



equinox trust

horses changing lives



Annual Report 2016



Contents

Message from the Trustees	2
Company Overview	3
Vision and Mission	3
Our Team	4
Equinox News	6
Programmes	9
Testimonials	12
Financial Report	15
Special Thanks	16
Contact Details	17

note from the Trustees

2016 was a year of growth and positive experiences for The Equinox Trust. We have continued to increase the number of organisations we were able to offer programmes to, as well as maintaining working relationships with our current organisations, thanks to our donor funding and support. In the 2016 financial year we reached over a 100 beneficiaries and helped 11 organisations through our empowerment programmes. We have had much success with others through our private sector work, such as team buildings and individual/couple/family therapy services. We are continually working at improving our knowledge and skills so that we can raise further funds for our programmes and offer a caring and professional service.



It has been rewarding to be a part of the change that our beneficiaries have experienced and to expand our reach in our communities. We are forever grateful to our wonderful venues and horses that enable us to work with our beneficiaries and reach communities in need. Thanks go to Nicola and her horses in Noordhoek, to Colleen and her crew and horses at The White House Stables, and to Kendre and his horses and team at The Oude Molen Stables.

We are looking forward to what the next year may hold for us. We are eternally grateful and appreciative of everyone that has helped us and who continue to help us. None of our achievements so far would have been possible without the support and guidance of our friends, families, donors and other interested parties. Thank you for helping us to learn and grow. We would also like to thank the organisations that we have worked with, and those that are keen to get involved with us. Without your support and involvement, we would not be where we are today.

SARAH GARLAND
NICOLA MICHL
FIONA BROMFIELD

Company Overview

Welcome to The Equinox Trust



VISION

We envision a world where individuals are emotionally empowered, self-aware, caring and connected to others, and are responsible in their decision making, reaching their fullest potential, thriving in a peaceful world.

MISSION

The Equinox Trust's mission is to foster the social and emotional development and enhance the overall well-being of members of society through enriching, equine assisted experiential programmes. By partnering with horses, participants will engage in experiential ground-based activities that do not involve horseback riding. These activities enable them to become self-aware by learning to recognise and identify their needs and be empowered to make positive choices to support and achieve their goals and manage their challenges.

Our Team

Sarah Garland

Trustee; Public Relations & Programme Manager; Chairperson



Sarah has always had a passion for being with horses, they have been a part of her life since her early childhood and she has spent many years having the privilege of learning from and engaging with horses. Another passion that Sarah developed was that of helping people which came to fruition through her life experiences of volunteering at various organisations to help those disadvantaged in life. Sarah decided to further her passion for people and studied Social Work at the University of Cape Town and specialized in Clinical Social Work for her Honours year. Sarah then studied a P.G.C.E. (Post Graduate Certificate in Education) to learn more about working with children. While teaching, Sarah was exposed to a modality of therapy that engages both horses and people and immediately trained through E.A.G.A.L.A. (Equine Assisted Growth and Learning Association) to become Part 2 E.A.G.A.L.A. certified in E.A.T. and E.A.L. (Equine Assisted Therapy and Learning). Sarah has extensive knowledge and experience in working in the equine therapy field and decided to further her knowledge and skills of working with people through completing her Masters in Clinical Social Work which included a dissertation on equine therapy and the psychosocial support it can offer to those that suffer secondary traumatic symptoms. Sarah is excited to share her passion and knowledge of horses helping people.



Nicola Michl

Trustee; Marketing & Noordhoek Programme Manager; Secretary



Nicola's deep connection with horses began in early childhood and she has worked with them extensively over the past 20 years, from stable yard management, teaching riding, training horses and running horse trails. Through this experience she began to notice the great healing qualities that these animals have to offer.

Her interest in an holistic approach to healing began at university where she engaged with subjects of Psychology and Philosophy (Quantum Physics). She studied to become a certified spiritual counsellor and Natural Healer and with a background in counselling (S.A. College of Applied Psychology). She is currently studying towards a Diploma in Metaphysics. She has a BA Honours Degree in Fine Art from UCT and has also completed the Part 2 certification of the E.A.G.A.L.A (Equine Assisted Growth and Learning Association) model and is working on her advanced certification. With 8 years of working as an Equine Assisted Therapist she feels that horses are offering us the opportunity to expand our awareness and make changes to create better more meaningful lives for ourselves.

Fiona Bromfield

Trustee; Financial & Operations Manager; Treasurer



Fiona has a BSocSc degree from UCT and a BA Honours degree in Psychology from Stellenbosch, as well as a Post-graduate Certificate in Education (P.G.C.E.) from the University of Cape Town. She is also a qualified Counsellor (S.A. College of Applied Psychology) and is registered as a Holistic Counsellor with the Association for Supportive Counsellors and Holistic Practitioners (ASCHP). Through her studies, she discovered a passion for helping both adults and children, and in 2006 she travelled to the United States of America to complete her certification in the Equine Assisted Therapy and Learning (E.A.T./E.A.L.) model offered by E.A.G.A.L.A (Equine Assisted Growth and Learning Association). She then spent 6 months working in America gaining experience in the facilitation of equine therapy sessions as well as in the management of an equine therapy business. Fiona has since completed her Part 2 E.A.G.A.L.A. Certification and has extensive experience in equine therapy through her work in South Africa. She also has many years of administrative experience. She has been involved with horses since an early age, and has a strong belief in the ability of horses to heal people. She enjoys being able to work with people in conjunction with horses, enabling a powerful learning process.

Equinox News

Board members' renewal of term

We have been thankful for the insight and knowledge shared by our two board members. Over the last year, they have given us support when we have asked and guidance where needed, thanks to their level of expertise in their respective fields. We are excited that they will be staying on for another term and we look forward to future collaboration with them.

Board Members

ANNIE COHEN



"The Equinox Trust is based on the fundamentals of developing the emotional well-being of communities in need. The beneficiaries in the elected communities are often confined by limiting social positions or poor living conditions. The Trust extends a hand of opportunity to these underprivileged groups.

Additionally, Equinox empowers its recipients by tapping into their emotional wellbeing, thereby creating a platform for fresh insight which subsequently develops new mind-sets. New mind-sets are key components for starting new conversations; new conversations create new world views and new world views surface new opportunities.

I am grateful to be a part of this social and emotional transformation."

CHARLINE MILES



"The reason I joined the Equinox Board is due to the very unique and special part they play in the lives of every day people who might not necessarily have had the confidence to make their opinions count towards a positive society.

Horses changing lives is literally a tangible outcome to this Organisation through emotionally empowering individuals which allows them to make better decisions for both themselves and all around them."

Thandi Warden Fund

At the end of our financial year we were given the opportunity to accept a bequest from someone who followed our journey very closely. We are very sad that the world has lost a living soul but through her kindness, her ability to enrich and empower people will live on through what she has left behind. Thandi Warden donated to us in the form of a bequest which we have used to set up a reserve fund.

The purpose of this fund is to enable more financial security in the long run for Equinox as the money will be invested. The fund is called the THANDI WARDEN FUND and anyone can contribute towards this fund to help it grow. Please consider including The Equinox Trust in your will so that your legacy can continue and we can keep supporting communities in need. Alternatively, ad hoc donations are also welcome, so if you would like to support a longer-term investment, please get in touch.

Bank details available upon request. Contact Fiona on fiona@equinoxtrust.org



Invitation to present at EAGALA conference 2018

We are very excited to announce that we will be visiting the U.S.A. early in 2018 for the Equine Assisted Growth and Learning Association's (E.A.G.A.L.A.) annual conference, to be held near Nashville, Tennessee. We are even more excited and proud that we have been invited to speak at this conference to share what we are doing in Cape Town with The Equinox Trust and all of our programmes. This conference is attended by over 400 delegates from around the world and is an excellent way for us to further our knowledge and skills in the field of equine therapy, as well as to develop our global network.

Journal article with Valkenberg Psychiatric Hospital

We are in the process of finalising a journal article that we will be publishing in conjunction with our colleagues from Valkenberg Psychiatric Hospital. This article is reviewing the programmes we have run thus far with patients from the forensic ward at Valkenberg and explores the effects of the programme on the participants we have worked with.

Website update

We have taken some time to update our website so that it is more user friendly and visitors to the website can more easily direct themselves to the section that is of interest to them. Our main focus is our empowerment programmes but we have a huge passion for our private sector work, which is now easier to access and read up on in the new website layout. Please have a visit if you haven't already:

www.equinoxtrust.org

Session donated from fundraiser – HOKISA children

Our fundraiser at Monkey Valley in April 2016 was a huge success and saw many generous donations that aided towards the success of the event. One donation that directly impacted our beneficiaries was the purchase of a voucher for sessions, which were then kindly donated to previous beneficiaries we have worked with. This session took place with a group of children from HOKISA (Home for Kids in South Africa), which is based in Masiphumelele, Noordhoek. It was incredible to see that the changes we had observed during their programme had become more entrenched and remained with the children. The children showed confidence around the horses and a great love for sharing an experience with them.

MySchool proceeds

We continue to get a steady income from being involved with the MySchool programme which helps us cover some monthly expenses. To be able to make greater use of this opportunity we need more people to sign up and to specify "Equinox" as their beneficiary on their MySchool cards. So please share and encourage friends and family to get a card and add us. You can have up to 3 beneficiaries on one card, and it can also be linked to your Woolworths card, so add us today!

<http://www.myschool.co.za/>



Programmes

Providing emotional support to those who need it most



2016 saw an increase in our donor funding, which resulted in us being able to offer programmes to more beneficiary organisations. In 2015 we offered our services to 44 beneficiaries, and in 2016 this number increased to over 100. These beneficiaries were from 10 different organisations around the Cape Town area, including Linawo Children's Home, Rainbow of Hope, Sisters Incorporated, Saartjie Baartman Centre, The Desmond Tutu Youth Centre, Childline, SAPS and Valkenberg Psychiatric Hospital.

Our empowerment programmes focus on outcomes such as improving communication skills, development of assertiveness, improving problem solving and teamwork skills, and improving self-esteem. We have seen wonderful results from all of our programmes and continue to receive positive feedback from the organisations we work with.

Funded Programmes

Youth at Risk Programme

Many youth that have been exposed to high risk environments struggle to express themselves appropriately, but through working with horses they are able to learn how to express such emotions and learn to develop a bond with another living being in a non-judgmental and unconditionally accepting environment.

This unique bond can help a youth develop respect, empathy, patience, confidence, responsibility and assertiveness. Such attributes can help the youth to develop mutually respectful relationships in their lives and help them to overcome their past trauma where relationships with others have been damaging.



Funded Programmes



Abused Women Programme

- Improve verbal and non-verbal communication skills
- Improve problem-solving skills
- Increase assertiveness and boundary setting
- Improve self-esteem, develop their self-worth and increase their level of self-confidence
- Strengthen and develop their ability to trust in themselves and others
- Develop a healthier understanding of interpersonal relationships
- Increase self-awareness and personal insights

HIV AIDS Programme

- To provide those affected by HIV/AIDS with an opportunity to improve on their life skills and coping strategies
- To promote emotional growth and learning opportunities through interactions with horses in an emotionally safe and supportive environment
- To empower participants to become self-reliant in order to make informed decisions about their choices, evaluate their choices, and take responsibility for their choices
- To assist the participants to shift their outlook towards themselves and others



Carers Programme

- Improve ability to use their available support network
- Increase self-confidence in providing a professional service to their clients
- Help reduce work-related stress and burn out thereby stabilising the profession
- Improve verbal and non-verbal communication skills
- Improve problem-solving skills
- Increase self-awareness and personal insights

Private Programmes



Individuals, Families, Couples, Groups

Horses are herd and prey animals and as such are highly attuned to changes in non-verbal communication in order to maintain the safety of the herd. They are therefore able to accurately assess the state of being of other animals and humans and communicate it non-verbally. As a result they become experts in mirroring our attitudes, feelings and behaviours when we interact with them.

It is here where we can learn to:

- improve communication and social skills
- develop healthy relationships
- enhance problem solving skills
- increase our self-esteem and confidence
- build trust within ourselves and others



Teambuilding

Horses are our diagnostic wizards, reflecting where an individual or group is aligned and working effectively and where the gaps or lack of clarity and communication are impeding one's success.

Using horses in Team Building is a powerful method for developing strengths and recognizing and addressing weaknesses.

Challenging and innovative group activities in partnership with the horses test cooperation, collaboration and creativity.

Testimonials

Nurturing self-esteem and confidence



Sisters Incorporated Abused Women Programme:

"My experience @ Equinox Trust :

A major part of my pain was the feeling of injustice, truth is I didn't receive justice. I was painfully abandoned, betrayed, unloved and invalidated. I wanted revenge I wanted to see karma play out. I agonized waiting for my perpetrators to get their " just deserves" thinking it would somehow help me feel better yet I knew chances of this happening was scared. I was tired of being held captive by desperation and survival. I started my 8 week horse therapy at Equinox Trust and the thought of horses helping me through all my pain seemed impossible. I had many self-issues to sort out and the biggest was the false belief that other people were responsible for my wellbeing and my sense of acceptance of myself. As the weeks went by I let down my boundaries and allowed nature to take its course. I scratched open those wounds I covered for years. The realizations hit home - One was the fact that I was the cause of most of my own pain! WHY? Because I allowed it. For years I blamed others when they were merely catalysts but the best or most profound lesson I learnt was that I did not need to dismiss my pain or the severity of what had happened to me. On the contrary this experience changed my life! It moved me out of victimhood , into the 'gift of what happened' and granted me the freedom from the pain forever. It taught me the Greatest Gift and that is The Ability to Validate myself. It has brought me to a place where I am somewhat able to look back at my past and have no pain attached to it whatsoever and that in itself is a miracle. Unbelievably grateful for the opportunity and a huge thank you to all at The Equinox Trust. God bless"

- Donique from Sisters Incorporated (2016)

HOKISA Carers programme:

"Session with the horse bought something into me, they taught me a lot about attitude, team work, showing love, support and compassion not only with animals but in general. It also helped me to understand that I am human and not perfect. In order for things to work better for me I've got to seek help and ask for support instead of trying too much."

**Private client:**

"Hi Sarah, Thank you so much for all your and Nicola's encouragement; you both have been a very instrumental part of my journey and have carried me through some very dark and scary places. Deep within my soul I am forever grateful to you both for allowing your talents and gifts to serve and impact me to the core of my being. Your observations, the metaphors and all that you shared really guided and aided me in my healing process. What a privilege it is to experience the horses in such a profound way. Magic."

I had a time of my life being here growing, mentally, pschi cally, spiritual inside & outside. I've gained my trust & confidence, Learned a respect myself and others. I came here with no clue what is what but after awhile working with the horses change something inside of me. A miracle took place when I took the horse & lead it from 1 place 2 another. I'M STRONGER NOW READY 4 the WORLD & WHAT EVA MAY COME MY WAY. BY GOD'S GRACE LOVE & TRUST I CAN & WILL ACHIEVE ALL MY GOALS.



**Saartjie Baartman Centre
Abused Women Programme**



21 Rhone Road
Pinelands 7405
6 May 2016

TO WHOM IT MAY CONCERN

Equinox Trust has been engaged in equine therapy with a group of 6 of our children living in our Children's Home. Initially a group of 8 young people were identified for this programme but due to school commitments they were unable to participate.

This programme has been excellent. It is planned and structured, and each session of approximately two hours focusses on a specific life lesson. Consequently the participants are able to develop knowledge and insight and to apply the skills to their daily life interactions. The manner and competence with which the facilitators were able to apply the behaviour of the participant and the responses of the horses to what happens in life, was for us a key element of the success of this programme and the high level of skill residing in the facilitators.

I am very impressed with the programme content, the professionalism of the facilitators, their dedication to their task and the substantial manner in which the programme remained focussed. Each session was planned, focussed on a specific area, brought out the life lessons to be learnt, and the horses never failed to demonstrate the required response. This is indicative of the knowledge of the facilitators of how their therapy works and what can be expected. It still remains a wonder how horses are able to pick up on emotional and other cues from the humans they interact with.

Each of our children benefited significantly. They identified with the lessons, and were able to apply them to real life incidents. The novelty of working with horses helped to make the lessons sustainable. I do not hesitate to recommend this programme to anyone interested in assisting young people, and adults, with the various life skills needed to function successfully in the world. I am of the view that this kind of work should be mandatory for all young people, instead of the class-room based tuition currently offered to impart life lessons and life skills.

We are grateful to the donors who made our participation possible. We hope to have further opportunities to explore this effective therapy in the future.


Celia Dawson Executive Director: Linawo

Executive Board Members: Meeka Biggs, Celia Dawson, Peter Walker, Ivy Korisi, One Dinhee, Zingwe Mamba & Marcia Cannon
Physical Address: 21 Rhone Road, Pinelands, 7405, Cape Town, South Africa
Tel: +27 (0)21 531 2201
Email: admin@linawo.org.za Website: www.linawo.org.za
NPO reg. 1 071 089 PBO reg. 1 030 035 515

SAPS Carers programme:

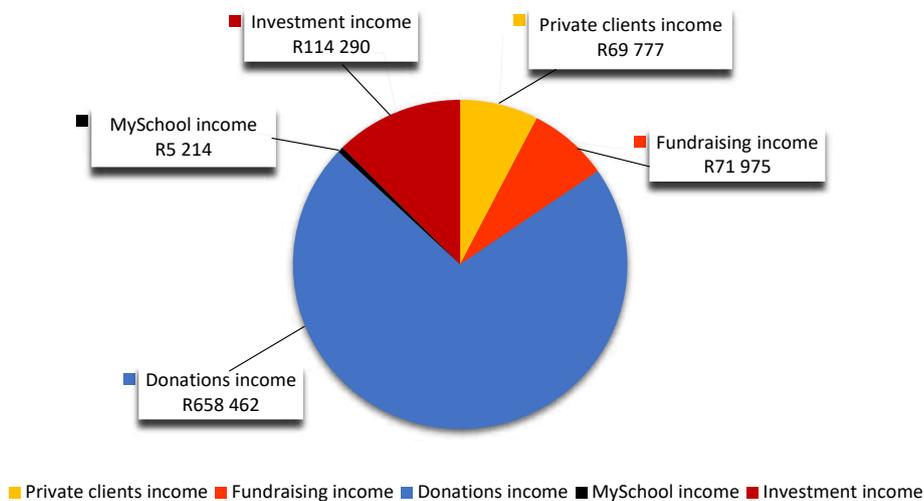
A change in mindset:

One of our adult clients recently told us this story about how a session with the horses had helped her to make a shift in her life. The activity was to get a horse over an obstacle (a raised pole). She had labelled the obstacle as "traffic" and said this was one of the biggest challenges in her life at the moment as it was a struggle to get her child to school and still get to work on time with the heavy morning traffic. The horse walked up to the obstacle labelled "traffic" and even when the pole fell down (which would have made the task easier), this client insisted on putting the pole back up, as this represented how much of an obstacle she saw it as. The horse refused to go over the pole and she said she felt quite frustrated about the task. When she arrived for the session the following week, she said she'd had a big realisation and had actually solved her traffic problem, by asking the neighbour to help out with her child. She said this was all because of the session with the horses, which allowed her to change her mindset and realise that sometimes we make problems out to be bigger than they are, and that there are also often solutions to our problems right in front of us.

Financial Report

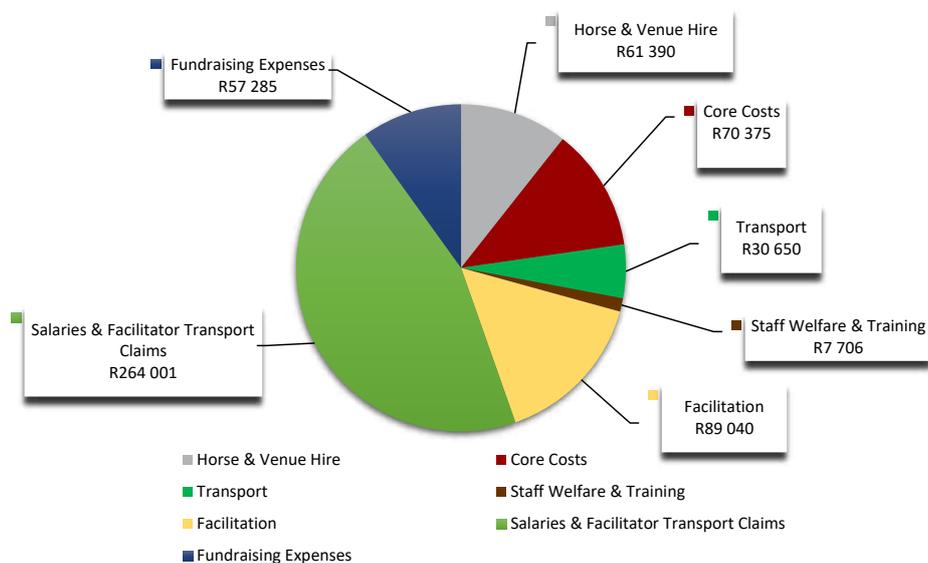
We are very grateful that our income from donations and bequests increased to R919 718 from R488 720 in 2016. Our surplus for the year was R339 271, which will go towards other programmes in need of funding as well as operating costs of The Equinox Trust. We are working on further increasing our private client base in order to make ourselves more sustainable. Should you wish to see our full audited financial statements, please contact us and we would be happy to send them to you.

Sources of income 2016 financial year



TOTAL INCOME = R919 718

Expenditure 2016 financial year



TOTAL EXPENDITURE = R580 447

Special thanks making miracles happen

We would like to extend our deepest gratitude and thanks to everyone who has supported us in our journey so far. From donors who have funded full programmes and who have repeated their funding towards our cause, we are hugely grateful that you see the benefit in what we do. We also owe a big thank you to those who have helped us in a variety of ways either through donations of time, skills and knowledge, guidance or donations of equipment for our sessions. Last but definitely not least, a big thank you to the horses without whom we would not be able to do the work that we do.

Donors and supporters

Allister Rogan
C&E Harding Charitable Trust
Citadel Philanthropy Trust
Day family
De Waal family
DG Murray Trust
Graham and Rhona Beck Foundation
HCI Foundation
Lewis Group
Rolf-Stephan Nussbaum Foundation
SA Children's Home
Skybound Capital
Thandi Warden
Valkenberg Hospital
Vital Foundation



Photo: Brenton Geach

'What the horses taught me is to read a person's body language. And the whole thing of respect and taking responsibility and building friendships. So I mean the horses have been changing the way I think of life itself. And I'm very grateful for this opportunity, and my mind has changed the way I think of horses, and it sucks big time that we won't be seeing them again, but I wish them all the best safe life.'

Teenage boy Linawo Children's Home 2016

Contact Details

Harnessing the horse to teach life skills

Address: 11 Mimosa Way, Pinelands, 7405

Phone: 083 278 7382 (Fiona)

Website: www.equinoxtrust.org

Email: info@equinoxtrust.org

Facebook: www.facebook.com/equinoxtrust

TRUSTEES: Sarah Garland, Nicola Michl, Fiona Bromfield

BOARD MEMBERS: Charline Miles, Annie Cohen

Get Involved!

Donation options:

- Directly via our GivenGain account
(<https://www.givengain.com/cause/5495/>)
- Electronic Funds Transfer (see bank details below)
- Donating into our Thandi Warden reserve fund
(please contact us for bank details)

Bank details:

The Equinox Trust

FNB Claremont

Account number: 62470298706

Branch code: 200109



TRUST REGISTRATION NUMBER: IT1049/2014

NPO NUMBER: 137-940 NPO

PBO NUMBER: 930047278