



Our Vision

'To inspire disengaged individuals to reconnect with society through working with horses.'

The Mission

'To give young people, regardless of their background, the opportunity to develop their skills enabling them to return to education and/or employment.'

What is the Changing Lives Through Horses programme?

The British Horse Society Changing Lives Through Horses programme engages young people at a critical point in their lives, where they are offered a safe & caring environment where they can learn alongside highly trained coaches at British Horse Society Approved Riding Centres. The BHS believes that horses have a remarkable role to play in impacting on a young person's life when other methods have not been successful.

When was the programme developed?

The Changing Lives Through Horses programme was developed and piloted in 2016 with excellent feedback from the twelve centres involved. Since then the programme has grown, with centres delivering the programme nationwide and over 700 young people having accessed the programme to date.

Who is the Programme for?

The programme is aimed at participants who are age 5-25 years who have become, or are at risk of becoming disengaged, from mainstream education, or training. Participants who have benefitted from the programme include those with learning difficulties, anxiety, depression, and those dealing with bereavement or those dealing with abusive pasts. Participants aren't required to have previous equine experience, just a passion to learn and a want to re-engage.

What does the programme involve?

The main aim of the programme is to develop the young person across six key life skill areas: Communication, Confidence, Teamwork, Building Relationships, Perseverance, and Responsibility. Participants are monitored across these six areas monthly by their coach.

The programme is structured around two frameworks: The Achievers Framework, aimed at younger participants, consists of 16 awards, 10 for stable management and six for riding. The Explorers Framework, for older participants, has 18 awards covering a number of different topics all based around riding or caring for the horses. Activities contained in each award provide opportunities for the participant to develop in the six key life skills as well as practice key skills linked to their national curriculum.