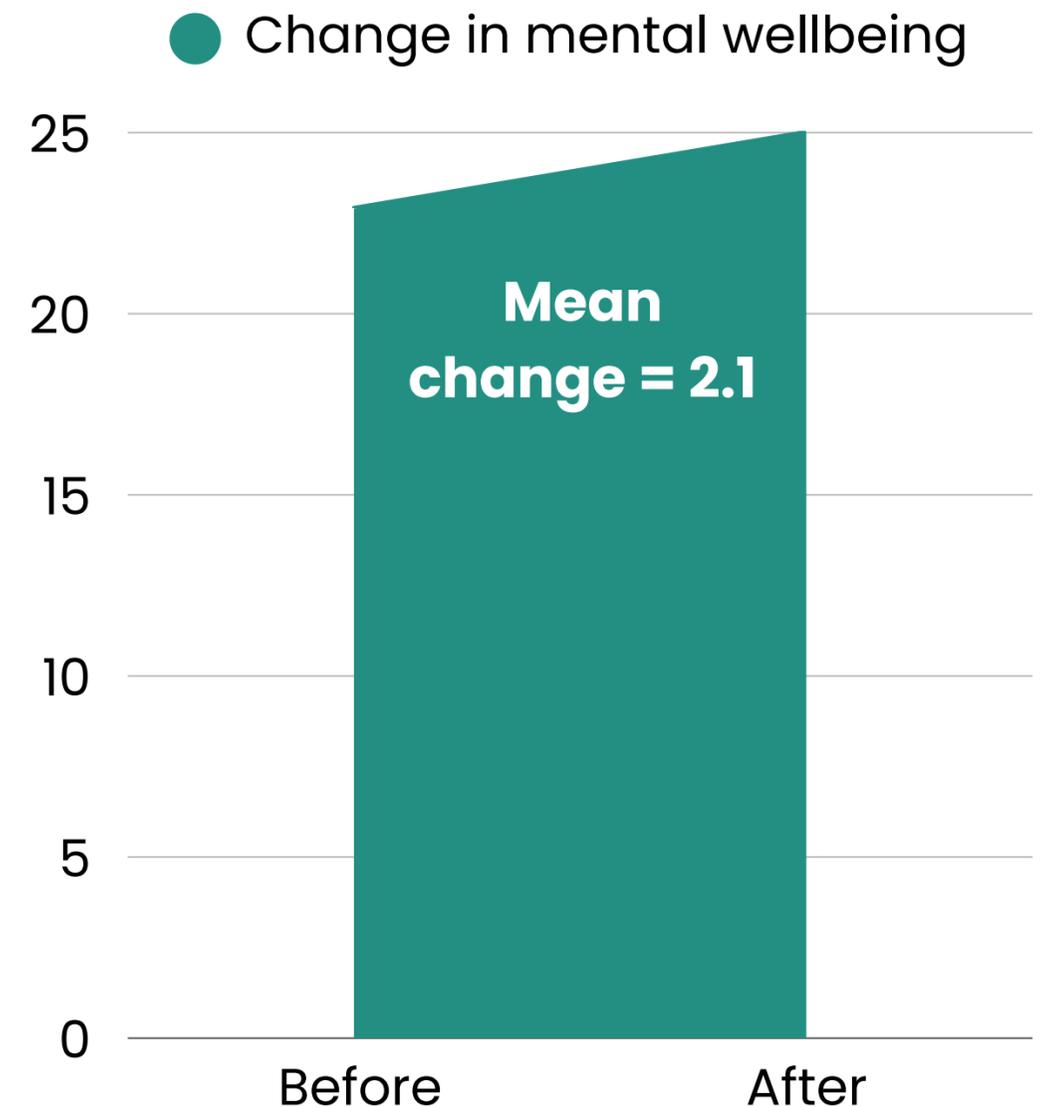
# 65% report improved mental wellbeing

Of 180 young people who reported twice (pre- and post-programme during 2024/25).

The mean change in wellbeing across all groups was an increase of 2.1 points.

This is a **statistically significant improvement** and comparable with the improvements observed in the NHS Mental Health Services Data Set (MHSD).

We're proud that the statistical improvement our service creates is akin to that of NHS dataset since the feedback we receive is so often that young people don't feel able to access NHS support but do feel able to access our service.





“

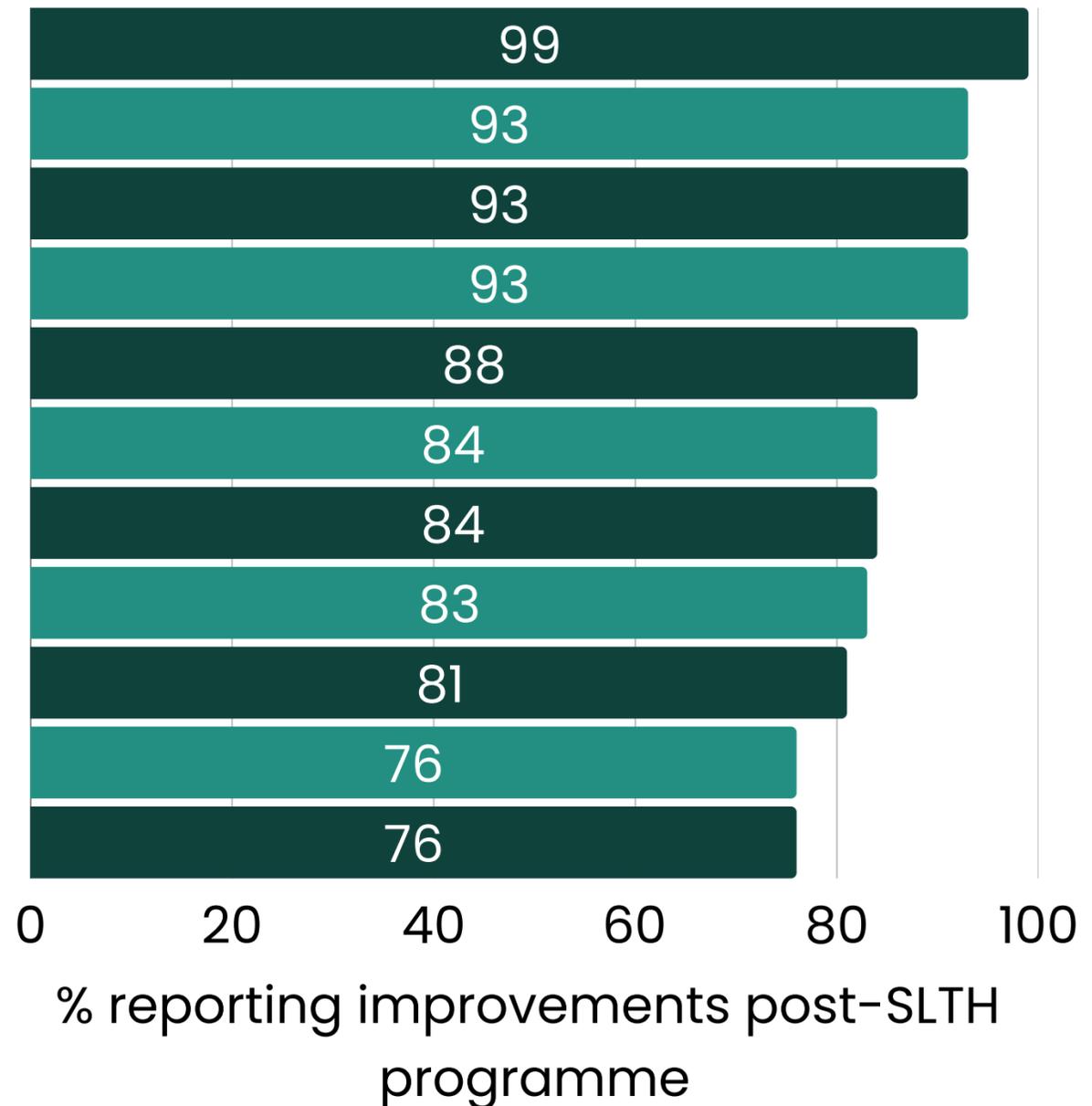
I have learnt more about horses and an improvement in my mental health or anger too. Remember when I arrived, I was ALWAYS angry? Notice the difference!

”

# OUR YOUNG PEOPLE REPORT IMPROVEMENTS ACROSS THE BOARD

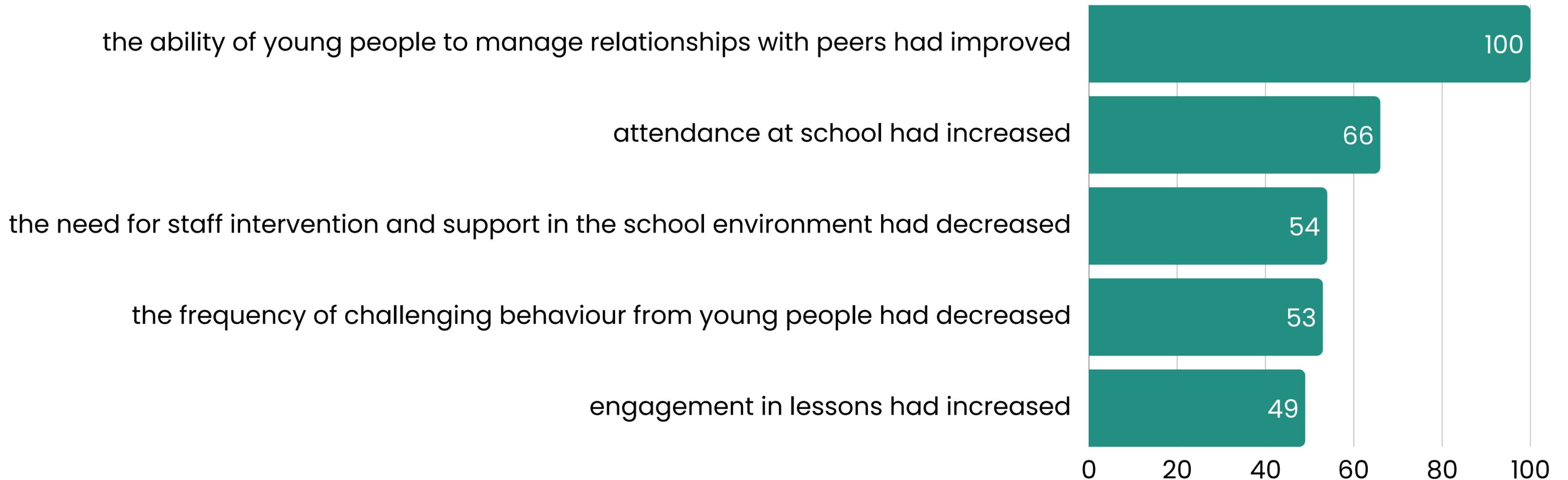
215 young people completed a post-programme questionnaire during 2024/25

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



# 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.



# 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.”

”

# Programmes & outcomes



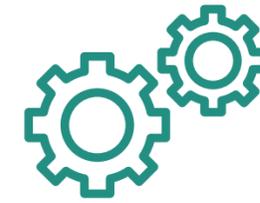
## LIFE SKILLS

Confidence  
Teamwork  
Resilience  
Time management  
Problem solving  
Independent Living & Functional Skills



## MENTAL HEALTH SKILLS

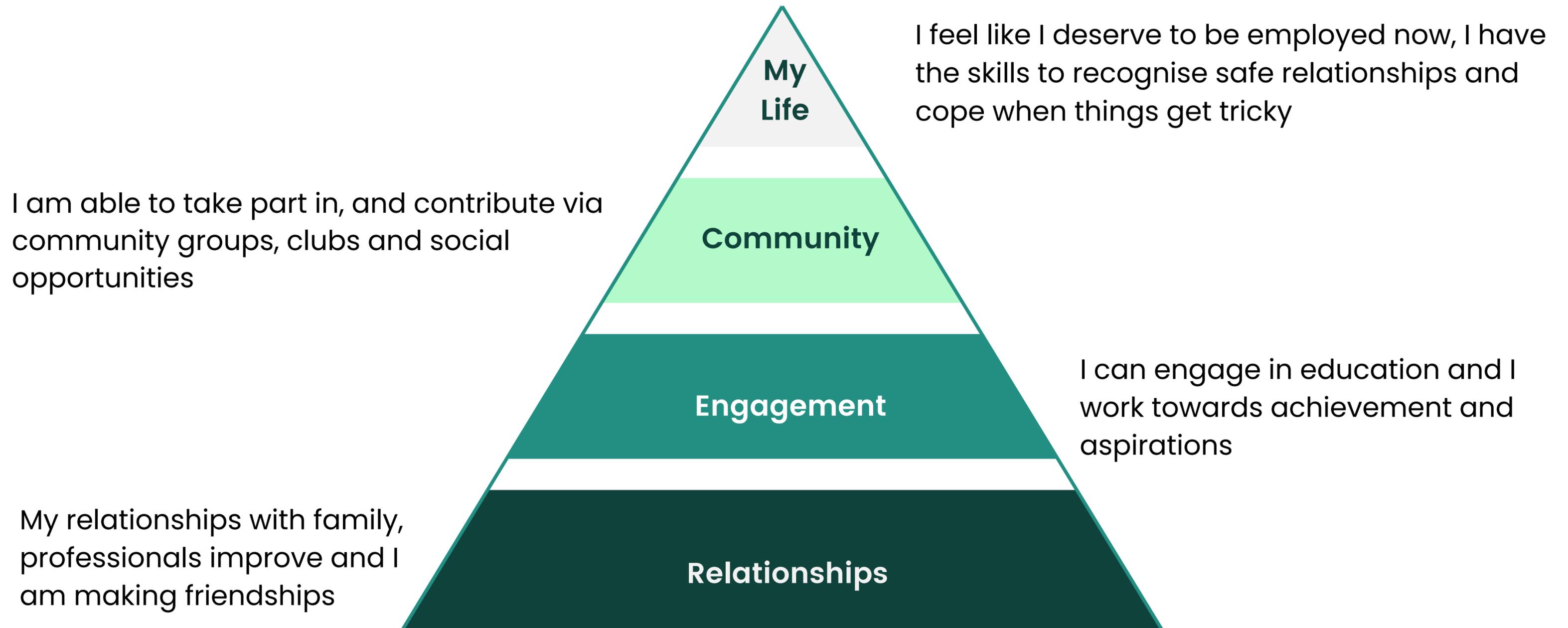
Engagement in enjoyable activities  
Engagement in therapy – trusting and accessing mental health professionals and expressing feelings  
Nervous system regulation  
Observation skills  
Reflection skills  
Mentalising (putting yourself in others' shoes)  
Understanding contextual impact on feelings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

# Programmes & Impact





# Get in touch

Whether you want to chat data, our discuss how we can work together, we'd love to hear from you!

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 [www.strengthandlearningthroughhorses.org](http://www.strengthandlearningthroughhorses.org)

 Greengates Stables, Mays Lane, Barnet EN5 2AQ



# What young people say about SLTH



I have learnt more about horses and an improvement in my mental health and anger too. Remember when I arrived, I was ALWAYS angry? My favourite horse is Tilly, I feel like I taught her as much as she taught me. I helped her adjust better when she was new and was among the first to study her temperament. Hopefully, now she can be less scared around others.

I would say I have learnt to manage frustrations better than before. My experience at SLTH was a learning curve to say the least. From learning to communicate and work better with my peers to managing my anger and improving my mental overall health. I would say that these all fall under the category of “skills” and important life skills. Especially for a professional career and work life.

This is a very peaceful place. I feel happy here 🍷 Horses are nature's healers 🍷 I hope many young people find healing here 🍷

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

My favourite horse is Thomas because he is very tall, very tough and I enjoyed working. Thomas taught me how to collaborate with Thomas and how to work with Thomas.



# What young parents/guardians say about SLTH

**I love the way you support and manage the young people. This is one of the safest and autism-friendly environments we have ever experienced. You provide sympathetic, trained staff, fresh air, animals, education, nurture, support, breaks, feedback, and classroom, therapy room and toilets.**

**This place has provided a lifeline. He was struggling and had dropped out of education. He was lost and lonely. Through SLTH, he has made friends, learned skills, matured, and enjoyed an environment that accepted him without judgement, carried him through a very difficult stage of his life, and into a new, happier, more socially integrated phase. Watching him handle one of the horses on his last day was impressive – he displayed a calmness, confidence and maturity that truly surprised me!**

**I just wanted to say a huge thank you for the care, thought and sensitivity you put into working with X, When he first joined SLTH he was very low and struggling both mentally and physically. These sessions gave him a reason to leave his bedroom, a sense of structure to his week and an additional purpose. I have seen him gain in social confidence and self-esteem as a result of what he has achieved with the horses – it has been a tangible change in him and has given him a space to be himself that is not school or home.**

**You've been so accommodating of his needs and considerate of his social and emotional development. It was the right intervention at the right time and I cannot recommend this approach enough, especially for young people who are reluctant to open up in traditional forms of talk therapy.**

# What our client groups say about SLTH

**I have been taking students to the programme at the stables since 2018, so over 5 years. The Team at the stables are all amazing, and incredibly dedicated to the programme. Their care of the horses and the young people who attend the programme is exceptional.**

**The young people are able to interact with the horses and staff and the positive impact on their Mental Health and Wellbeing is very evident. The programme encourages the young people to learn so much about their own emotions and how the horses' reactions are similar. Watching the bond that they make with the horses is a privilege and develops life skills that the young people can draw on as coping strategies when back in school. Park School**

**SLTH has been a fantastic experience for my students. The staff and horses have helped their confidence and self-esteem. They have enjoyed the sessions thoroughly. Roxeth Primary School**

**This service is so good. The staff are excellent – calm, clear, confident and caring. The amount of activity and stimulus is well judged and if / when a child is dysregulated they with it really well..The staff are amazing, very knowledgeable and excellent with our challenging children. PEARS**

**I really recommend this provision, I have seen a difference in our pupils in multiple ways. Especially their confidence and teamwork. Saracens Therapy Group**

