

THE EQUINOX TRUST ROUND-UP

2019

WELCOME FROM THE TRUSTEES

Hello to all our supporters, beneficiaries and friends (both four-legged and two-legged). We are so excited to be writing another newsletter to you about how we have grown, about our achievements and how we have learnt from our challenges. We cannot believe that we turned 5 years old this year! Without any of you, this would not have been possible, so we look forward to sharing with you what WE as a collective have all done for our Cape Town communities in 2019.

IN THE COMMUNITY

We were privileged to be invited for the 3rd year in a row to do a presentation on our work to the Psychology Honours class at **Stellenbosch University** as part of their Psychology, Health & Disability module.

In February, we hosted an **Eagala training** in Joostenbergvlakte, where trainers from America and Johannesburg provided a meaningful and worthwhile learning experience for all involved.

Organisations within our communities have started contacting us in need of our services. Our newest beneficiary is **'The Dews of Quietness'** NPO, which was founded by Ms Dien to support abused women in Steenberg and surrounding areas. We have been able to run a successful 8 week programme for them so far. For other organisations such as **'Sisters Incorporated'** and **'Saartjie Baartman'** we have managed to run programmes throughout the year.

A group of students from **City Varsity** - Film school Cape Town approached us to produce a new Promo video for the Equinox Trust. It was a great success, being viewed 2900 times on social media.

Our horses were more than obliging to star in the video to tell the 'Equinox Story', so thank you to Teega and his crew - **promo clip** can be viewed on our website: www.equinoxtrust.org.

Our programme with the **Forensic Unit at Valkenberg Psychiatric Hospital** is continuing successfully, having completed our 5th programme this year. We were invited to present to the Facility Board of Valkenberg which was received with appreciation and interest.

"There is significant change happening when patients we work with are showing behaviour changes outside of the programme and it emphasizes the power of this model and working with horses."



*"In the steady gaze of the horse shines a silent eloquence that speaks of love and loyalty, strength and courage. It is the window that reveals to us how willing is his spirit, how generous his heart."
~Author Unknown.*

Semi
Finalists!

EXCELLENCE

We were extremely proud to have made it to the top 45 out of a total of 200 applications for the **Community Chest Impumelelo Social Innovation Awards**, the leading awards programme in South Africa, rewarding innovators who find creative solutions to public problems. We look forward to taking what we have learnt on board and re-applying next year.

PARTNERSHIPS

Animal Assisted Therapy Conference: we again partnered with **Jelly Beanz Inc** to host the 2nd **Animal Assisted Therapy Conference** in Cape Town, which was a great success and we learnt about a host of different therapies on offer, as well as giving a practical demo and a presentation on equine assisted therapy.

THE STORIES...

“Sometimes the smallest step in the right direction ends up being the biggest step of your life. Tip toe if you must but take the step. Being with the horses: they gave me love when I need love.”



“I had this connection with ‘Destiny’, she made me feel at ease, she gave me hope and all my faith. She somehow sensed that I was broken.

If there is hope for me, I believe that there is for other women who needs help! “

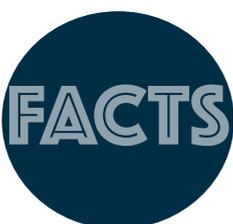
“There has been some significant shifts for some of the group members which is evident in their engagement in the ward.”

Forensic Unit at Valkenberg

“ I connected with one of the horses which I call ‘Peaceful’, because that’s how he makes me feel. I saw something in him that I didn’t see in the other horses and it wasn’t because I felt his hurt emotions but to feel another creatures emotions triggered something in me in such a good way. I have connected so much with ‘Peaceful’, it made me see myself, the ‘new me’.

Coming to Equinox was one of the best decisions I could have made.”

2019 has been a busy year for us as we have had a 42% increase from 2018 in clients walking through our doors. With 78% women and 12% being men.



The **women trauma survivors’ programmes** still tend to be our most funded and supported programmes. We have seen incredible shifts in the emotional well being and overall outlook on life within these various groups. Creating real hope and changes, the therapeutic time spent with horses proves itself to be invaluable.

Massmart has returned for a third year for their employees to experience our Teambuilding programme with positive results.

FOCUS & GOALS 2020

We are very excited to be planning a fundraising event for early 2020 which is focused on the horse community of the Western Cape. We are hosting a **Horse Expo** where all people involved in the horsey world can share what it is they do and show off and market their business, service, talent, club, stud etc.! We have some exciting performances already lined up and some interesting horse-related businesses and services on show.



HORSE EXPO

16 February 2020

IN AID OF HORSES CHANGING LIVES OF WOMEN TRAUMA SURVIVORS, YOUTH AT RISK AND CARERS THROUGH THE EQUINOX THERAPY PROGRAMMES

PERFORMANCES... **Western Cape Reining Club**
Cart Horse Association Parade - Monte Cavallo Lusitano Stud
A Spot of Elegance Stud
Patricia Robertson
Classical Dressage

RESTAURANT **Forging Ahead- Rider's Lounge**

STALLS... **Tall Horse Tack**
World of Horses
D&D Equestrian
VitaFloor

Time
9 am - 4pm

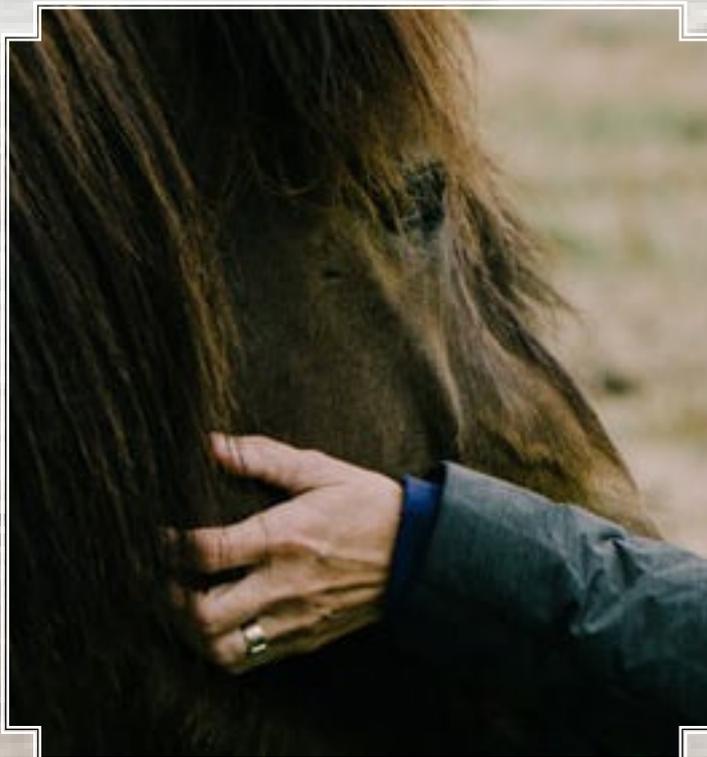
Entry Fee
Adults R30
Children R10

Venue
Europa Equestrian

info@equinoxtrust.org
www.equinoxtrust.org

Sponsored by  

We continue to work very hard at our fundraising, in order to make us less reliant on donor funding. 2019 has seen us run **Yoga in the Paddock** and **Mindful Moments** mornings throughout the year. We have also started running **workshops** for Eagala-certified professionals around the theoretical & practical aspects of the equine therapy model and have recently added a **consulting service** to our offering as well, for us to share advice and knowledge about the model with those working in the field.



INVITATIONS

We have again been invited to present at the International **Eagala** (Equine Assisted Growth and Learning Association) **Conference**. This will be their 20th birthday celebration. We will be leaving end of February 2020 for Lexington, Kentucky, **USA** to share our South African stories that have had such a positive impact and welcoming effect.

It is always an honour to be acknowledged for the effort and work we do, in order to provide support and healing to our communities.



Thank You

We would like to extend our heartfelt appreciation to all of you who support us, whether you have in the past, you still are or you are planning to - everything counts! In the field that we work in, it is always so meaningful to have any kind of help no matter how small or big, we are deeply grateful!

Thank you to all our horses, without whom none of this work would be possible. We are forever in awe and thankful for your ability to be present and help all those who seek help.

To our donors, funders and sponsors: it is YOU and YOUR contribution that has made so many changes possible for so many people. We admire your willingness and strength to recognise where help is needed and to be able to provide the way you do, thank you!

To our wonderful venues, thank you for your belief in what we do, for offering up your space and horses and for accommodating us. We are grateful and appreciative and hope you know how valued you are in the process of making change happen for so many.

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

To our families, friends, and supporters we are truly thankful to have you believe in us and encourage us the way you do, thank you!

Thank you to everyone for giving support to endeavours such as ours, bringing smiles and healing to those in need is truly a heart-warming way to make change in our society.

Reach out ...

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

Snap here to pay



Contact us ...

info@equinoxtrust.org
www.equinoxtrust.org
facebook.com/equinoxtrust
instagram : @Theequinoxtrust



Trust no. : IT 1049/2014

NPO no. : 137-940 NPO

PBO no. : 930047278

Please note that Equinox closes on 13 December 2019 and re-opens on 6 January 2020