

## About Us:

We provide a combination of therapies including Hippotherapy, Pony Petting, Pat Therapy, and Physiotherapy to provide a rehabilitation programme to suit your individual needs.

Our mission is to provide high quality assessment and rehabilitation programmes using the horse to provide a treatment strategy for adults and children with physical, mental, social and learning disabilities and as such allow more people to benefit from Hippotherapy and associated services.

Hippotherapy is a specialist physiotherapy intervention that uses the 3 dimensional movement of the horse in walk to correct and improve movement, balance, core strength, in the person on the horse. It has been shown to benefit children with cerebral palsy, multiple sclerosis, brain and spinal cord injuries and many other people with movement disorders. Research has shown that the functional ability of these people improves following a course of Hippotherapy and can be maintained over a follow up period. Children with autism and other learning disabilities have also benefitted from this form of therapy

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[www.reach-uk.org](http://www.reach-uk.org)

REACH is a not for profit charity dedicated to assisting disabled people through the use of horses.

For more information contact:  
Louise Barrett, Clinical Lead

07791188473

[www.reach-uk.org/contact-us.php](http://www.reach-uk.org/contact-us.php)

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## A Charity Specialising In Equine Assisted Therapy



Rehabilitation, Education & Assessment Centre for Hippotherapy

## Price List and Subsidy Policy



## Pricing Policy:

REACH is a not for profit charity and as such makes charges to cover its running costs only. Any surpluses are reinvested or made available as subsidies to allow wider range of people benefit from our therapies.

All of our services aim to provide a rehabilitation or development programme for our clients. We recommend that you engage in a course of at least 6 sessions. Please speak to our Clinical Lead for more information.

## Pony Petting

This activity utilises the pony experience, being around our two miniature Shetlands who are quiet and friendly and loved being fussed, through patting, stroking, cuddling, brushing. This is a highly sensory and emotional experience. Making a new friend can help with confidence, relationship building, communication, social interaction and promote relaxation and wellbeing. Being small, these ponies can also travel and are available for visits to schools, care homes, day centres, special needs centres and rehabilitation settings.

## Drop In Mornings:

If you would like to drop in and experience the horses and REACH services then by prior arrangement we welcome all ages to pop in.

| Service                        | Duration   | Price  |
|--------------------------------|------------|--|
| Hippotherapy                   | 30 Minutes | £40.00                                       |
| Equine Assisted Therapy        | 30 Minutes | £20.00                                       |
| Pat Therapy (at REACH)         | 30 Minutes | £10.00                                       |
| Pat Therapy (at your location) | 30 Minutes | £50.00<br>(plus £1.50 per mile over 3 miles) |
| Drop In<br>(Minimum Donation)  | Morning    | £2.50  |

## Subsidy Policy

REACH operates a subsidy scheme to enable all deserving individuals to benefit from our services. If you would like to apply for a subsidy (up to 80% of the costs may be covered) then please speak to our Clinical Lead. Terms and conditions apply. REACH will grant as many subsidies as it can afford at any one time.

Prices are subject to change from time to time.

## Our Services:

REACH will cater for all ages and for a range of disabilities including the following:

- ☞ Cerebral palsy
- ☞ Down syndrome
- ☞ Developmental delay
- ☞ Spinal cord injury
- ☞ Brain injury
- ☞ Autism
- ☞ Behavioural disorders
- ☞ Learning disabilities
- ☞ Mental health disorders

All staff and Volunteers at REACH have the necessary qualification and training to provide our services and all Hippotherapy sessions are lead by a qualified physiotherapist who has also qualified as a Hippotherapist.

## Hippotherapy

This is a specialist physiotherapy intervention that uses the 3 dimensional movement of the horse in walk to correct and improve movement, balance, core strength, in the person on the horse.

## Equine Assisted Therapy

This uses the interaction with the horse to promote mental well-being. This usually does not involve sitting on the horse, just being around the horse. A relationship with a horse can offer challenges to overcome fears, build up trust, respect, compassion, develop communication skills, problem solving and coping techniques, self confidence and self-esteem. These skills are transferable to many other areas of ordinary life.