



ANNUAL REPORT 2019

“Equinox has helped me overcome my fears and has taught me to face my fears head on and not run away from them.”

Women Trauma Survivors’ Programme



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MESSAGE FROM THE TRUSTEES

What an adventurous year it has been for The Equinox Trust. We have explored new avenues of funding and new ways of raising funds, we have started new relationships and enriched existing ones and most importantly of all, we have changed lives.

We are proud to share with you our latest annual report which highlights the adventures that we have been on in this last financial year. We can really feel how much we have grown as an organisation as we start to specialise in certain areas and become recognised as experts in our field. We have had a successful financial year and continue to work on improving our financial circumstances.

These adventures would not have been possible if it were not for our donors, supporters, stakeholders, family, friends and of course our wonderful partners - the horses. We would like to take this opportunity to thank everyone who has played a part in getting us to where we are today, no matter how small or big, everything has positively impacted our way forward and enriched the lives of those we have worked with.

We are humbled to be working side by side with each other as our passions align and our vision to help our communities continues to grow, evolve and take us to a place of healing our society.

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 horse-back 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.

HIGHLIGHTS

PROJECTS DELIVERED

7 programmes in 2019,
with 5 different organisations,
seeing a total of 93 clients:

Female 85% Male 15%



RESEARCH PROJECTS

We are currently in the process of developing a research project for our Valkenberg Forensic Programme, in conjunction with the Forensic Unit at Valkenberg Psychiatric Hospital.

AWARDS SEMI-FINALISTS

Community Chest Impumelelo Social Innovations Awards

WEBSITE VISITORS
1657

CONFERENCE PRESENTATIONS

Animal Assisted Therapy Conference
Eagala 20th Annual Conference

DONATIONS RECEIVED

R813 807

**Largest donation to date thanks to the
National Lotteries Commission**

R342 744

EQUINOX NEWS

Horse Expo

We are proud to share with you the impact of our inaugural Horse Expo 2020 which we envision becoming our major annual fundraising event. On the 16th of February 2020, The Equinox Trust hosted a day of horsey fun-filled demonstrations and stands selling horse related goods. Being the first event of its kind for us we had no idea what to expect, but we worked hard to market to the public and encourage vendors and horse performers to believe in our vision, and it paid off!

We had a wonderfully successful day with just under 500 people attending on the day, horse performances that wowed the crowd and got people cheering and vendors selling amazing products and services. It was a day of unity, bringing the horse community together to celebrate the horse. Total profits raised from the event were almost R25 000! We look forward to next year's event and hope you will join us.

Animal Assisted Therapy Conference

We were proud to be involved in the 2019 Animal Assisted Therapy Conference held in Cape Town on the 30th and 31st of May. As well as assisting to organise the event, we presented at the conference on "The Power of Horses to Heal – a case study presentation of how Equine Assisted Therapy has changed lives" which was well received and shared insight into the actual process and change for some clients.

The Equinox Trust also provided an experiential demonstration of what Equine Assisted Psychotherapy, therapy and learning is, kindly hosted by EQuivalence. This was a highlight of the conference for a lot of the attendees and created awareness around the Eagala model, our organisation and what services are available through engaging with the model of Eagala.

2020 Eagala Conference

The Equinox Trust worked hard in 2019 to raise funds to attend the 20th Eagala (Equine Assisted Growth and Learning Association) Conference, held in February 2020 in Lexington, Kentucky, USA. We were excited to present at the conference on our personal journey that this work has afforded us and we shared how both clients and horses have shaped the way we work as well as how the work has encouraged healing for them. We had opportunities to network with new people, reconnect with those we have met before and to expand our knowledge in our field over the four days of the conference.

OUR EXPERTISE

TRAUMA AND MENTAL HEALTH

This is an area that we are very passionate about as an organisation and we have taken the direction to specialise in the field of trauma as it is so prevalent in our communities. Trauma can refer to extreme situations such as natural disasters, instances of abuse, rape, murder and accidents, but it can also refer to experiences that create trauma for people such as losing a job, daily stress, divorce, and immigration. Trauma is unique to each person and can be defined as anything that severely threatens your emotional, psychological or physical well-being. Addressing experiences of trauma can help people reconnect to society and address the mental health inequalities that are negatively affecting our society on all levels.

TRAUMA IN SOUTH AFRICA

South Africa's trauma incidents have a high range from extreme violence to fraud to divorce rates and unemployment. According to the South African National Crime Statistics (provided by the South African Police Services) for the period of 2018/2019 there was an increase of more than 14% in commercial crime, the majority of which related to fraud, an increase in arson (5.5%), attempted murder (4.1%) and common assault (3.7%). Among sexual offences, sexual assault increased by 9.6% and rape by 3.9%. The number of reported sexual offences increased to 52,420 in 2018/19 from 50,108 in 2017/18. Most of these were cases of rape. The sexual offences crime rate increased from 88.3 per 100,000 in 2017/18 to 90.9 in 2018/19. Keeping in mind these are cases that have been reported and that many cases of abuse are not reported. These statistics indicate the level of trauma being experienced by South African communities and drive our passion to offer services that can aid in addressing those affected by trauma.

WHAT WE ARE DOING

In our private sector, the services we are offering are broad based and available to anyone who feels they need support as a result of a traumatic experience. We have specialised in our NGO sector with our women's trauma survivors programme focusing on helping those who have experienced trauma in their lives, mostly those women who have experienced physical, sexual & emotional abuse at the hands of another. As facilitators, the Equinox team regularly attends workshops and conferences with a trauma focus which help to develop our knowledge and skill sets around this important topic. Furthermore, at the 20th Eagala Conference held in Kentucky in February of 2020, we attended many talks that were focused on trauma and have since begun to implement our learnings with our clients.

WHO DO WE HELP?

SAARTJIE BAARTMAN CENTRE

The Saartjie Baartman Centre for Women and Children was started in 1999 as the first multi-disciplinary service centre for abused women and children in the country. It is a place where organisations come together as partners to develop an appropriate on-site multi-agency service delivery model for the effective management, treatment and prevention of violence against women and children.

The Centre is situated in Manenberg on the Cape Flats, an area with extremely high rates of crime, gangsterism, child abuse, unemployment, substance abuse and domestic violence. There are few resources available in Manenberg and the surrounding areas and as a result the Centre provides services to a wide range of constituencies: neighbouring townships, farming communities in the Philippi, Constantia, and Stellenbosch areas, and 'informal' settlements.

The Centre has evolved to providing holistic, integrated services to survivors of violence. Some of the services include a 24-hour crisis response; a residential shelter and transitional housing for abused women and their children; legal assistance; and job-skills training. The Equinox Trust's programme is one of the services offered to the Centre since 2016 with a total of 6 programmes being completed and 73 women helped. We are looking forward to strengthening our relationship with the Centre and helping more women in the future.



"When I first came here I was scared and lonely, I felt that no one cares about me. But being with the horses, it makes me strong. I don't feel scared anymore and I know that I can do it no matter what. Yes I experienced that no one can force you to do anything you don't want to."



SISTERS INCORPORATED

Sisters Incorporated plays a vital role for women and their children who are survivors of domestic violence, abuse and stigmatisation that is so rife and widespread in our communities.

For over 60 years in Cape Town, Sisters Incorporated has evolved from being a refuge for single mothers into a safe haven that offers protection, care, and empowerment for women and their children from all walks of life.

"We provide care – free of judgement, criticism and bias – and aspire to empower those who pass through our doors, to become better equipped for their role in society."

Since 2016 we have been providing Sisters Incorporated with consistent programmes.

We have managed to complete 11 programmes, seeing over 66 women.

We will continue to nurture our relationship with Sisters in supporting and empowering women to create stable and positive lives for themselves and their families.

DEWS OF QUIETNESS

In 2012 the non-profit organisation called Dews of Quietness was founded by Ms Dien. Ms Dien's work with countless women over the years led her to establish this organisation. The main mission was to set up a shelter for destitute and abused women and their children with the aim of up-skilling and developing the most vulnerable in society.

"In the whole of the peninsula there was no shelter for destitute homeless women and their dependants. This is because they're not zoned for children. We will take the homeless person for three months and will be able to keep them here for up to six months and upskill them so that when they leave they're independent and don't have to go back to an abusive situation."

We are proud to have been able to provide our programmes to our newest collaboration: Dews of Quietness, and are looking to establish a secure partnership in the future.



"I have found out the truth of what has been holding me back and gave me insight as to how I have to move forward."



"I am walking away a different person."

FORENSIC MENTAL HEALTH UNIT AT VALKENBERG PSYCHIATRIC HOSPITAL

The Equinox Trust has been running a psychosocial support programme for the past 5 years in conjunction with the Forensic Mental Health Unit at Valkenberg Psychiatric Hospital, whereby selected groups of male patients have taken part in Equine Assisted Psychotherapy programmes.

Forensic patients placed at Valkenberg Hospital spend long periods of time (months to years) receiving treatment and rehabilitation. They are therefore ideally suited to benefit from eight to twelve-week courses of equine assisted therapy. They are a stigmatised and marginalised population, who are often misunderstood by society. Most of the patients come from impoverished socio-economic backgrounds, particularly in terms of education, and they find it difficult to engage in formal psychological talk therapies.

Equine Assisted Therapy engages patients in a non-threatening and interactive manner, and it has the additional benefit of getting them to be physically active in an outdoor environment. The multi-disciplinary team from the forensic unit at Valkenberg, in conjunction with The Equinox Trust, have successfully completed three 8-week programmes and two 12-week programmes, all of which showed developments and improvements in patients' social skills, relationship development, levels of self-awareness and a reduction in levels of irritability.



"If I can control a horse I can control myself ... and I can learn to cope and to take things seriously"

"You must give a feeling to the horse, give him love ... you must treat your family the same way as you treat the horse"

"I saw that I mustn't be stubborn (like some of the horses)"



PRIVATE SECTOR

We strive to promote our private sector in order to generate funds towards our sustainability.

CORPORATE TEAMBUILDING

An innovative and fun approach to wellness in the workplace.

EQUINE ASSISTED THERAPY

Personal growth and skills development sessions for individuals, couples, families and small groups.

NATURAL HEALING

Holistic modalities that can provide an alternative to traditional therapies.

YOGA IN THE Paddock

Yoga sessions amongst the horses at our tranquil venue in Noordhoek.

EAGALA COMMUNITY WORKSHOPS

Focused on various skill-sets learnt during our Advanced certification, continuing education and field work.



OUR TEAM

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.) 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

Nicola Michl

Trustee
Marketing
Noordhoek 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
Ethnic Health Care Practitioner
Registered with the Natural Healers Association (NHA & ASCHP)
Member of The Sunshine Academy of Metaphysics and Natural Healing Studies
Eagala Certified

Sarah Garland

Trustee
Public Relations
Programme Manager
Chairperson



“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.”

BSocSc 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.) University of Cape Town
SACSSP Registered Social Worker
BHF registered private practice
Eagala Advanced Certified

FINANCIAL REPORT

2019 was a good year financially for the Trust. We increased our total overall donations from R554 806 in 2018 to R813 807 in 2019. Our MySchool donations, fundraising income, interest income and income received from private clients also saw a large increase, from R65 535 in 2018 to R117 942 in 2019. This resulted in a surplus of R230 937 for the year, most of which will be put into programmes during 2020.

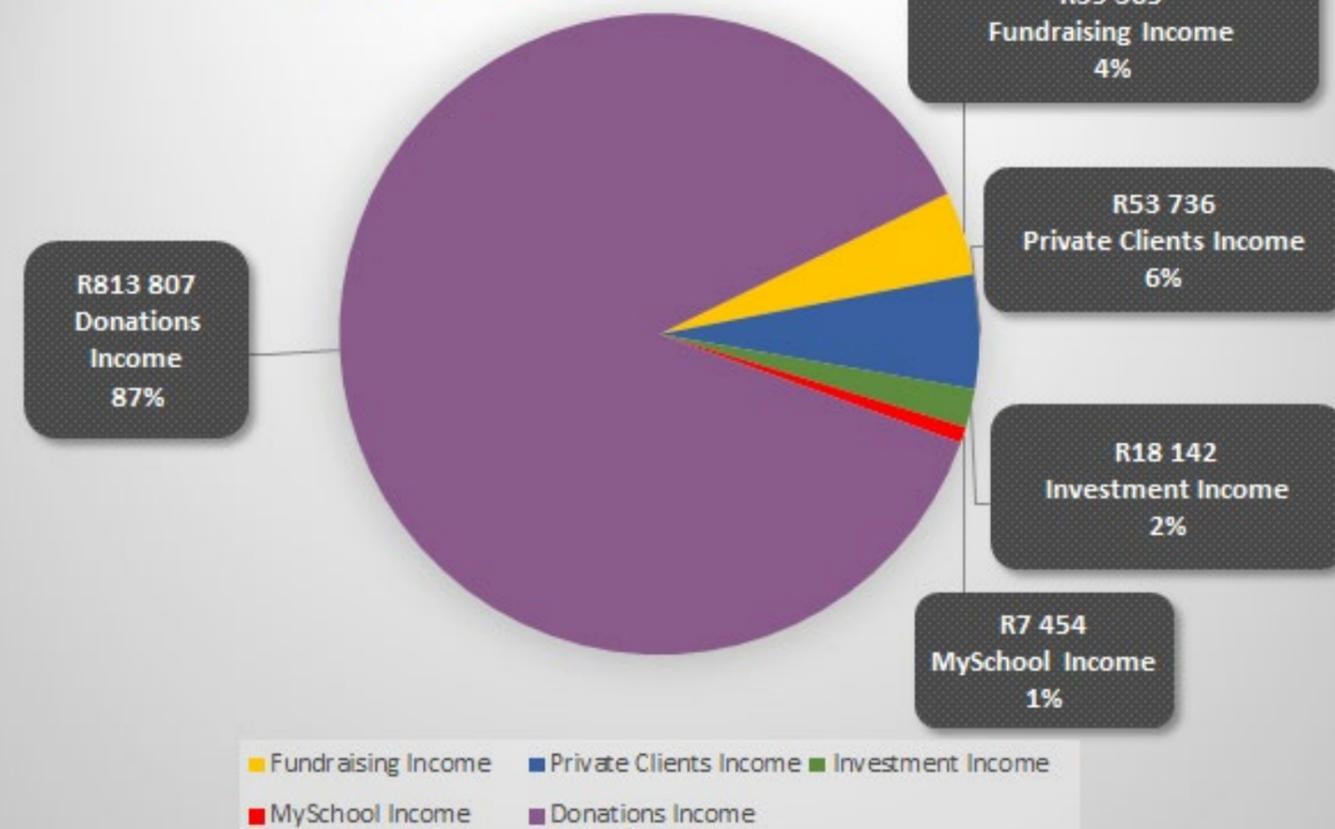
We are so grateful to all of our supporters, without you we would not be able to do what we do. Should you wish to see our full audited financial statements please contact us.

EQUINOX TRUST FUNDRAISER HORSE EXPO 2019

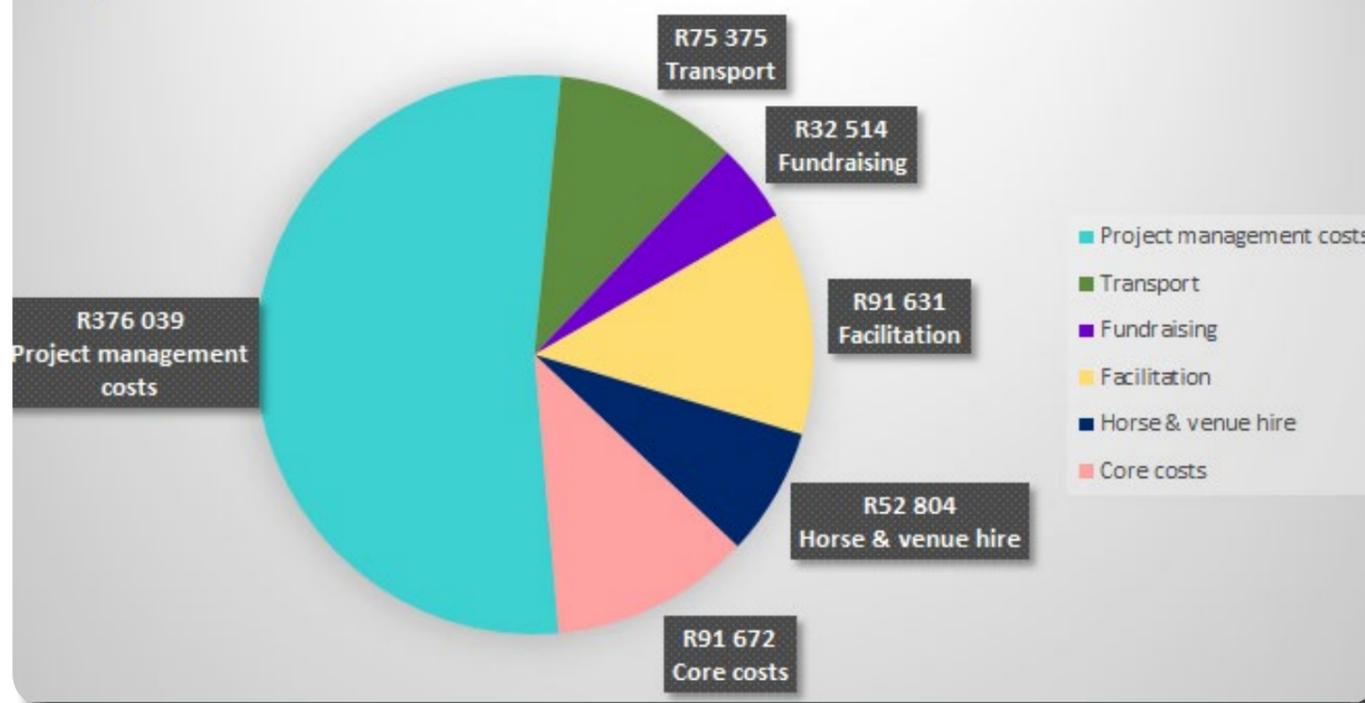


INCOME - EXPENDITURE 2019

Income 2019 Financial Year



Expenditure 2019 Financial Year



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

Annual donor:

Rolf-Stephan Nussbaum Foundation 7 years

Monthly donor:

The Rice Foundation Trust 4 years

The Saartjie Baartman Centre

Beck Family Foundation

Schonberg Trust

Grandslots

FLSmidth

Legacy Stud

Community Chest

National Lotteries Commission

Various individuals from our Horse Expo



"I would like to thank the Equinox Trust for letting us be part of their therapy as a lot of people don't get this opportunity".



CONTACT DETAILS

equinox trust

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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

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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