

Annual Report 31 March 2023

Tēnā tātou katoa

It is both humbling and exciting to report that at the closure of another financial year, Horses Helping Humans, Hōiho Hāpai Hapori, (HHH) has now established itself as a credible and effective response for our young Taranaki rangatahi (aged 8 to 18 years) struggling with the challenges of anxiety, depression and trauma related disorders. And the big news is ...as the year has drawn to a close, we have found a permanent space to deliver and develop our programme! Ka rawe!

With massive support and endorsement from our community, the Goodin family and key funders such as the Toi Foundation, the programme has developed to the point where have been able to establish a home base from which to deliver and grow our programme. Sewn into the landscape around the coast in Mirikau, Warea, HHH now has its own place under the shadow of our beautiful Maunga.

We have established a 20m by 40m arena and a 50ft round pen (picture attached) and renovations will be beginning soon for our own special whare to better care for and meet the needs of our young people attending HHH.

Previously we have been reliant on several different venues around Taranaki to host our programme but with a permanent base we will be able to operate more cost effectively and efficiently moving forward. We will continue to deliver sessions in New Plymouth and Hāwera over the winter months to eliminate the barrier of travel for those clients travelling from further afar.

Whilst our objective remains to improve the mental and emotional well-being of vulnerable rangatahi in our community, during the 2022/2023-year HHH has also commenced working with high needs neuro diverse clients. Last year 85 Taiohi were beneficiaries of the programme. In the past year we have been able to accommodate 124 clients, finding funding for 107 of those people to attend free of charge. We have built a strong relationship with Te Rangimarie Unit at Stratford High, four of their high needs neurodiverse rangitahi successfully completed HHH in Terms 3/4 2022 and the remainder of the class are booked to attend this coming year.

It is always a challenge, as with most charities, to find a consistent source of funding to ensure sustainability and growth. However, with a growing visibility in the community and with some fantastic feedback from participants we are

engaging with several schools across Taranaki and have continued to attract funding and support from health and government agencies such as Child and Adolescent Health (CAMHS), Oranga Tamariki, START Taranaki, Barnados and through the Children's Flexifund authorised through the Police.

Five of our incredible herd of horses are provided by our lead facilitator Laura Menzies. An additional three are free leased to us through the generosity of Olga Privee, Nadine Knight and Nichole Smyth. Thank you for your very valuable contribution.

In addition, we have received financial support from the following funders: Toi Foundation, Lottery Taranaki Community, New Plymouth District Council, The Taranaki Foundation, COGS North and South Taranaki, NZ Community Trust, Sport Taranaki Tū Manawa Fund for which we are hugely appreciative and acknowledge with gratitude, our total operating income growing by a further \$40,000.00 for the financial year ending 2023.

During the last year our board members have remained consistent in number and name and at this point I acknowledge their tremendous and consistent commitment, energy and passion for HHH without which we simply could not operate. It is inspiring to be able to work alongside these generous and philanthropic members of our community, with thanks also to Janet Wrightson-Lean, our tireless record keeper. A very special thank you to the Goodins who have enabled us to establish our home on their land, adjacent to their own home in Mirikau, Warea.

Our shining star and lead facilitator of our programme, Laura Menzies continues to be, without a doubt, the heart and soul of HHH. Her continuing drive, commitment, energy and passion appears to be endless and her knowledge and love of the horses and the young rangatahi adds a very special and unique synergy in the presentation of the programme and from which we all benefit significantly. Thank you, Laura, your contribution is awesome.

In order to monitor the programme's efficacy, we have continued to track participant's outcomes to ensure we are delivering and are able to measure the quality of programme in terms of the following markers: self-confidence; emotional regulation; assertive communication; self-awareness and of others, and mental wellbeing. The overwhelming feedback we have received from both referrers and our rangatahi has been significantly positive across the board in all

these categories and in the months following the course has generally continued to be sustained or improved for our participants.

Whilst we have included feedback from both participants and referrers within our end of year financial reports one of the responses received seems to encapsulate best what we are striving to achieve:

The students who have attended Laura's programme have all thoroughly enjoyed themselves and rave about the programme, wanting to go back. They score themselves higher in terms of confidence, self-esteem, communication and engagement and as a school we notice the difference it has made for the student to attend. The results are long lasting, and improvements continue.

Laura is able to engage with students respectfully, and in a manner that generally encourages and supports the students to bring out the best. I thoroughly recommend Horses Helping Humans programme and would love to send more students to this program. Unfortunately, most students I work with come from economically deprived homes, so funding is crucial for this programme. Liza Albers, Guidance Counsellor, Stratford High School 7/11/2022.

Having now grounded ourselves, we pivot towards new horizons and aspirations for the future sustainability, growth and development of Horses Helping Humans, Hōiho Hāpai Hapori.



Bridget Burke
Chairperson