

H o r s e s
c h a n g i n g
l i v e s .



equinox trust

Annual Report 2018



“The horse helped me to see that I needed to keep moving forward in my life and not keep looking back into my past.”

Woman Trauma Survivors Programme

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message from the Trustees



The Equinox Trust is very proud to have been around for 4 years and in those 4 years we have grown in skill, developed in nature, learnt through our mistakes and taken pride in our journey.

We have exciting achievements and developments to share with you which we hope continue to inspire support and understanding of our mission. We have explored a bit more of the academic world, we have made new contacts who are helping us to grow, we have strengthened our team and we have expanded our reach and offerings.

We are so grateful for everyone who supports us, contributes towards our cause and who partners with us in making change possible.

We look forward to sharing our 2018 annual report with you which highlights the year for us!

SARAH GARLAND
NICOLA MICHL
FIONA BROMFIELD

Vision and Mission

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



BScSc Honours Clinical Social Work, University of Cape Town
 BSocSc Masters Clinical Social Work, University of Cape Town
 Postgraduate Certificate in Education (P.G.C.E.) from the University of Cape Town
 Eagala Advanced Certified
 SACSSP Registered Social Worker
 BHF registered private practice

“I have always known that horses were incredible animals, but after training to work with them in the therapeutic space, I have gained so much more admiration for them. I have a passion for helping people and being able to work with both people and horses in a healing space has become my driving force.”

Nicola Michl

Trustee; Marketing & Noordhoek Programme Manager; Secretary

“ I believe in the power of nature to restore many human sufferings and traumas. Being witness to such healing on a daily basis is the driving force behind my passion to facilitate and create such opportunities for individuals and for our communities.”



BA Honours degree in Fine Art from University of Cape Town
 Certified Natural Healer and Counsellor
 Registered with the Natural Healers Association (NHA & ASCHP)
 Member of The Sunshine Academy of Metaphysics and Natural Healing Studies
 Eagala Certified

Fiona Bromfield

Trustee; Financial & Operations Manager; Treasurer

“Working with both people and horses is a unique experience and allows me to follow my passion. Being able to work in an outdoor environment is an added bonus and ensures that no two days are the same, allowing for creativity and a space for personal development. “



BSocSc degree from UCT
 BA Honours degree in Psychology from Stellenbosch
 Postgraduate Certificate in Education (P.G.C.E.) from the University of Cape Town
 Qualified Counsellor (S.A. College of Applied Psychology)
 Registered Specialist Wellness Counsellor (Association for Supportive Counsellors and Holistic Practitioners)
 Eagala Certified

Equinox News

Fundraising events

We have slightly adjusted our fundraising events and we have begun to follow our hearts and lead with confidence. We are hosting different workshops and experiential days like **yoga in the paddock** and **mindful moments** which are enabling us to market ourselves and raise funds but also expand our community reach and build our support network.



New Board Members

We are very excited to have welcomed two new board members to our team in 2018. 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.

Academic involvement

We have been approached by several academic institutions to participate in research their students are conducting on NGOs in South Africa. It has been a privilege to be involved in this and we are looking forward to collaborations and possibilities for research in our field.

Expanding our knowledge

The Equinox ladies have been busy in 2018 attending courses on marketing and fundraising as well as courses that are furthering our knowledge in our specialised areas of trauma and animal assisted therapy. We also experienced a team building session for ourselves with The Human Spiral and Olivia Badach and gained positive insight into how to use our different personality strengths to gain advantage in our workspace.

City of Cape Town's Metro Police Equine Unit



We enjoyed a fantastic team-building session with the Metro Police, in collaboration with Exhale, where the team learnt a great deal about themselves and how they work together. We hope to develop this partnership in the future.

Journal Article published
Published journal article on our Valkenberg programmes
go to <https://bit.ly/2GbTvZd>

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 JellyBeanz, 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.

The Brain Injury Tust 'give-back session'

At the end of our financial year, we hosted a give-back session to **The Brain Injury Trust** where we get to give back to our community and offer a session to an organisation who cannot fund their own session. The Brain Injury Trust's cross-disciplinary team cares for and supports brain-injured patients and their families from the acute stage of injury right through the recovery process - from hospital to home. Its community-based staff train families to cope with the consequences of brain injury, such as disruptive behaviours and memory problems, and they provide care, psychosocial support, and support groups in the townships and suburbs. The members who joined for this session enjoyed wonderful moments with the horses, the group had insightful learning moments as well as fun-filled and meaningful exchanges with the horses.



Who do we help?

Programmes

2018 saw us building on our existing relationships with the organisations that we work with. We focused on repeat programmes with fewer organisations and have now developed some really good working relationships. We have continued to receive outstanding feedback from our programmes, both from the beneficiaries themselves and the organisations that they are from. We ran our first 12-week programme with the forensic unit at Valkenberg Psychiatric Hospital and this was very well received. The additional 4 sessions helped to create a more impactful programme for the patients and allowed us to better see the changes we are effecting.

86% female clients



14% male clients



Financial Report

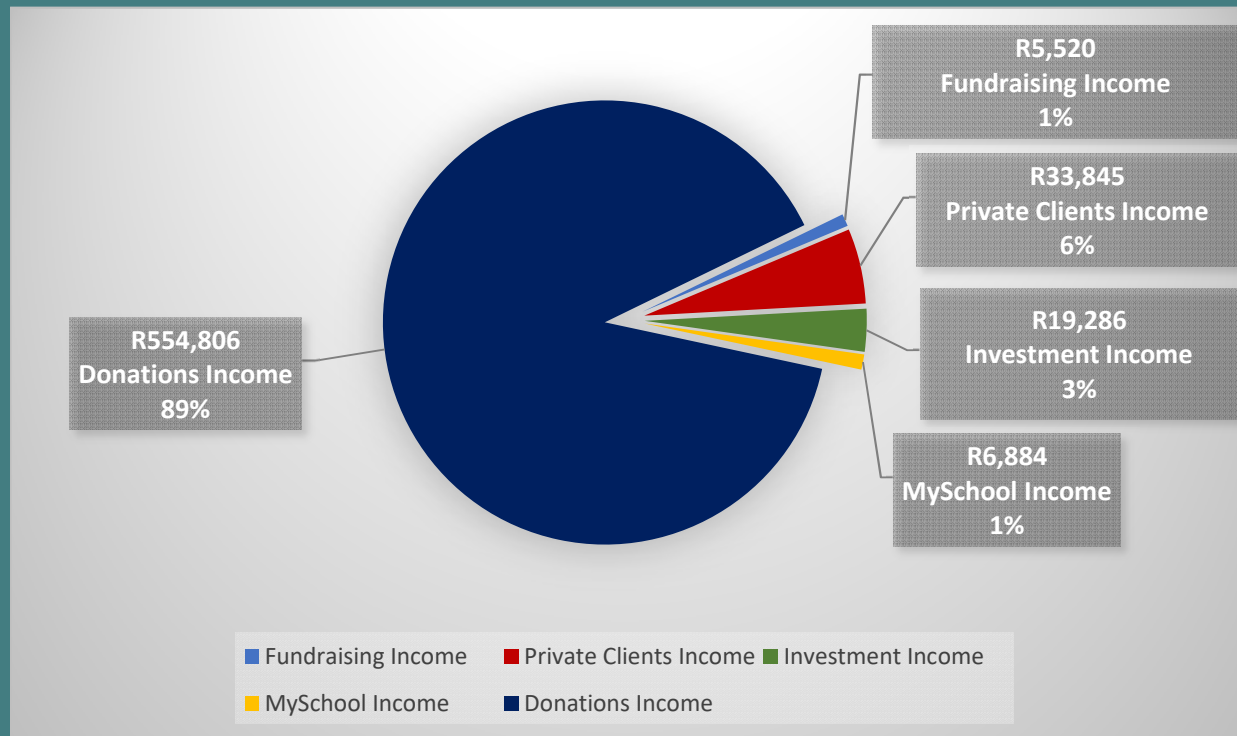
2018 was a challenging year financially for the Trust, however we did increase our total overall donations from R478 739 in 2017 to R554 806 in 2018. Our MySchool donations and income received from private clients also increased in 2018. We are ever grateful to all of our donors, especially those who continue to fund us on an annual basis and we hope to develop these partnerships even more into 2019. Should you wish to see our full audited financial statements please contact us.

How we do it!

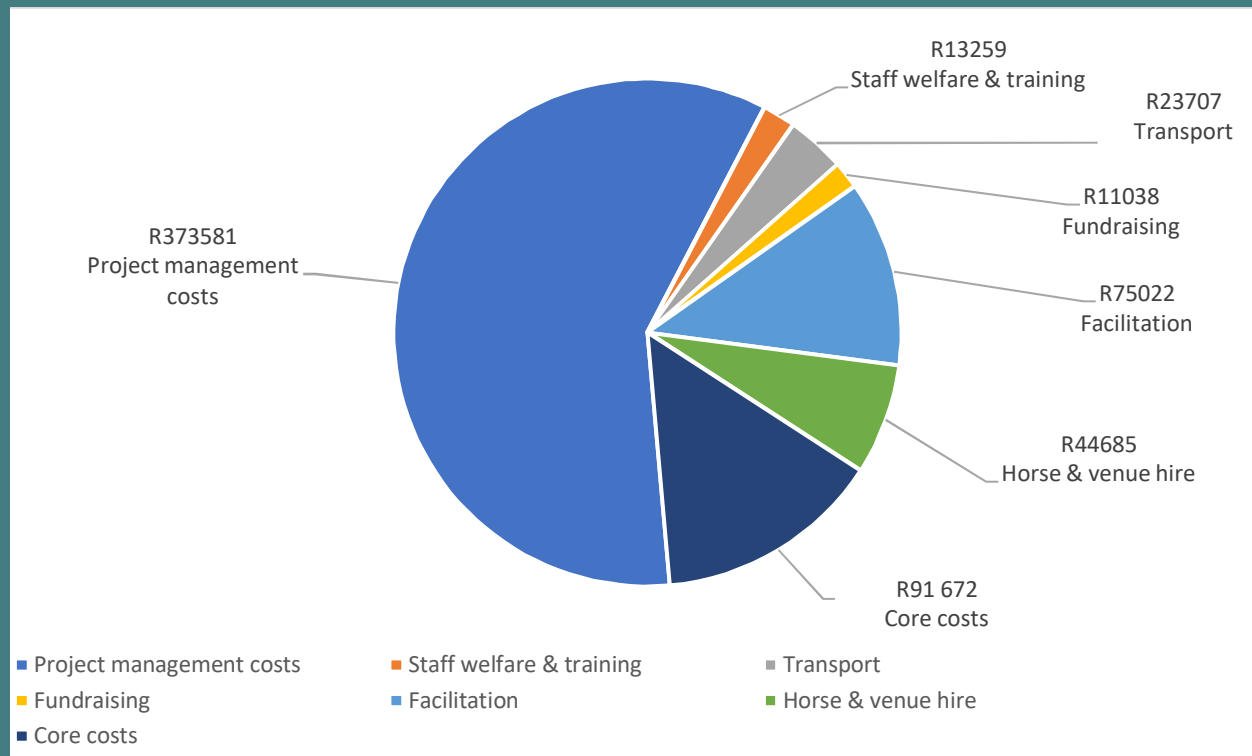
The 3 pillars of Equinox



Sources of Income 2018 Financial Year



Expenditure 2018 Financial Year



Testimonials

2018

TEAMBUILDING AND STAFF WELLNESS PROGRAMMES

Sisters Incorporated Staff:

"For me personally I had 3 hours to be still and process the day's accounts and interactions. In my quiet time I could put the pieces together. It's been a very personal journey and one which I'm pleased to say will bring me perspective and much growth.

My hope and prayer is that my growth will have a ripple effect on our organisation, team, the clients we serve and ultimately our community at large."



MASSMART Teambuidling:

"Quite a different interaction to the norm, thoroughly enjoyed it!"

"Great to get back in touch with self & surrounds."

"Time to let my mind be free."

"Was great experience and great to watch people grow!"

The story of "DIAMOND" : Safe House participant



It has been my greatest honour to be in the presence of the horses at Equinox. My experiences was like something out of a movie. Never did I imagine that a horse would be my therapy. Six months ago my life was in turmoil, I have experienced abuse in every possible way that exist. My home was my prison and absolutely everything was dictated to me by my ex partner. I had no life worth living for. I was always afraid of the next day and didn't dare to put my foot outside my door even when I got a chance.

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.

A close-up photograph of two brown horses. The horse on the left is in the foreground, looking slightly to the right. The horse on the right is behind it, looking towards the camera. The background is blurred, showing some greenery and a fence.

From our Saartjie Baartman Ladies:

“ I learnt that I need to be patient and have respect for myself first...”

“I will have a better relationship with my children now: I want to be there for them!”

“ Horses can feel what you are feeling, they can connect with you and can sense how you are feeling.”

“ The horses helped me a lot, to know that they feel what I feel. They make me feel like I’m ready to go home.”

“The “Mindful Moments Workshop” helped me to get a peace of mind and now I am very eager to follow my life goals and work on them in an even better way. I would highly recommend this workshop for everyone, as it can open your eyes and the interaction with the horses was just mind blowing. Thank you guys it was amazing!”



SPECIAL THANKS

Giving thanks to those who make what we do possible should be a daily occurrence! We are so grateful for the support of every person, organisation and horse that we encounter on our journey. To individuals and groups, to family members and friends and our social media supporters, we are truly appreciative of everything you do for us. We would like to thank our venues that we work from, the horses that make this possible and to everyone who believes in making change possible - THANK YOU!

Donors and supporters

Rolf-Stephan Nussbaum Foundation
The Rice Foundation Trust
Afrikaburn Spark Grant
The L&S Chiappini Trust
The FC Carter Trust
Michael Bromfield
DG Murray Trust
Allister Rogan
IDC
Skybound Capital
The GCG Werdmuller Trust
Old Mutual Staff Volunteer Fund Trust



Contact Details



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Instagram: [theequinoxtrust](https://www.instagram.com/theequinoxtrust)

Twitter: [@TheequinoxTrust](https://twitter.com/TheequinoxTrust)

Trustees: Sarah Garland, Nicola Michl,
Fiona Bromfield

Board Members: Carol Brand, Sindiswe Mbude

Get Involved! Donation options:

- Electronic Funds Transfer

The Equinox Trust

FNB Claremont

Account number: 62470298706

Branch code: 204209

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

- SnapScan

Snap here to pay



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