

*"I suddenly found myself being able to **communicate** with people. I found **joy** in things again and, most importantly, I found I suddenly had a feeling of **hope** for the **future**"*

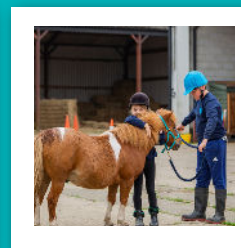
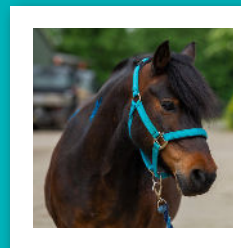
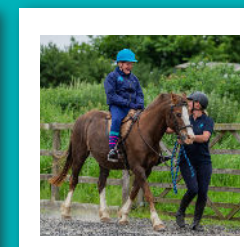
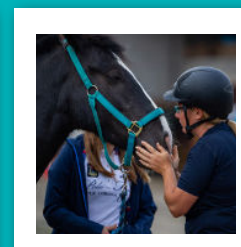
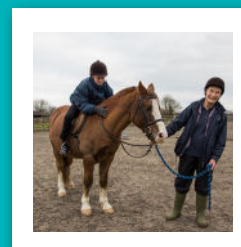
- Christina, Discovery student

*"School has always been a really negative experience for me. Discovery gives me something **positive to focus on**"*

- Phoebe, Discovery student



Discovery



Empowering
young people
through
rescued horses



Discovery sessions can be arranged throughout the academic year for groups or individuals; these usually begin with a six week course. Sessions last for approximately ninety minutes per week. We can tailor the courses to meet the needs of the individual or group and have different course options available.

To discuss the course further and/or to discuss the needs of your learner/s please get in touch:

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Welcome to Discovery

Discovery was established in 2008 out of a desire to educate young people about animal welfare, but, with disengagement in education becoming progressively problematic, the courses very quickly transformed into something else entirely.

The courses unite gentle horses with young people typically outside of mainstream education or those who face adversity in a formal school setting, with the aim of teaching them essential life skills and encouraging aspirations to lead meaningful and purposeful lives.



Discovery is recognised as an alternative education provider for Bristol and the surrounding areas.

A wide range of challenging behaviours are exhibited by the students referred to Discovery. Some have problems with anger management, impulse control, or have difficulty concentrating. We also help those demonstrating autistic behaviours or ADHD and those coping with mental health difficulties. Through a programme of activities tailored to suit individual needs, young people gain practical experience of essential transferable skills such as communication, teamwork and decision making. Working alongside horses in an outdoor environment gives each pupil the chance to excel in ways they cannot in a structured school setting. The horses give the students a sense of responsibility, with rules that have clear purpose and consequences, producing rewarding emotional connections in return.

Our courses reignite a love of learning, nourish developing minds and give vulnerable children hope for a brighter future.

Analysis of data collected between 2012 and 2018 demonstrates that the results achieved by Discovery are nothing short of outstanding. Almost every student leaves feeling motivated, with an increased sense of confidence and self-esteem. The long-term positive impact of this is far reaching beyond the student's time on the course. Many students re-enter mainstream education and a number have gone on to achieve vocational qualifications and secure full-time employment.



Why horses make perfect partners

Equine assisted learning is an effective way of teaching key skills such as teamwork, communication, confidence and emotional development; all fundamental components of the Discovery course.

Horses are herd animals, with a natural desire for company and leadership. This makes them readily inclined to develop relationships with humans. Moreover, horses have been proven to mirror our behaviour, reading body language and instantly responding. This encourages the young people who come to us (many of whom arrive at Discovery with a negative mind-set) to enter into the space with a sense of calm, confidence and openness. This helps the students reflect on their behaviour and challenge the way they approach situations, both at Discovery and in the wider world.

Students are given a sense of responsibility and leadership rarely experienced before their time at Discovery.

Horses are non-judgemental, with no preconceived expectations or motives, which allows the young people to develop relationships based on mutual trust and respect. Just like our students, each of our horses has its own unique personality and qualities - stubborn, fun, defiant, caring - each with the ability to respond in a nurturing and supportive way. It is this that makes the horses at HorseWorld the perfect, natural companions for the incredible work carried out by Discovery.



"Before Discovery, I couldn't leave the house. I didn't know what to do"

Sophie, Discovery Student

"Thank you, Discovery, for giving me the confidence to talk to others"

Josh, Discovery Student

