



ANNUAL REPORT 2020  
THE EQUINOX TRUST

“MY JOURNEY WITH THE HORSES TRANSFORMED MY PAIN INTO PURPOSE AND RE-IGNITED THE SPIRITED FIRE IN ME.”

*(Dews of Quietness)*



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## MESSAGE FROM THE TRUSTEES

What an interesting year we have had! With the world being hit by a pandemic that saw what we know as life being tipped upside down, we have come out feeling as though we have survived. We have been able to continue to help those in need and offer a service to all those seeking help and support during a most challenging time.

It is often through challenging times that one finds strength and courage and we at The Equinox Trust are proud to have come together to be a sign of hope and support for our communities. We have had difficulties with securing some funding, however we have seen some new funding opportunities arise which have given us a way forward. We have managed to continue providing a service through the national lockdown levels and to be of help to all those searching for guidance and support.

We are grateful for all our supporters, donors, ambassadors, partnerships, clients, beneficiaries and animals. You are what keeps us strong and passionate about helping others create change in their lives.

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.



# HIGHLIGHTS

## PROJECTS DELIVERED

7 programmes in 2020,  
with 5 different organisations, seeing a total of 77 clients:

Female 97%

Male 3%



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## AWARDS

**WINNER: Business Excellence Awards 2020:  
“Best Assisted Therapy Program Providers - South  
Africa 2020” through Acquisition International!**

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## DONATIONS RECEIVED

**R502 935**

**Largest donation this year thanks to  
the National Development Agency:**

**R300 000**

**(the 1st tranche has been received so far)**

# EQUINOX NEWS

## FAMSA presentation

We had the privilege of being asked by FAMSA Western Cape to present on the work that we do. FAMSA is a non-profit organisation (NPO) specialising in relationship counselling who place a great deal of emphasis on the continuous professional development of its professional staff and other stakeholders (both internal and external - Psychologists, Social Workers and so on). We provided a 3-hour zoom presentation in February 2021 which was met with enthusiasm and great support.

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## Mike Bromfield Fund

In memoriam of a wonderful man who so believed in our purpose, supported our passion and with unwavering kindness helped us make a dream come true, we have started The Mike Bromfield Fund. We have had several donors start this fund off and we would like to say thank you. This fund is an investment fund linked to our bequest account where any monies donated to this account sit and accrue interest. The interest earned off of the capital gained from these funds will go towards providing those who cannot afford Equine Assisted Therapy with sessions and giving them a chance at healing.



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## Covid-19

The global COVID-19 pandemic brought about a number of challenges for our team but also strengthened our capacity for flexibility and thinking on our feet. We had to run some sessions as online ones through Zoom, due to protocols surrounding the virus and this in itself presented us with challenges. The impact of the sessions, however, was still profound and we connected on another level with our beneficiaries.

# THE IMPACT

HOPE HOUSE  
Dear EQUINOX,

As I started the program with you late in 2020, I was probably the biggest sceptic that you had ever had. My initial intention was to do the program to familiarise myself with the type of therapy. I wanted to familiarise myself with "horse therapy" to at least have an idea of what the therapy was about. I didn't believe that there was much benefit to be had from this form of therapy and had serious doubts of its efficacy at the time.

As mentioned, I didn't have high hopes and went through the motions just for the experience and enlightenment. What ensued was quite remarkable. As the program progressed, I found myself opening up more to this form of therapy and its efficacy. The inner peace that the horses and your guidance provided me with at a time in my life that was highly stressful, was nothing short of amazing. With your process, I became grounded, centred and balanced. This enabled me to return home feeling calm, energised and able to focus on the work that I was completing at the time.

I can with the greatest of certainty say that your program worked wonders for me and I will recommend it to anyone who can benefit from it. The program aided me in confronting many thoughts and emotions that were not always possible to verbalise and to make sense of. Because I had the time and space provided by you to work through them in the presence of the horses, it assisted me to become calm and positive about my end goal because I could see a way forward again.

Thank you so very much for providing the platform, your guidance and for your patience.

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ROLF-STEPHAN NUSSBAUM FOUNDATION

We, the Nussbaum Foundation of which I am a Trustee, have been supporting Equinox for several years now. We have been super impressed by all their programmes and what they have achieved on so many levels. So much so that we have added them to our "annual donation list" as we truly believe in what they do.

# WHO DO WE HELP?

DEWS OF QUIETNESS

ROCK GIRL

SISTERS INCORPORATED

HOPE HOUSE

FAMILIES, INDIVIDUALS, TEENS & CHILDREN

CORPORATES

“THIS ADVENTURE HAS BEEN AMAZING BECAUSE I WAS REALLY ABLE TO EXPRESS MYSELF MORE SINCE BEING WITH THE HORSES AND COULDN'T HAVE DONE IT WITH BETTER PEOPLE. SARAH AND FIONA ARE REALLY SUPPORTIVE AND SO ARE THE REST OF THE GIRLS. WHENEVER I CAME HERE IT MADE ME CALM AND PEACEFUL. I NEVER KNEW THAT HORSES COULD DO SO MUCH FOR SOMEONE WITHOUT EVEN TALKING. I REALLY ENJOYED MYSELF, THIS IS AN EXPERIENCE TO REMEMBER.”

*ROCK GIRL*



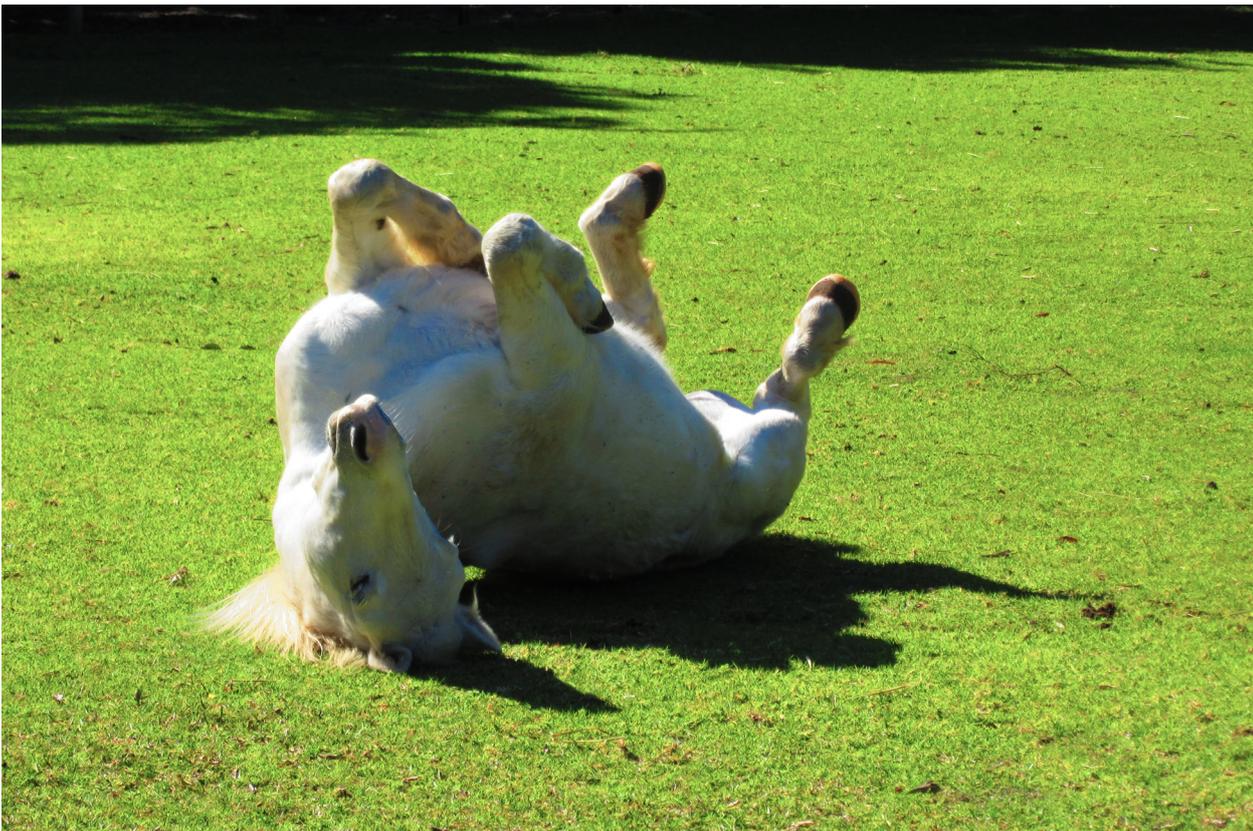
# FINANCIAL REPORT

2020 was a challenging year financially for the Trust, mostly due to the impact of Covid-19 pandemic and the knock-on effect this had on our donors and on our beneficiary organisations.

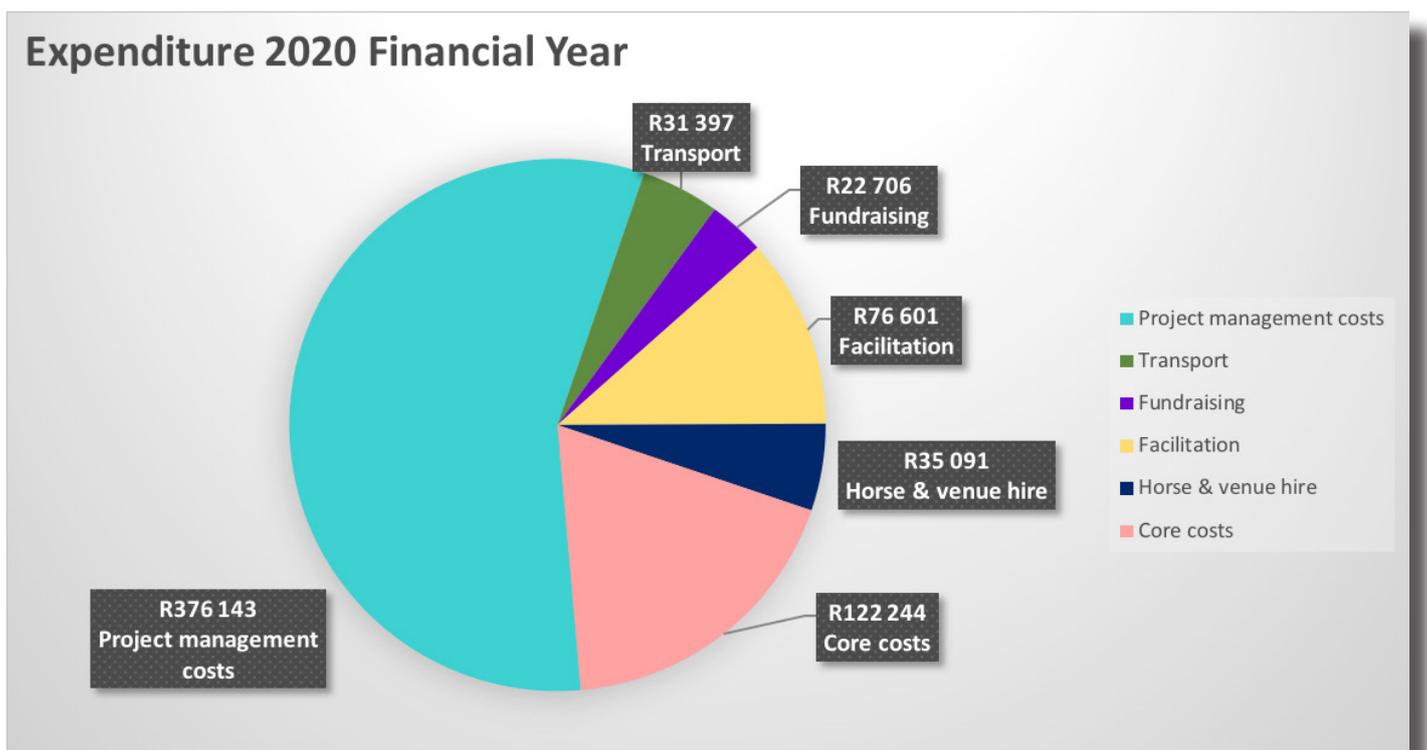
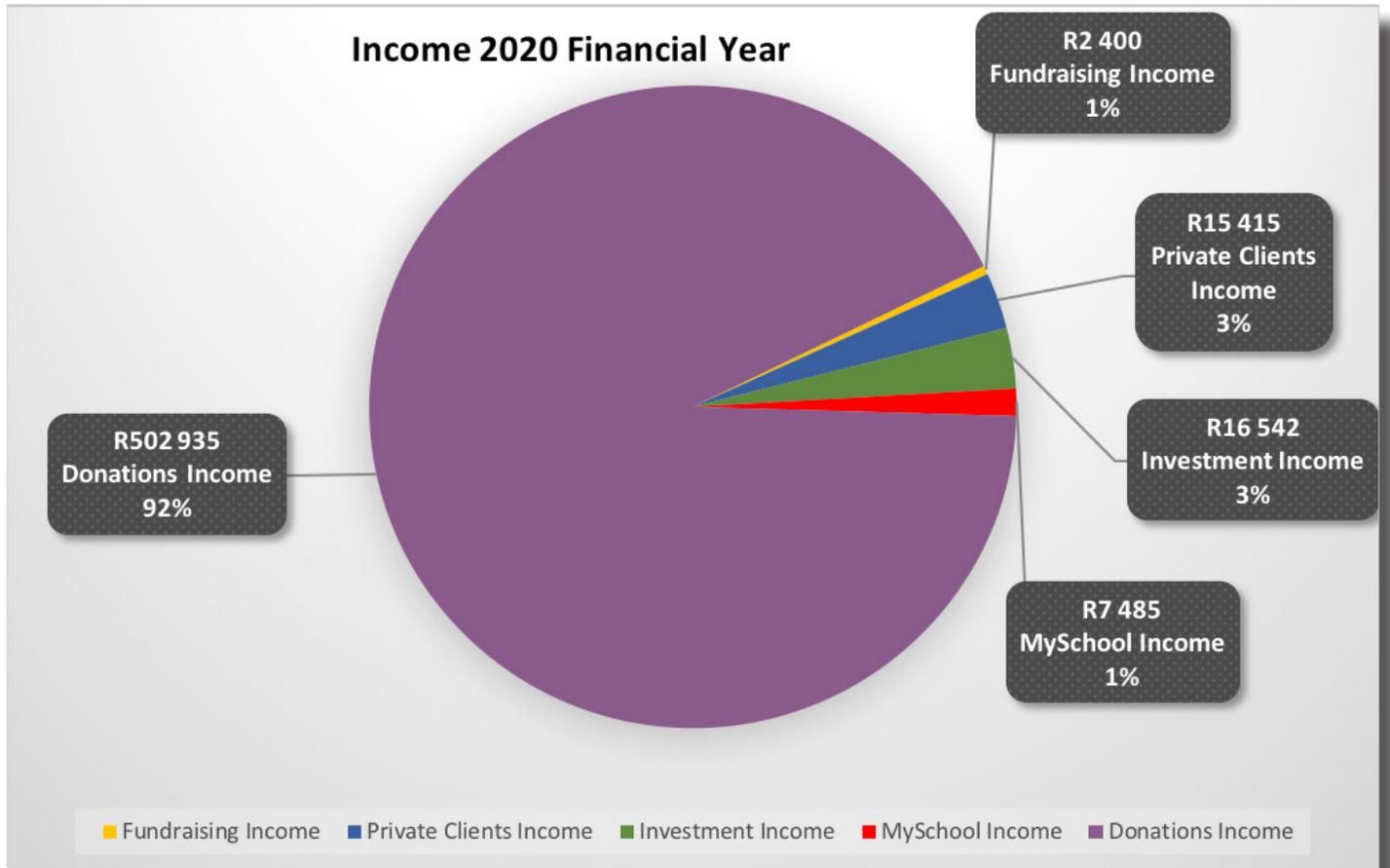
Our total donations did show a decline, from R813 807 in 2019 to R502 935 in 2020. Due to being unable to run our major fundraising event, the Horse Expo, and being very limited in what other events could be held, our fundraising income dropped substantially. Our MySchool income and income received from teambuilding sessions increased; however our interest income dropped, due to having to dip into our reserve funds to cover running costs when there were no programmes running. This resulted in a deficit of R82 000 for the year, however we hope to make this up heading into the 2021 financial year.

We were, however, very grateful to receive funding from The National Development Agency from their Victim Empowerment Programme fund, which has seen us being able to start programmes in February 2021 and keep us busy through the year.

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.



# INCOME - EXPENDITURE 2020



# 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.”**

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

## SPECIAL THANKS

“I AM GRATEFUL AND THANKFUL FOR BEING AFFORDED THIS OPPORTUNITY TO GET HELP AND SUPPORT TO HELP ME REACH MY FULL POTENTIAL AND REACH MY ‘DESTINY.’”

(WOMEN’S TRAUMA PROGRAMME)

## *Donors and supporters*

**Rolf-Stephan Nussbaum Foundation** 8 years

**The Rice Foundation Trust**

**National Development Agency**

**Heather Bromfield**

**Allister Rogan**

**Milne family**

**Community Chest**





## CONTACT DETAILS

equinox trust

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**Email:** [info@equinoxtrust.org](mailto:info@equinoxtrust.org)

**Facebook:** [www.facebook.com/equinoxtrust](http://www.facebook.com/equinoxtrust)

**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)

Snap here to pay

- SnapScan



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