

The Equinox
Trust



ANNUAL REPORT

2021 / 2022



Testimonial from a beneficiary

As a sixteen year old girl, coming from a house that doesn't feel like home... I've never felt as content anywhere else but here. These past few weeks I've grown comfortable to the familiar feeling of safety and security. Now I have to slowly say goodbye. Something I've resented my whole life. I always hated the thoughts of goodbyes. Yet somehow this one isn't as sad, it's a beautiful farewell that I'll always treasure.

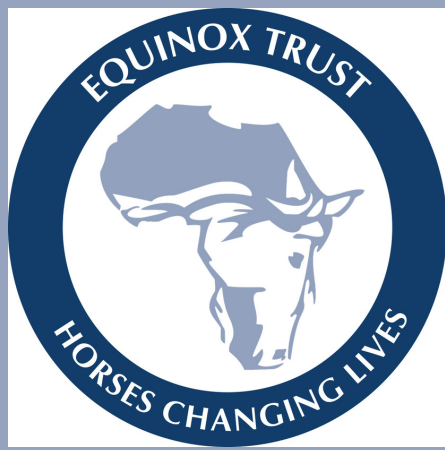
I'll miss the scenery, the way the sun hits the bright green grass.

With the way I fell in love with this place, there's no doubt I'll write about it. A poem or two, maybe even a whole book.

And along the journey I'll trust destiny with my life.

Just as much as I trusted destiny the moment we said our first hello.





Message from the trustees

Welcome to you, our followers, our donors, our believers, our long-standing supporters and our new friends, we cannot believe another year has gone by! We are looking forward to sharing with you what we have been up to.

Our year has been one filled with life changing moments for beneficiaries and clients and we are so grateful to have been a part of their journeys. We have continued to work with organisations that we have a collaborative relationship with, and are engaging in conversations with new potential organisations. We have also grown as a team and welcomed a new board member who is an inspiration in her community and beyond.

We have had some wonderful donors and funding which has enabled us to provide much needed therapy to groups and individuals who need healing. We have also been able to have some fresh branding and an upgrade to our website for which we are so grateful. We have had numerous donations made to our Mike Bromfield Fund which continues to grow, enabling us to provide therapeutic services to individuals who otherwise could not afford it.

We are continually humbled through our journey and inspired by all those whose paths we cross. We look forward to what the next year holds and to be a part of the change which builds our communities and society to a place where healing is accessible for all.

SARAH GARLAND
NICOLA MICHL
FIONA BROMFIELD





Equinox News

New board member

We are proud to introduce you to our newest board member, Moriedah Dien. She is the Executive Director of Dews of Quietness, an organisation that is very close to our hearts and one we have been working with since 2019. Moriedah is an incredible ambassador for Equinox and is always eager to get involved with our work. The sharing of her experience and knowledge with us has already proven fruitful and we are excited for our journey with her.

Give-back session

As part of our own giving back to the community, this year we offered a team building session to the staff at Sisters Incorporated, one of our regular beneficiary organisations. The team had a fantastic morning out and we are so blessed to be able to work with such amazing women.

“The staff had a awesome time at Equinox which gave them the opportunity to engage in activities with the horses. These activities increased their mental health, creativity and confidence. The feedback from the team was that each had a special experience which they will treasure. Thank you for having us and for always thinking of us here at Sisters Incorporated.”



Donate nation

Donate Nation is a recent donor platform that we joined in 2021, which assists funders and charity causes in connecting and creating change together. We ran our first successful campaign through this platform and managed to supersede our expectations and raised more than needed, so will be able to assist more than just one individual in need from the Fish Hoek area. Through this platform we hope to continue to raise funds for individuals and help our communities.



Annual fundraiser

We finally got to have our second annual fundraiser at the end of February 2022 after it was cancelled due to the Covid-19 Pandemic in 2021. We had some wonderful stalls ranging from art and sculptures to horse products and horse insurance as well as other charity organisations and horse discipline clubs and studs. We had an exciting line-up of horse acts and displays that showed off different breeds of horses, different styles and disciplines of riding. Our feature act was the South African Lipizzaners who gave a wonderful show of these incredible horses. We look forward to having this event annually and continuing to celebrate the horse.



Website and brand upgrade

We realise the importance of a digital footprint in this day and age and having turned 7 in this financial year, we took the opportunity to refresh our website and brand look and feel to encompass our journey and to reflect the growth we have had. We had wonderful design insight and development from Johlett at Black Ink Luxury Branding - thank you for all you have done. Our website was then completely restructured, thanks to John from WP Web Development, we are so grateful!

**6 Women's
Programmes
completed**

**79 Beneficiaries
helped**

Impact

***12 Individual clients
*2 team building
sessions**



Females 98%, Males 2%



Sisters Incorporated Social Worker



It's always interesting to see the various ladies' reactions to being identified as candidates to benefit from the Equinox Trust. From anticipation and trepidation to confusion, fear and excitement. Yet by the time they attend the growth at first is quiet and subdued but then thereafter it erupts into a tangible enthusiasm by standing and waiting for the transport to arrive to get to the farm. The trip and journey that the programme takes them through from self-discovery and reassurance to letting go and facing forward is one that aids in firmly rooting a strong sense of self-awareness better propels further empowerment. It is a programme that we endorse and share widely about our partnership.



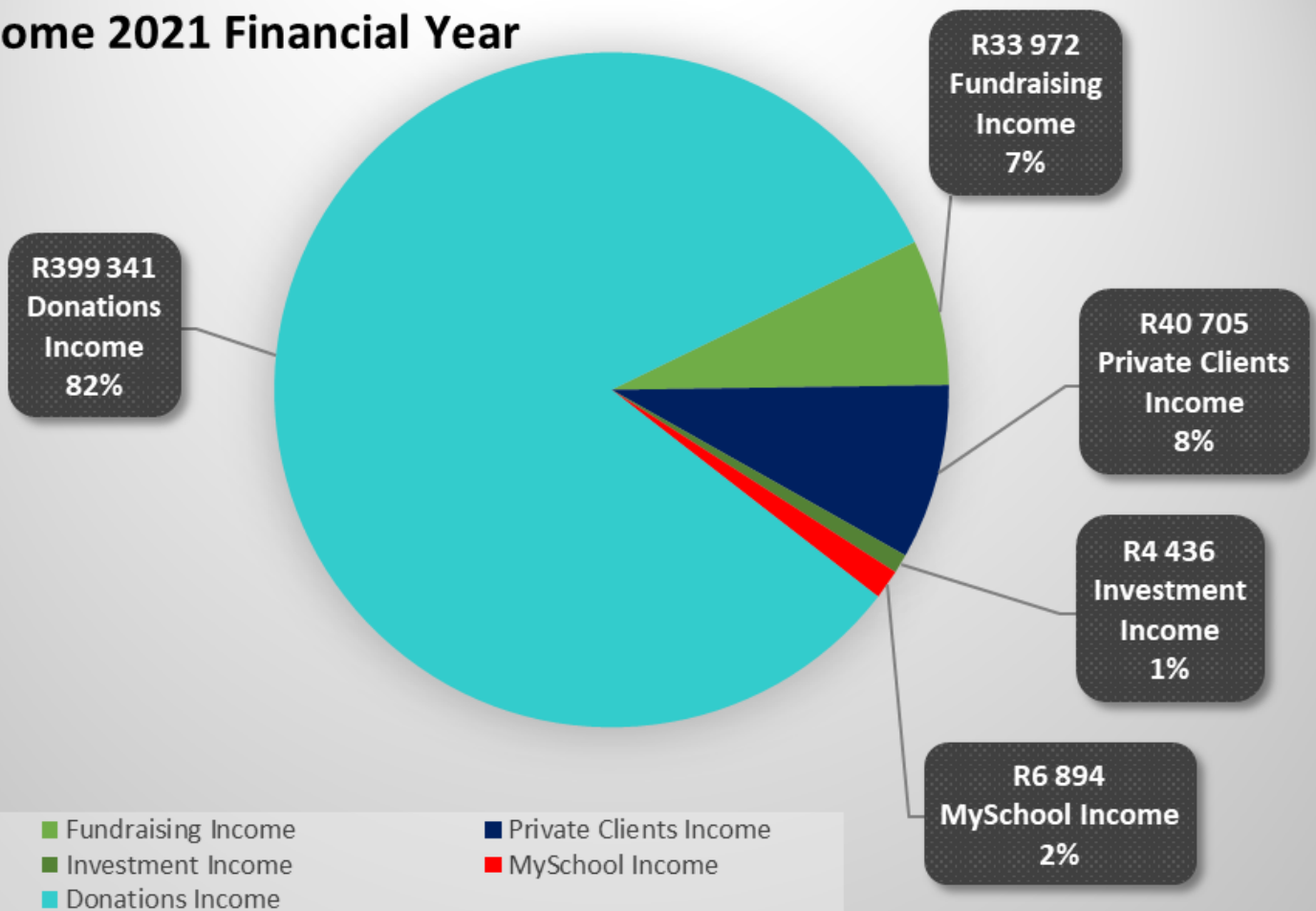
Financial Report

2021 was a year of consolidating and managing the effects of decreased funding within the sector, with many donors shifting their focus and turning inwards for their giving programmes.

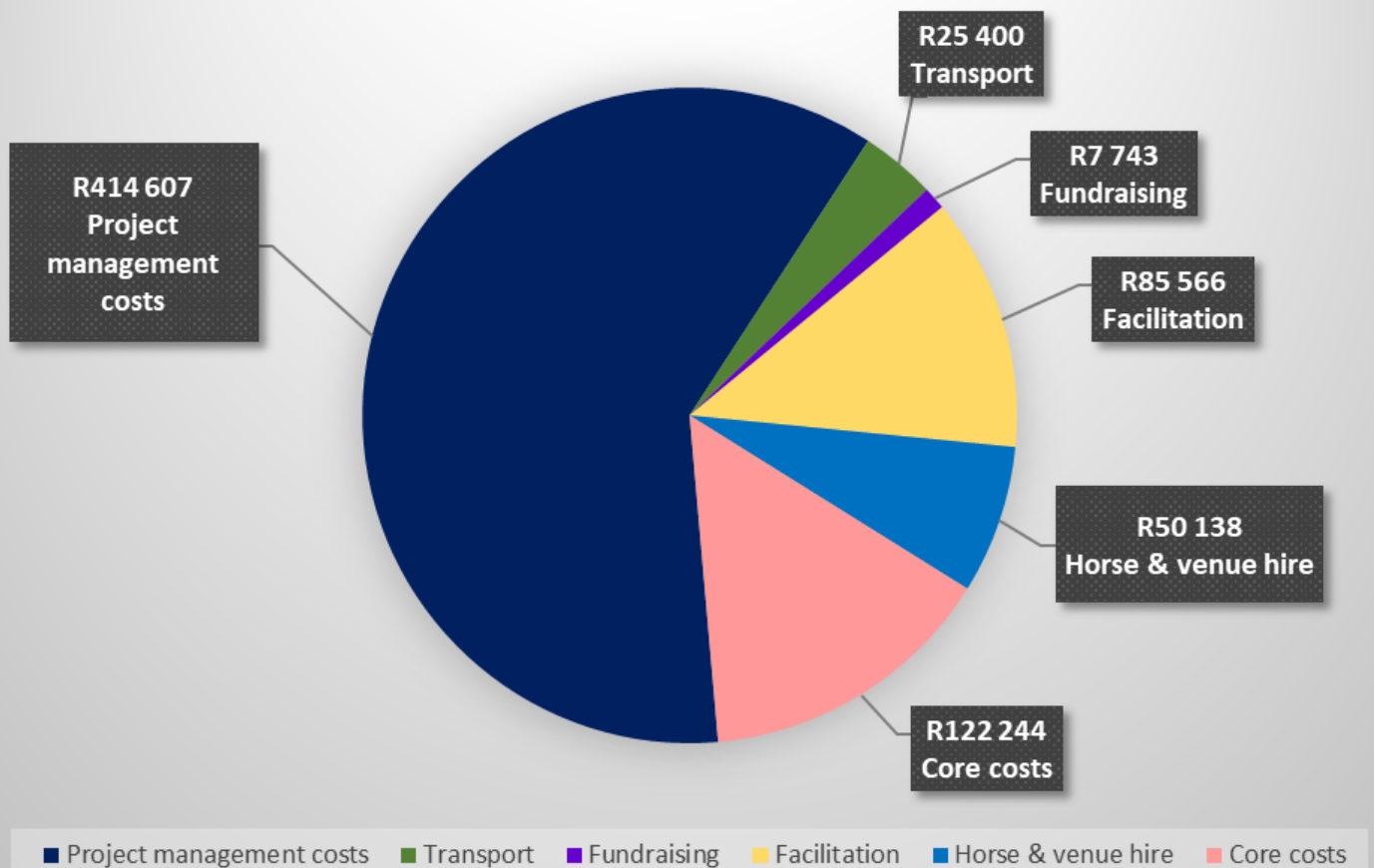
Our total donations decreased from R502 935 in 2020 to R399 341 in 2021. Other income, which included private therapy, team building sessions, fundraising income and MySchool income increased considerably from R61 492 in 2020 to R95 794 in 2021. We also received the 2nd tranche of the National Development Agency's funding (R150 000), which enabled us to run women's programmes throughout the year. Our challenge is always to cover full operational costs of the NGO while still compensating staff for their work, and this resulted in a deficit of R169 259 for the year.



Income 2021 Financial Year



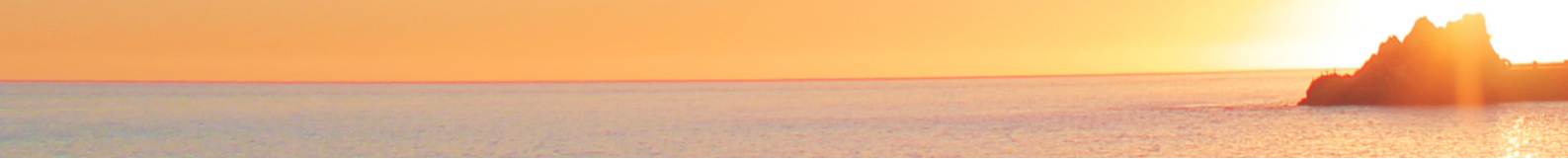
Expenditure 2021 Financial Year



Dews of Quietness testimonial

"I...would like to thank the facilitators of The Equinox Trust. My journey with the horses was really life changing. When I got here, I was all over, not knowing left from right. The horses helped me to see my behaviour or outlook on life had to change, in order for things in my life to change. My experience here also taught me that no one can change situations in my life but me.

I am grateful that with the help of The Equinox Trust, the facilitators and horses, I was equipped with courage, boldness and new strength. I can say no which I could not do before, and I can choose what I want to do and who I want to help. My body, mind and spirit has been revitalised and I am ready mentally, physically and spiritually to move forward, knowing there will be challenges, but I will be able to cope with it much better."





Thank you

We would like to give thanks to YOU! No matter how you have supported us, we are so grateful that you have taken some time out of your day to have a thought for us...by giving us that thought, you have made a difference to someone's life, you have helped to change a life, and that is so rewarding.

We are eternally grateful to our amazing horses who allow us into their world, who bring such incredible light to dark times and who seek to give. To the wonderful venues and their staff who allow us into their space, we are continually appreciative of your support. To the organisations with whom we work and collaborate with, thank you for being a part of the wheel that turns to help make a difference to those in need.

Donors

The Rice Foundation Trust

Ian Charlton

Hilton-Greens

Rolf-Stephan Nussbaum Foundation

National Development Agency

(single biggest donation of the year)

Catherine & Andrew Smart

James Beckingham

Allister Rogan

Wendy Wylie

Gill Udal

Our Team

Fiona Bromfield

Through her studies, she discovered a passion for helping both adults and children, and she has spent the last 13 years working in the model of Equine Assisted Therapy & Learning. Fiona is currently working towards achieving her Advanced Certification in the Eagala (Equine Assisted Growth & Learning Association) model. She enjoys being able to work with people in conjunction with horses, enabling a powerful learning process.



Sarah Garland

Sarah has had a lifelong passion for and relationship with horses and is constantly inspired by their way of being and their power of presence. Sarah has always had a passion for people and enjoyed being around people and helping those in need. Being able to pair her two passions in life to create a place of healing and harmony has been a dream. Sarah is excited to share her passion and knowledge of horses helping people.



Nicola Michl-Johnston

Nicola's deep connection with horses began in early childhood and she has worked with them extensively over the years, from stable yard management, teaching riding lessons, training horses, to running horse trails. Through these experiences she began to notice the great healing qualities that horses have to offer. She believes that horses are the best reflection of one's inner world and, combined with her passion for helping others to create more peaceful and harmonious lives for themselves, she feels that horses are able to offer us the opportunity to learn and make changes to create better lives for ourselves.



CONTACT US

Donation options:

- Directly via our GivenGain account:
<https://www.givengain.com/cause/5495/>
- Electronic Funds Transfer
- Donating into our Mike Bromfield fund (please contact us for bank details)
- Snap Scan



Snap here to pay



getsnapscan.com



Bank details:

The Equinox Trust

FNB Claremont

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Email: info@equinoxtrust.org

Facebook: www.facebook.com/equinoxtrust

Instagram: @theequinoxtrust

TRUSTEES: Sarah Garland, Fiona Bromfield, Nicola Michl

BOARD MEMBERS: Carol Brand, Moriedah Dien

TRUST REGISTRATION NUMBER: IT1049/2014 NPO NUMBER: 137-940

NPO PBO NUMBER: 930047278