

# Eat Sleep Ride – Theory of Change

## Activities

Person centered, experiential learning & therapeutic, equine & countryside based interactions, tailored for the needs of young people, their parents, guardians, & carers:

- Saltire & Youth Achievement Award programmes
- Rein & Shine volunteering programme
- After-school skills development programmes
- Equestrian Coaching, Stable Management & Horse Welfare training
- Employability & work experience programmes
- Riding lessons, hacking & trekking
- Provision of wellness retreats & corporate development sessions

## Enabling Factors

- Safe, professional & welcoming riding centre
- Social enterprise focused on positive change that transforms people's lives
- Inclusive & accessible service tailored to the needs of young people
- Skilled, experienced & qualified youth workers, coaches, instructors & practitioners & member of Youth Scotland
- Trekking & Riding Society of Scotland & Association of British Riding Schools approved centre
- British Horse Society accredited coaching staff
- Official United Kingdom Coaching Certificate courses venue
- Hireable community events & training facility
- Strong local education & equine partnerships

## Social & Personal Development Outcomes

Improved communication skills

Reduced social isolation & increased social interaction

Increased confidence & self esteem

Improved quality of life

Better able to develop positive relationships

Improved social skills & feel better able to make friends

Feel safe & better able to trust

Increased emotional intelligence & empathy

Better prepared & more empowered to make positive choices

Developed new skills / gained a qualification

Improved educational attainment

Improved aspirations & desire to achieve

## Health and Wellbeing Outcomes

Increased levels of happiness

Reduced levels of anxiety

More physically active

More satisfied with life

## Strategic Outcomes

Children & young people have improved physical & mental health and wellbeing

Children & young people have developed coping strategies to better equip them to live healthier, happier, & more fulfilled lives

Children & young people have increased access to life-enhancing therapeutic equine & countryside based activities

Volunteers build stronger relationships with and feel better connected to their communities

## Vision

Children & young people to have the opportunities to make positive, healthy and life-enhancing decisions about their future

