

3 MONTHS AT



Eat,
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Ride,
CIC

SEP-DEC 23



FUNDERS NEWS

Thanks to Leven Seat Trust and Investing In Enterprise, we've been able to carry out necessary works for our off-grid wellness and eco house space. This year we are planting a small woodland area, funded by South of Scotland Tree Planting scheme to enable new habitat creation.

Our sensory garden is coming to life, thanks to FCC Landfill funding. This tranquil space will include picnic areas, edible hedging, tactile planting, and a pond, all designed to be wheelchair accessible. The Postcode Lottery has been instrumental in helping us design and connect all our green spaces, which will include organic food growing areas, chickens, and more.

With the generous support of the Thomas Baird Watson Trust, we've enhanced our volunteers' skills and employability - last month, 10 team members successfully completed their Fire Safety Awareness training.



FUNDRAISING

Please support Eat, Sleep, Ride CIC on Easy Fundraising today and raise FREE donations with your everyday online shopping at Tesco, eBay, M&S, Expedia, Just Eat and many more!

Once you raise your first £5, easyfundraising will double it! Plus, join this month and we could win a £250 donation. Sign up [here](#)

The East Lothian Community Lottery is an exciting way for you to support local causes while having a chance to win prizes! By participating, you're directly contributing to the betterment of our community. A portion of each ticket sold goes towards supporting vital local initiatives, including ours!

Each ticket costs only £1 and is your entry into the weekly draw. You have the chance to win up to £25,000 every week.

Sign up [here](#)

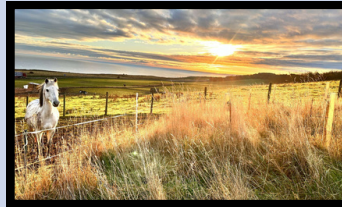


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EVENTS

We celebrated a festive and memorable ESR Christmas party, made possible through the generous support of the Duns Rotary Club. At this heartwarming event, 24 children and youngsters had the delightful experience of interacting with ponies, unwrapping thoughtful gifts, and enjoying a feast of delicious food.

Adding to our season's festivities, our founder made a significant contribution with a presentation at the Wooden Spoon Charity Auction, showcasing our commitment to community and charitable causes

The celebrations culminated with a splendid night out in Berwick Upon Tweed for our dedicated staff, honouring their hard work and commitment throughout the year. A special note of appreciation goes to the wonderful team at Repas7 for their exceptional hospitality

COMMUNITY

Through our Impact Funding initiative, we successfully orchestrated a pivotal community dialogue centred around the essentials of democracy. This gathering provided a platform for sharing insightful perspectives, thereby enriching both decision-making processes and community involvement. The event saw a turnout of 34 varied local community members, delving into three critical topics: fostering accountability within decision-making entities, the significance of community events in engaging locals for oversight and future planning, and exploring further avenues to amplify community involvement in decision-making.

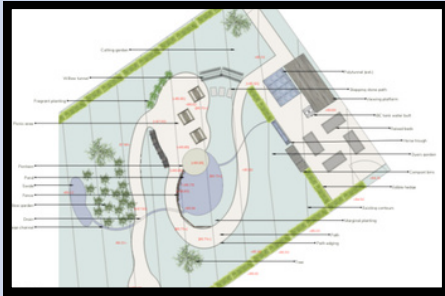
The outcomes of this conversation revealed a strong community yearning for trustworthiness and responsibility among decision-makers, an emphasis on inclusivity and fostering a sense of community spirit, and the recognition of the value brought by community contributions. Among the key recommendations were the effective utilization of local meeting spaces, ensuring accessible transportation and diverse channels for participation, upholding professional standards, and crafting events that are both welcoming and add tangible value to the community.

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ENVIRONMENTAL

Through Agrivista a comprehensive Specialist Advice Report was conducted, focusing on Biodiversity, Habitat, and Landscape. This initiative reflects our deep commitment to enhancing biodiversity and natural habitat management. The report provides a thorough overview of the current landscape, including grasslands, wildlife, and climate conditions. It offers strategic recommendations for biodiversity improvement, such as weed control, the introduction of wildflowers, and wildlife habitat creation. The report underscores the significant potential for biodiversity enhancement through meticulous planning and management, striking a crucial balance between ecological sustainability and productivity.

AWARDS AND ACHIEVEMENTS

We are delighted to announce that we have been named finalists for the prestigious 2024 Community Sport and Recreation Awards hashtag #CSRA2024.

Our founder has been part of the first cohort on the Pathways for Scale Programme by Scottish Enterprise. This is a fantastic opportunity for us to grow and learn, and we're eagerly looking forward to meeting and sharing this journey with our supporters over the coming months.

We were Shortlisted for the Social Enterprise Awards Scotland 2023 in the Health and Social Care category. This recognition is a testament to our team's hard work and dedication to making a significant impact in our community.

A SPECIAL ASK

In our recent survey, we've gained valuable insights from 46 respondents about Eat Sleep Ride. Community members have varied lengths and types of involvement with us. While some are clear about our objectives and enjoy our environment, others seek more clarity or improvements. Our newsletter is widely read, with diverse feedback on our facilities and services. Opinions vary on mental wellbeing and community engagement. Participants are interested in fun activities and want more involvement in therapies and coaching. Suggestions include more exercise and stable management options. Respondents support causes like animal welfare and mental health, preferring to help through donations, social media, and volunteering. Join the conversation and share your thoughts - there's still time to participate in the survey [here](#).

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MERCHANDISE

We're delighted to bring you some exciting updates from our merchandise range! Our branded collection continues to grow, now featuring base layers, T-shirts, hoodies, pens, and water bottles. But, the highlight of this year has been the launch of our special wellness range, thoughtfully designed and created by our incredible young people.

Our wellness range includes unique and meaningful items. Follow this [link](#) to visit our shop.

Reflective Conversation Cards: This innovative idea emerged from a desire to ease conversations. Many expressed finding conversations challenging, and these cards, adorned with quotes and images from our site and our people, are designed to spark engaging discussions. They're not just conversation starters; they're a bridge to deeper connections.



Positivity Cards: To spread cheer and motivation, our positivity cards are perfect for anyone needing a little uplifting. They're small reminders that can make a big difference in someone's day.



Keep Safe Bracelets: Born out of a response to bullying experiences at school, these tactile bracelets serve as a comfort and a symbol of solidarity and strength. They remind the wearers that they are not alone and are part of a supportive community.



Custom-Designed Gift Wrap: One of our young volunteers, inspired by the horses and ponies at Eat Sleep Ride, has drawn and created unique wrapping paper. Available for any occasion, this wrapping paper is not just about aesthetics; it tells our story.

Our merchandise is more than just products; they are extensions of our values and the creativity of our community. By purchasing these items, you not only get to own a piece of Eat Sleep Ride but also support our mission and the young minds that continue to inspire us.

● www.eatsleeprides.org ●

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SPECIAL THANK YOU

Munro and Wilson have been nothing short of remarkable in their assistance with our solar system. When parts of our solar setup encountered issues, they didn't just step in; they went above and beyond. Their expertise in troubleshooting and deep knowledge of sustainable energy systems have been invaluable in keeping us operational during the colder months.

Redpath deserves a special mention for their incredible generosity and responsiveness. When we found ourselves quite literally 'in the dark', they were there to lend us a generator, filling the gap and keeping our lights on. This kind of support in times of need is a testament to the strength and compassion of our local community. It's amazing how a simple act of lending equipment can have such a significant impact on our daily operations.

OUR HORSES

First up, let's talk about Belle, our tiny feral Welsh pony. When she joined us three months ago, Belle had minimal experience with being handled, had never been ridden, and was quite cautious by nature. We're thrilled to report that, thanks to our incredible team and her dedicated youth volunteer and loaner, Belle has made remarkable strides. She's now bravely embarking on her ridden career, showing more confidence each day. It's heartwarming to see her trust and bond with her volunteer friend, illustrating the powerful connection between humans and horses.

On to the story of Tommy. Known for his love of cuddles, Tommy has been on his own journey of learning how to connect with people and finding relaxation. We discovered that Tommy has a twist in his jaw, which required special attention. Our team has worked diligently on developing his top line, which had weakened due to years of inactivity. His progress is a testament to the resilience and adaptability of these magnificent creatures, and the dedicated care they receive from our team.

These updates highlight the remarkable progress of Belle and Tommy and also reflect the dedication and skill of our team and volunteers. Their hard work and commitment to understanding each horse's unique needs are what make these success stories possible.



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UPCOMING DEVELOPMENTS

Our spaces are being transformed into a green oasis, offering a plethora of activities for young people and vulnerable groups. We're not stopping here - with potential support from EB Scotland, we plan to create birdwatching hides, educational boards, nature walks, and enhance biodiversity across the site. Plus, we're upgrading to LED lighting to reduce our environmental footprint.



CASE STUDY

A JOURNEY OF LEARNING AND DISCOVERY

In our latest newsletter, we're excited to share a special feature from one of our young and dedicated volunteers, Faith, who's 14 and hails from Cockburnspath in Berwickshire. With a background in farming, Faith joined us at Eat Sleep Ride, bringing her experience with sheep and cattle. But she quickly discovered that horses are a different ball game altogether!

"I've been volunteering and taking lessons at ESR for almost two years now, and the amount I've learned in this time is incredible. From mastering the art of tying up a haynet to connecting with people from diverse social backgrounds, every day has been a learning experience," shares Faith.

Currently juggling her GCSE preparations and work experience applications, Faith is eagerly looking forward to returning to more regular volunteering post-exams. But that's not all she's excited about.

In an adventurous turn, Faith is gearing up for a three-week conservation expedition to Borneo this July. She's enthusiastically planning and fundraising for this journey, where she'll volunteer in orangutan and sun bear sanctuaries and immerse herself in the local culture. As an aspiring vet, Faith is thrilled about the opportunity to encounter wild animals and learn from them.

"But even as I prepare for this trip, I realize that the horses at ESR have taught me so much already. They've shown me there's always something new to learn, and that's what I cherish the most about my time here," Faith concludes.

We're incredibly proud of Faith's dedication and enthusiasm, both at ESR and in her broader endeavors. Her journey is a testament to the invaluable experiences and lessons that volunteering can bring, especially when you're as passionate and committed as she is.

Keep soaring high, Faith, and best of luck with your GCSEs and the exciting Borneo adventure!