

# Charlotte Springall Equestrian



Teaching | Breaking | Producing | Livery | Breeding | Competition

Charlotte Springall Equestrian is becoming one of the leading equestrian training centres in the area.

*There's no doubt about it, horses are therapeutic. And it's not just the physical benefits from being outside; from a cuddle at the end of a long day to achieving a life-long dream horses make us feel good, help us understand more about ourselves and above all they make us happy! And it is my privilege to be able to share the joy of horses with adults and children alike.*

Growing up in the New Forest and from a family immersed in all things equine, Charlotte would always work with horses.

Initially specialising in breaking and producing horses for competition, Charlotte Springall Equestrian is now available to everyone.



# The Power of the Horse



## Working with Autistic People

Horses are used by physical, speech, and occupational therapists to reach their patients on a personal level. Children with autism benefit from equine therapy through motor, emotional, and sensory sensations that come with riding a horse.



## Creating the Emotional Bond

Autistic children may have difficulty bonding emotionally to others. It can be hard for a child to make eye contact, communicate feelings, and express themselves to those they care about. Rather than verbal communication, autistic children experience physical communication with horses through grooming, patting and hugging. By learning to care for a horse, they create an emotional bridge with their feelings. This bond can in turn lead to social and communication skill production with other people.

## Cognitive and Language Skills Development

Autistic children often have difficulty comprehending normal directions. With equine therapy, a child can follow instructions through a fun activity that makes taking direction easier to grasp and remember. And giving a horse directions when handling, grooming and riding will provide more opportunities to communicate. During therapy their cognitive concepts will naturally improve. For example, equine therapists will often have children throw coloured balls into baskets, touch their eyes, mouth, and ears during a song, and identify scenes—these are all incorporated whilst riding.

## Sensory Benefits

Balance and spatial orientation are experienced through the vestibular sense organs. These are located inside the inner ear and are stimulated through direction change, incline, and speed. Riding a horse helps liven these sensory receptors, which helps make therapy exciting and in turn motivates a child to continue to be engaged.

All of the ponies and staff at Charlotte Springall Equestrian are trained to work with the needs of autistic children.

**For more information on how we can help you, please contact us on the number below.**



**Charlotte Springall**

**Dear Lea Stables, Home Farm, Giles Lane, Landford, Salisbury SP5 2BG**

**07900 836695**



# Team Springall



**Team Springall** provides a supportive environment where vulnerable young people and those from disadvantaged backgrounds can learn to ride and look after horses and ponies.

The specialist team provides access to equine sports to those who would not necessarily get an opportunity and the benefits are huge:



**Access** to a quiet rural environment brings a sense of calm in an otherwise busy and intense world.

**Health and well-being** of participants is improved through physical activity, community involvement and learning new skills.

**Self-esteem and confidence** soars through achievements during riding and horse-care sessions. At Charlotte Springall Equestrian they can take part in educational courses and training for NVQs, as well as our own in-house qualifications and competitions.

**Vocational skills** gained by both therapy staff and young people from attending educational courses, training and work experience.

**Life and social skills** developed through their involvement in varying activities, opportunities and responsibilities; working independently and as part of a team.

## Who can join Team Springall?

Our young people are referred by childcare professionals, mainstream and special schools, local authorities, social workers and youth workers. They all face a variety of challenges that make everyday life a struggle. They may be:

- In foster care
- A young carer
- A victim of abuse, bullying or neglect
- NEET (Not in Education, Employment or Training)
- Homeless young people
- Young people with physical and/or learning difficulties
- Young people requiring support away from crime and drugs



When many young people are first referred, most are underperforming at, or not attending school, and may be struggling to see the next step. Team Springall aims to encourage personal growth and improved self confidence so that they are able to participate on a more level platform in full time school, college or work.

**For more information on how we can help you, please contact us on the number below.**



# Prices



## Riding Lessons

Private child's lesson £35 per hour  
Private adult's lesson £45 per hour

## Team Springall Equine Therapy

Half Day - 9:30-1pm

Spend 3 1/2 hours around horses including care and management, training, handling, riding and personal mentoring. All included for £65

Full Day - 9:30-4pm

Spend 6 1/2 hours around horses including care and management, training, handling, riding, lunging and personal mentoring. Team Springall lunch is also included. All for £100

## Sidesaddle Riding Lessons

Learn the elegant art of riding sidesaddle. Available for adults and children  
Private child's lesson £35 per hour  
Private adult's lesson £45 per hour

## Unicorn Rides

A unique experience of riding a real-life unicorn! 2 hours.  
Child £45 Adult £55

New for  
2020

## Spring & Summer Equestrian Sleepovers

Educational and fun camps: one or two nights  
Prices available on request

## Courses Available

Equestrian Certificates inc. road safety, stable management, lunging and long-reining  
Clipping horses  
Fly fishing

All staff are DBS checked

License by Wiltshire Council approved riding establishment

**For more information on how we can help you, please contact us on the number below.**

