

THE EQUINOX ROUND-UP



WELCOME FROM THE TRUSTEES

A warm hello to all of our supporters, followers, donors and clients! We have had a wonderful year, one to really go down in our history books, and we look forward to sharing it all with you. As with most non-governmental organisations and the difficult financial environment, we have had some challenging moments, but we certainly feel our positives have far outweighed the negatives and would like to share our appreciation for everyone that has believed in and supported us.

NEWS FROM 2018

2018 has been a year of excitement, new ideas and a lot of learning! We have continued to feel the effects of the current financial climate, with the result that the amount of funding we have received this year has dropped. We are, however, working hard to develop our sustainability so that we can be less reliant on donor funding. We started off the year with a very exciting

trip to the United States of America, where we were invited to present on the work that we do at the Eagala (Equine Assisted Growth and Learning Association) Annual Conference, which took place in Murfreesboro, Tennessee. Our presentation was very well received, and we had an incredible time travelling around the eastern part of the USA visiting other equine therapy facilities.

We have continued to develop good relationships with our beneficiary organisations and have had further repeat programmes running this year. Organisations we have worked with in 2018 include Sisters Incorporated, The Saartjie Baartman Centre, The Safe House, Valkenberg Psychiatric Hospital, Home from Home and The Imhoff Waldorf School. We have also run fantastic teambuilding programmes with Massmart Services and Sisters Incorporated, as well as the [City of Cape Town's Metro Police](#). We also hosted a demonstration for the social workers from the Fish Hoek Department of Social Development.

fantastic day out, raising R14 100 for Equinox. We are so grateful to Lindi Green and her team at Café Roux for enabling us to be a part of this event. We are in the early planning stages of a big event for 2019, so keep an eye on our website and social media for details! The proceeds from these events go towards our empowerment programmes. We are waiting on a large number of funding proposals which will hopefully come to fruition soon. To date for this year we have applied for R3m from 31 different donors, however we have only received R395 000 thus far, with R1.4m that we are still waiting to hear about.



We have welcomed two **new board members** to our team this year. Carol-Ann Brand, who has done some part-time fundraising work for us in the past, joined in June, and Sindiswe Mbude joined in September. We are so excited to have them, and they have already been invaluable in sharing their knowledge and expertise with us. We look forward to the next year with them.

Income and Investments:

- We continue to get monthly income from the My-School programme, ranging from R450-R650 a month. Remember to add "Equinox" to your profile and link your Woolworths card (www.myschool.co.za) so that our income can grow! This helps us to pay for essential running costs so that our programme funding can stretch further.
 - A reminder that we are signed up with SnapScan – check out our website and social media pages for the QR code to scan and donate to The Equinox Trust with just a few clicks! Every Rand counts so donate today and help change a life!
 - Our bequest fund, the THANDI WARDEN FUND, is still available for donations. 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
- We are extremely proud to have our 4th set of audited financial statements which are available for anyone who wishes to look through them. We would like to thank our auditors, Zuydam Konsult, for their continued assistance.



New collaborations:

- The Human Spiral: we have entered into a partnership with Olivia Badach from The Human Spiral, an accredited Insights Discovery© and Team Effectiveness licensed practitioner. This approach uses a global depth psychology tool to focus on developing leaders and teams through self-awareness. A key focus of our collaborative approach is about learning to lead from the heart to develop an understanding of and clarity about what supports connection to self, others and the world we live in.
- Lucinda Fairhurst: we are excited about our partnership with Lucinda, who is assisting us with fundraising. Her input has already been invaluable, and we are excited to start 2019 off with a bang!

Fundraising:

We have had three successful Yoga in the Paddock events in 2018. These have become a firm favourite amongst our supporters and we hope that they can be a regular feature of Equinox's fundraisers. We have also recently completed our inaugural [Mindful Moments](#) workshop, this being one of our new ventures into a more holistic approach to experiences with our horses to help people from all walks of life to de-stress, reconnect and find more peace in their lives.



Other news:

Stellenbosch University presentation:

We were privileged to once again be invited to present to the Psychology Honours class at Stellenbosch University as part of their Psychology, Health & Disability module. It was an opportunity for us to share our knowledge of the field of Equine Assisted Therapy and to engage with students about what it is we do and offer as an organisation.

Staff Training and Development:

It has been an exciting year for the three of us in terms of our development in the field of Equine Assisted Therapy as we are all looking at finalising our advanced certification with Eagala. This process has taken close to three years for us to complete and has engaged us in a mentoring process where we have each had a different mentor from the United States helping us through journal work and feedback on how we can develop ourselves as facilitators and offer more expert services to our clients. We will all have had to complete a journal article as well as various trainings and administrative requirements before certification can be approved, which we are close to completing!

Eagala:

We are very excited to be a part of the hosting team who are bringing Eagala training to Cape Town in 2019! This training is open for registration on the Eagala website www.eagala.org and training dates are as follows: Fundamentals training 20/02/2019 to 24/02/2019 and Skills Set Intensive training from 26/02/2019 to 28/02/2019. Please visit the website if you are interested or do not hesitate to contact us if you have any questions.



The EQUINOX Outreach ...

Giving back to our community:

Each year we aim to offer some pro-bono time for our communities as we feel it is so important to stay connected and keep our passion alive. This year we are engaging in talks with ComaCare to offer some of their staff an opportunity to work with us and our horses. ComaCARE is a Non-Profit Organization (NPO) made up of motivated individuals; including health professionals, family members and care givers, who wish to improve and enhance the level of coma care in our society.

Published Journal Article:

We are very excited to finally announce that our article we have co-authored with staff from the Valkenberg Psychiatric Hospital has been published in the South African Journal of Psychiatry and can be found here: <http://www.southafricanpsychiatry.co.za/> . It has been a work in progress for close to two years and we have enjoyed the academic process of sharing our experiences of our programmes with the staff members at Valkenberg and putting into words for the public to read.

Animal Assisted Therapy Conference:

We are extremely proud to have been one of the teams who collaborated and co-hosted the first ever Animal Assisted Therapy Conference in South Africa. We partnered with JellyBeans, The Underdog Project and Pets As Therapy to bring a two-day conference offering research and experiential presentations as well as demonstrations and informative sessions on various ways animals are being integrated in assisting humans. It was a very well attended conference and has created so much interest that there have been two dates set aside in 2019 for this conference, one in Cape Town and one in Johannesburg.

Looking ahead... 2019

We are looking forward to 2019 as it steadily approaches and brings with it new ideas, new opportunities as well as ways to continue to strengthen existing relationships and programmes.

We are excited to be launching our first teens workshop early next year (keep a look out soon on our social media pages) which aims at helping teens develop healthy coping mechanisms for bullying, improving self-esteem and dealing with anxiety.

We have other exciting ideas that we are going to be building on and working on in 2019 so we hope you enjoy seeing our creative side coming out!

We have some new possible collaborations that we are working on and hope come to fruition through the course of next year.

Testimonials 2018



Safe House programme participant:

Coming to Equinox and meeting a special horse I named Diamond, I still had the same fears. Little did I know that Diamond would teach me how to be brave again. I remember seeing Diamond on the other side of the fence and wanting to come out. After asking permission, I let him out. I felt a sense of freedom helping him get out. Another day I dared to step over to his side of the fence and again I felt a deep sense of bravery and freedom. At times he was eating while I tried to get his attention and he wouldn't stop eating - this taught me how to see to my needs first and value myself enough to know that I am worth it. Diamond taught me patience, bravery to step out to the world again and self-love. Thank you Diamond for trusting me to touch you, hug you, kiss you and adding joy to my life's journey. I am very grateful for the time our two ladies @ Equinox spent in working with me and helping me heal.

Trauma Survivors Women's Programme

Have your perceptions about yourself changed?

"Much more. At first I wouldn't talk to people, I was scared. I have learnt to be confident."

Have your perceptions about relationships changed?

"The horses have shown me they are each different. I thought all men are the same, so now I see that men are individuals too, not all of them are bad"

What is the most powerful thing you have learnt in working with horses?

"Patience, self confidence and respect. When I was having a bad day and was feeling angry, the horse still followed me, I couldn't believe it. He still wanted to be with me. I realized I deserve to be special and to think highly of myself."

Imhoff Waldorf School teacher's testimonial:

“The Equinox Trust is doing phenomenal work and the participants from our school loved and benefited from this program. I am truly grateful that they were afforded the opportunity to grow in love, care and responsibility.

- Daniel Raubenheimer”



Sister's Incorporated testimonial:

“ Who would have thought that horses would come to play as big as a role as what they have in our recovery and discovery process to becoming better and stronger women.

Well they have!

The various activities we took part in became our weekly highlight and had us talking to each other or reflecting on our own for days to come thereafter. We covered a variety of topics such as feeling vulnerable and we had many discussions ranging from setting boundaries all the way to goals and dreams for the future.

Lastly a massive thank you to the facilitators for the incredible work that you have done. You have helped shape some of the most strongest women around and will forever be a part of our stories.”



THANK YOU

THANK YOU...two words that seem so simple yet carry so much heartfelt meaning... we are forever grateful to each and every person who has believed in us and what we do, whether it be through a supportive word, a donation in kind or of monetary value, a helping



hand or guiding advice. Each and every bit of belief, whether fleeting or continuous, has helped us change lives for the better, so thank you!

To our horses... "The essential joy of being with horses is that it brings us in contact with the rare elements of grace, beauty, spirit, and fire." ~Sharon Ralls Lemon.

We thank our horses for being who they are and for being so graceful and eager to help change lives.

To our donors, funders and sponsors...change has been possible because of you and your willingness to share. We would like to thank you for your support and would like you to know that every bit you have given has made a huge amount of hope possible to so many who were hopeless.

To our amazing venues, we are truly grateful for your willingness to work with us and allow us to be a part of your space, thank you for making what we do possible.

To our transport companies that help to get our beneficiaries to and from the venues safely, we thank you for your support.

Reach out

Bank details:

The Equinox Trust
FNB Claremont
Cheque Account
Account no: 62470298706
Branch code: 204209



Costs per Programme
2019

Youth: R71 692 (12 weeks)
Women: R47 794 (8 weeks)
Carers: R35 846 (6 weeks)
Valkenberg: R52 798 (12 weeks)

Please note that Equinox closes on 14 December 2018 and re-opens on 7 January 2019

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www.equinoxtrust.org

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