

THE EQUINOX TRUST



2022-2023



ANNUAL REPORT



MESSAGE FROM THE TRUSTEES

A warm welcome to all our followers, believers, and supporters. We cannot believe the time has rolled around again for us to be sharing our annual wrap up, but here we are! We have had a good year and are pleased to share with you what our 2022 financial year has looked like for us.

We have quite a few things to share with you, from changes in our board membership to financial successes and new organisations joining our community. We are heading towards our 10 year anniversary of being in existence, this is a huge accomplishment for us and we are so proud of our journey.

This annual report is a way for us to share how amazing our journey has been and we invite you to join us in reminiscing over the successes we have had.

SARAH GARLAND & FIONA BROMFIELD



TESTIMONIALS

"I don't have that anger I was having before. I feel free all the time."

"I thought I knew myself, I thought I'd dealt with my past, but guess what the horses revealed that I lied to myself. Doors that I shut long time ago started opening."

"Now I'm relieved, strong, smiling with love and I'm confident"



**Total Clients: 82
Females 89%
Males 10%**

**8 individual clients
5 funded organisations
3 corporate wellness sessions**

NEWS

Changes at Board level



There was an organisational change that happened within The Equinox Trust. One of our founding members and dearest friend, Nicola Michl, who has been with us from the start and is a true visionary in seeing creative ways of bringing our dreams come to life, has decided to remove herself from the mainstream responsibilities of being involved in the Trust.

We would like to share our heartfelt thanks to Nicola for all she has given to The Equinox Trust as an organisation and to us as individuals and we are grateful that it is not the end of the journey, but just a change in direction and her level of involvement with us. Nicola will remain a founding member and in support of the organisation, however she will no longer be involved administratively. We will be bringing on a new trustee who will take on responsibilities from the new financial year.

Funding Solutions

We are excited to share that we embarked on a fundraising investment strategy for our organisation that has had a positive impact. Two of our members participated in a rigorous 6-month coaching programme aimed at developing and enhancing their fundraising skills with a wonderful coach from Funding Solutions. There were invaluable lessons learnt in the fundraising world and there have been financial rewards already experienced and a better understanding of developing our long-term sustainability as an organisation.



NEWS

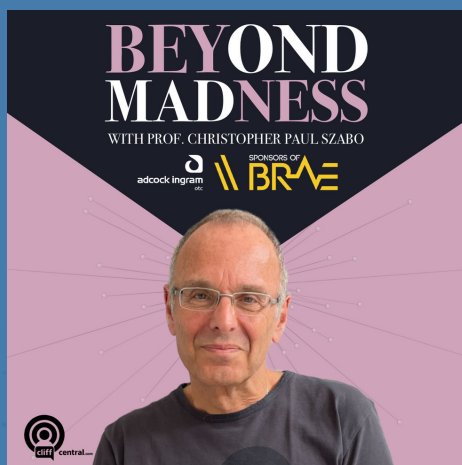
Social Media Consultant

We have added a social media consultant to our team who is helping us with the ever-changing world of social media. We would like to welcome Nadine Tsemach to our team. She joined us in September 2022 and is helping us to navigate social media. She is making a positive change and we have had lovely comments from followers who have said they can see the change and we are seeing the benefits of her creative flare and new perspectives on our socials.



Radio Interview

We are excited to share that we were guests for an episode of Beyond Madness on CliffCentral hosted by psychiatrist Christopher Szabo. The podcast episode was related to “animals and healing” with a focus on the Equine Assisted Psychotherapy programme we have run with Valkenberg Psychiatric Hospital. Please take a listen to the podcast on our social media pages posted on 23 January 2023 or find on our homepage of our website.



New Venue

We have started working from a wonderful new venue, based on the Chrysalis Academy grounds in Tokai and run by the amazing Karena! We are loving getting to know the herd and offer our sessions from this picturesque place.



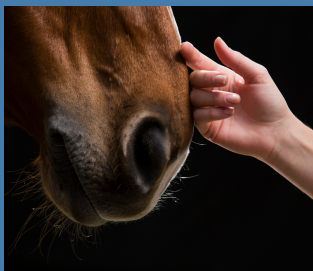
NEWS

Individual Therapy Sessions

We have had a number of successful individual sessions that have been funded through our Michael Bromfield Fund. These sessions have been offered to individuals who are in need of therapy but cannot afford it. Oftentimes they are referred to us by a professional within our network and collaborative circles.

A testimonial from one of our teenage girls:

"I really enjoyed spending time with the horses. It really made me more confident especially in front of my class for orals and asking questions, and drama skits."



Collaborations

We are continuing to work on existing collaborations and initiate new ones with like-minded organisations. It is through collaboration and networking that we will strengthen not only ourselves but all of our communities. We see the value in working together for the bigger cause. We had a valuable monitoring and evaluation exchange workshop with Waves of Change and Skateistan where we each shared our methodologies, helped each other fine tune and look at different tools that are available to us.

We also attended the Community and Mental Health Convention 2022 which was an incredible networking event and support for those of us working in the mental health space.



Testimonial

When ASA asked me to go with to the Horses I didn't know what to expect. But when I got there I was amazed to see the horses.

At first was I nervous but when I brushed the horses hair I had a great experience.

Never in my life did I think that I would have such a privilege. What I experienced is to deal with my brokenness. When I brushed the horses hair I remembered things I wanted to forget and that made me very emotional. It did me good to walk with the horses. I have learnt to love myself more and not to run anymore but to stand my ground. It was nice to walk between the horses, to touch them to stroke them and to feel their warmth and love. I'm starting to see things in a different perspective. While spending time with the horses I felt at peace.

thank you for
the privilege.

Love Amanda.



HORSE EXPO 2023



We had a very successful annual fundraiser in February as our Horse Expo 2023 reached new heights. We hosted the event at a new venue, Mistico Equestrian Centre and in conjunction with the South African Lipizzaners, we surpassed all expectations and doubled public attendance and profit! The event saw over 750 people attend with magical horse performances to watch and a blacksmithing competition that was next-level entertainment. We had amazing food and retail vendors that kept the crowd busy between performances.

We have only heard wonderful things from people and are very excited to share that as part of hosting the blacksmithing competition we had official media coverage that will be aired on one of the horse racing channels on Supersport!

The date is already set for next year: 24 February 2024!

MEET OUR TEAM



**Sarah
Garland**

PR & PROGRAMME
MANAGER



**Fiona
Bromfield**

FINANCIAL & OPS
MANAGER



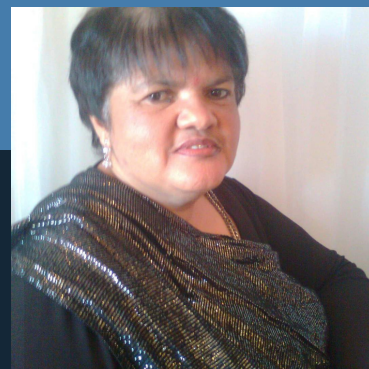
**Carol-Ann
Brand**

Board Member



Anneke Gouws

Board Member &
Trustee



**Moriehah
Dien**

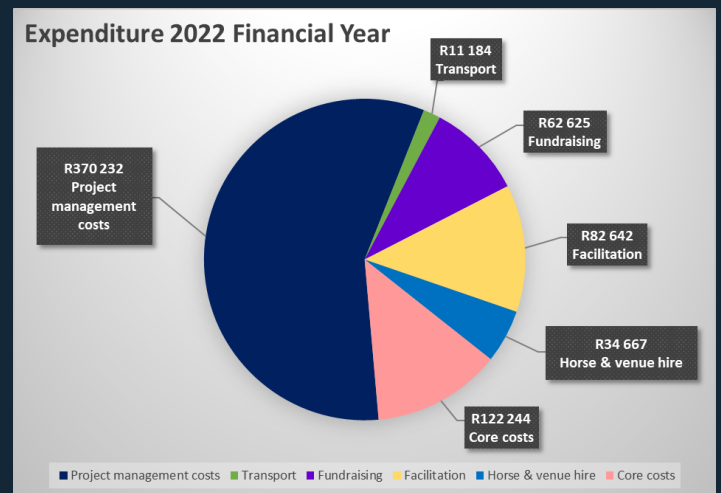
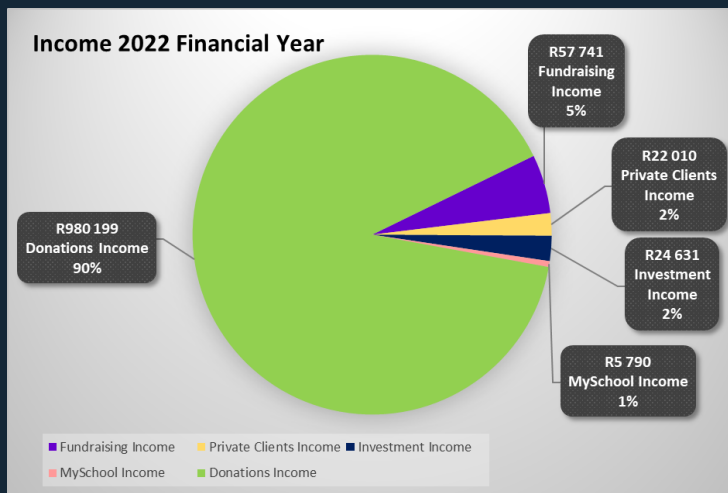
Board Member





FINANCIAL STATEMENT

2022 was a very successful year for the Trust, with our highest donations to date coming in from our amazing, generous donors. Our total income increased from R594 903 in the 2021 financial year to R1 090 370 for this financial year, which is a huge milestone for us. Overall, we had a surplus of R462 960 for the year, mostly due to the National Lotteries Commission funding which runs over two financial years.



**Donations
received
R980 199**

Donors & supporters

National Lotteries Commission
The Rice Foundation Trust
Opennetworks donation_anonymous
Mandela Day donation_anonymous
JH Richards Trust (NedGroup)
Ackerman Family Foundation
Rolf-Stephan Nussbaum Foundation
Allister Rogan
Heather Bromfield



Testimonial

"This session has played a tremendous role in my life, in terms of healing the wounded inner child in me"

"I found in her [the horse] myself, a strong beautiful loving soul. I found in her a heart I belonged to. This experience has truly changed my life."

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 who we work with and collaborate with, thank you for being a part of the wheel that turns to help make a difference to those in need.

CONTACT US



072 126 1096



info@equinoxtrust.org



www.equinoxtrust.org



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