

The City Bridge Trust

Bridging Divides: Application for a grant



About your organisation

Organisation Details

Name of your organisation: The Horse Rangers Association (Hampton Court) Limited	
If your organisation is part of a larger organisation, what is its name? N/A	
In which London Borough is your organisation based? Richmond	
Contact person: Mr Jeremy Richardson	Position: Director
Website: http://www.horserangers.com	Social Media Accounts: www.facebook.com/horserangers and www.twitter.com/HorseRangers
What Quality Marks does your organisation currently hold? Queens Award for Voluntary Service 2014, Member Group of RDA	

Legal Status

Legal status of organisation: Registered Charitable Incorporated Organisation			
Charity Number: 1908257 <i>1098257</i>	Company Number: 4712789	CIC Number:	Bencom Number:
When was your organisation established? 01/01/1954			

Aims of your organisation:

The Horse Rangers Association (HRA) is a self-supporting, non-profit making, voluntary youth organisation which enables young people to develop life and leadership skills through learning to ride and look after their horses and ponies. It also supports an active Riding for the Disabled section for youth and adults integrating, wherever possible, those with special needs within mainstream Horse Ranger activities.

Our objectives are:

To help members to learn independence and concern for others by guiding them with discipline towards the qualities of integrity, loyalty, honour and trust that will prepare them to become worthy citizens

To enable members to develop the skills of good horsemanship through the provision of riding instruction, stable management training and other aspects connected with horses and general recreation

To encourage senior members to support both younger members and those with special needs as part of their personal development and in order to achieve promotion through the ranks of the organisation.

Main activities of your organisation:

Weekly, HRA supports over 400 children/young people from all backgrounds and abilities in our mainstream groups. As a member group of The Riding for the Disabled Association (RDA), we provide opportunities for children/young people and adults with disabilities.

Working in partnership with local Young Carers? Projects, Children's Services and schools, we deliver outreach programmes and provide volunteering opportunities to disadvantaged children/young people.

Members are taught all aspects of horsemanship, including riding and looking after horses. Senior members mentor younger members and all work through a badge system. Riders are involved in HRA and other events throughout the year.

HRA is structured into Squadrons. Individuals with special needs are integrated, where possible, into mainstream Squadrons. Squadrons 6 and 7 run with the RDA. Squadron 6 includes riders from local special needs schools and independent riders. Squadron 7 is for young people aged 7-12 with mild/moderate disabilities.

Your Staff & Volunteers

Full-time:	Part-time:	Trustee/Board members:	Active volunteers:
9	2	8	100
Do you have a Safeguarding policy? Yes			
Are the following people in your organisation subject to DBS checks?			
Paid Staff Yes	Volunteers Yes	Trustees / Management Committee Members Yes	

Property occupied by your organisation

Is the main property owned, leased or rented by your organisation?	If leased/rented, how long is the outstanding agreement?
Leased	No end date on the lease

Environmental Impact

What action have you taken in the past year to progress environmentally sustainability principles and practice?

HRA is based at the Royal Mews which comes under the Royal Household. Riding sessions take place at the Stockyard which is part of the Royal Parks. The Royal Parks developed a sustainability strategy for 2015-2025. It incorporates; mitigation and adapting to climate change, sustainable transport, reducing greenhouse gas emissions, managing water and efficient use of raw materials and waste.

HRA follow this strategy where it can.

Prevent- reducing waste (re-useable cups for refreshments, minimising printing)

Re-use- horse excrement and bedding waste is taken away composted and spread on fields as natural fertiliser.

Recycle- waste is recycled where possible

Recover- incineration with energy recovery

Dispose- aim for 0% to landfill

Where possible, low emission vehicles are used to transport horses.

HRA encourage minimal consumption of products used to manage the horses and stables, all are safely recycled into the atmosphere or into the earth and water courses.

Finance Details

Organisation Finances

	Year of most recent audited / examined accounts	Current financial year forecast	Next financial year budget
End of financial year date	31/03/2017	31/03/2018	31/03/2019
Grants & donations:	£483,892	£481,205	£615,059
Earned income:	£38,313	£38,743	£21,450
Other income:	£38,806	£23,788	£15,400
Total income:	£561,011	£583,736	£651,909
Charitable activity costs:	£543,685	£571,621	£601,941
Cost of raising funds:	£33,337	£31,188	£20,969
Other costs:	£0	£0	£0
Total expenditure:	£577,022	£602,809	£622,910
Free unrestricted reserves held at year end:	£407,072	£353,256	£353,256

What is your organisation's reserves policy?

HRA's reserves policy is set to ensure there is no disruption to our activities in the event of an unforeseen reduction in income or increase in expenditure.

The reserves policy is reviewed regularly and Trustees base the decision of an appropriate reserves level on an evaluation of risk. The level of reserves will be higher in more difficult economic times and lower in a more benign environment.

Our reserves are also required until HRA finds a long-term solution to the Charity's property requirements. The majority of the reserves are internally designated for relocating to new stables and offices.

For your most recent financial year, what % of your income was from statutory sources?
0%

Organisational changes

Describe any significant organisational changes to your structure, financial position or core activities since the date of your most recent accounts.

Jeremy Richardson took over as Director in May 2018 as the previous Director retired due to ill health. Lauren Thomas, the Development Manager started with the Horse Rangers Association in February 2018.

Grant Request

Which of the Trust's programmes and priority areas will your application deliver?
Connecting the Capital/Arts, sports, health and/or well-being projects for disabled people

Which of the programme outcome(s) does your application aim to achieve?
Connecting the Capital/Londoners experiencing inequality or disadvantage have greater wellbeing and independence through improved access to arts, sports and other community facilities and services

Please describe the purpose of your funding request in one sentence.
Enabling and growing by 25% per year the number of people with disabilities gaining benefits from regular horse riding through access to Squadron 6.

When will the funding be required? **12/02/2019**

Is this request to continue work that is currently funded or has been funded in the last year by:

City Bridge Trust?

No

Another funder? (if so which)

**Hampton Fuel Allotment Charity
 £10,000 in 2017**

How much funding are you requesting?

Year 1:
£19,000

Year 2:
£35,873

Year 3:
£54,152

Year 4:
£0

Year 5:
£0

Total Requested: £109,025

What 3 main differences or outcomes do you want to achieve through your funding proposal?

Adults and young people attending squadron 6, learning to ride will see improved overall physical wellness. This is in a number of areas such as; physical strength, balance, coordination and gross and fine motor skills. The physical ability and skill required to ride a horse successfully develops these physical changes.

Adults and young people attending squadron 6 will see improved overall Self-Belief through learning to ride. Their confidence, self-esteem and sense of belonging will increase as well as being proud of their achievements leading to positive expectations in life.

The activities of squadron 6 are designed to promote social and inter-personal skills. While learning to ride, members develop strong and positive relationships with their instructors, peers and the horses.

What are the main activities or outputs you will deliver to achieve these differences?

10 x 45 minute accessible riding sessions per week during term time for children and adults with a range of disabilities from mild to severe such as: genetic disorder, epilepsy, autistic spectrum disorder, sensory integration disorder, asperger's, hypermobility, down's syndrome, brain injury, cerebral palsy, hydrocephalus, autism and sensory processing difficulties.

Provision of physical therapy through riding horses in Squadron 6. Riding provides physiotherapy on the move; the warmth and three dimensional movement of the horse is transmitted through the body of the rider helping individuals relax, strengthen their core muscles, enabling participants to become stronger and more supple.

Volunteering opportunities for 100+ young adults and adults some with a range of disabilities who assist in the delivery of Squadron 6. HRA are looking to find more ways to incorporate these volunteers into the planning and management of the sessions.

You and your grant request

What, specifically, are you applying for (your project)?

HRA is applying for funding for the operational costs of Squadron 6 enabling it to grow annually by 25% over a 3 year period. Squadron 6 provides opportunities for individuals with disabilities to access horse-riding. It caters for 64 children and adults with mild to severe disabilities through liaison with Special Educational Needs and Disabilities schools and Care homes.

Squadron 6 is run with the assistance of over 100 volunteers, some of whom have disabilities. HRA provides work experience for individuals with disabilities and works with the Duke of Edinburgh Award scheme and the Probation Service. Volunteers assist in the delivery of Squadron 6. HRA welcomes riders and volunteers from all backgrounds and values diversity.

Squadron 6 members see improvements in many areas such as their physical and mental well-being, social and interpersonal skills and overall self-belief. Horse-riding also provides physiotherapy on the move.

How will the project described achieve your stated outcomes?

This project hopes to achieve differences in physical wellness, emotional /psychological wellness, educational development and social development of its riders.

Physical differences can be achieved in areas such as; improved balance, strengthened muscles, improved coordination, faster reflexes and better motor planning, improved flexibility, increased range of motion, improved respiration and circulation, improved appetite and digestion and improved sensory integration.

Psychological benefits can be achieved in a general sense of improved well being, increased interest in one's own life, improved self-belief, improved self confidence, emotional control and self discipline.

Educational benefits can be achieved in reading, maths, sequencing, patterning and motor planning, improved hand/eye coordination and improved visual spatial perception.

Social differences can be achieved as relationships develop among their peer group, with riders instructors and volunteers.

The RDA outcomes tracker monitors riders progress in; communication, confidence, enjoyment, relationships, physical changes and horsemanship.

How do you know there's a need for this work?

Squadron 6 is needed due to the numerous benefits that it provides its members. These benefits result in a high demand for the service. Squadron 6 has an extensive waiting list.

The therapeutic benefits of riding are numerous, riding provides physiotherapy on the move; the warmth and three dimensional movement of the horse is transmitted through the body of the rider helping them relax. Riding has the physical benefits of improving posture, strengthening core muscles and helping riders to become more supple. Riding improves balance and coordination. Participants improve their awareness, communication, confidence and decision making as well as enjoy learning horsemanship with a community of like minded people.

Members only leave Squadron 6 if they move away or if their condition deteriorates to an extent that it is no longer safe to ride. All RDA sessions have waiting lists due to the high demand for this service.

How will the work be delivered - specifically, what will you do?

Squadron 6 is delivered in conjunction with special educational needs and disabilities schools and the Riding for the Disabled Association (RDA). Sessions take place during the day 9 times throughout the week. Each session lasts 45 minutes and is delivered with the assistance of RDA coaches, other volunteers and specially chosen horses with an appropriate temperament and ability to work with people with disabilities. Two British Horse Association Assistant Instructors (BHA AI) oversee Squadron 6. Usually there are 3 volunteers per rider, 1 leader and 2 side helpers.

Each term, personal goals are set for each rider through the RDA endeavour awards system. These are developed in conjunction with their carers/ parents/guardians. These enable members to track their progress where traditional monitoring may not be appropriate such as assessing their social skills and awareness, how they interact with the horse, improvement of their posture in the saddle and more.

Why are you the right organisation to do this work?

The Horse Rangers Association (HRA) was formed in 1954 and has been working with individuals with disabilities since 1969. HRA has substantial experience in this field and has a long history of successful delivery.

Squadron 6 has the appropriate RDA qualified coaches to deliver this work and is overseen by 2 x BHA assistant instructors. There are 6 coaches, 2 assistant coaches and 3 trainee coaches who deliver the sessions. HRA is an approved Riding School, member of the British Horse Society and registered with Richmond Borough Council.

HRA differs from a traditional riding school as it was set up to enable members to gain life and leadership skills through learning to ride and look after their horses and ponies. Horses are carefully selected to ensure that they are appropriate for their riders.

There is no other organisation that runs a similar Horse Rangers programme in the vicinity.

How does your work complement and not duplicate other services within your area?

RDA sessions are in high demand. As such every riding school offering RDA sessions has a waiting list. Each RDA session is aimed at individuals with differing physical and mental needs and requirements. HRA works closely with riding schools offering RDA sessions in the greater London region. This close relationship permits HRA to transfer a member to an RDA session elsewhere if HRA can't meet their specific needs and requirements. HRA also accepts individuals wanting to attend an RDA session if a session elsewhere can't cater for their specific needs.

For physical and behavioural therapy, children may have some access via schools, hospitals or other support, but the holistic approach provided by riding and being around horses is not offered by any other organisation or service. Squadron 6 offers a complimentary physical therapy with social, personal, behavioural and communication benefits, while also being fun.

How will you ensure that your project will hear and represent the views and needs of disadvantaged people and/or diverse communities?

HRA works closely with the RDA to ensure it delivers a service that meets the needs of individuals with disabilities. New guidelines or recommendations for delivery of the service are incorporated if recommended. The riders coach and side helpers communicate with each rider and their carer or parent/guardian to understand their individual needs. Each year, HRA holds an open day, representing the needs and views of HRA members to the wider community. HRA delivers regular presentations on its work to the local community.

HRA uses the RDA tracker to track the goals of individual riders. In addition to this, HRA has developed a carer or parent/guardian questionnaire to enable HRA to gain additional knowledge regarding the sessions and any feedback or comments on the sessions. RDA Endeavour awards are also used to create bespoke goals for each rider termly in conjunction with the riders carer or parent/guardian.

How does your project engage and empower individuals and/or communities to come together on this issue? Will you be working with people who are particularly excluded?

HRA engages with 4 x local SEND schools, care homes (for adult riders) and the RDA enabling individuals with disabilities to get involved in riding. Squadron 6 develops members riding knowledge and skills, helping them realise their abilities and potential, empowering them to do something that they may never have done otherwise. It provides a community where individuals with similar disabilities can come together, learn to ride, share their life's challenges, create life long friendships, somewhere other than home or school.

Over 100 volunteers of all ages, some with disabilities themselves deliver these sessions. This community engagement enables wider understanding of the challenges these individuals face. Young offenders and under 25's looking for work experience assist too. The mainstream horse rangers assist alongside Squadron 6 members at HRA events promoting inclusion and togetherness.

These individuals would otherwise be excluded from mainstream activities as their disabilities are not catered for.

Is the focus of your project meeting an already identifiable need (acute or otherwise) or are there elements which are preventative and/or incorporate early action?

Squadron 6 aims to:

Help individuals who would otherwise not have access horse riding.

Promote physical (mind and body), social, sensory, educational, psychological and communication benefits.

Provide therapy through riding.

Over the past 2 ½ years, the RDA tracker has demonstrated that participants have seen the following percentage improvement in these specified areas;

Physical change 35.3%

Confidence 35.3%

Communication 41.2%

Enjoyment 29.4%

Horsemanship 58.8%

Relationships 47.1%

Without Squadron 6 and other similar projects, these individuals would not be able to access horse riding and reap the benefits of involvement in the sport. All RDA sessions both at HRA and traditional riding schools have waiting lists, demonstrating this immense

need.

Members attending squadron 6 have either developed or were born with their disability. Little can be done to prevent this and early action is difficult. Frequently individuals disabilities worsen over time and the sessions are adapted to meet their bespoke needs.

Who might you need to work closely with in delivering this project - whether before, during or afterwards?

HRA works closely with 4 x SEND schools for children riders (Manor Mead, Marjory Kinnon, Clarendon and St Ann's), local care homes for adult riders, riders carers or parents/guardians and riders physiotherapists. HRA is a member group of the RDA, we carry out this work in accordance with their guidelines and practices. The RDA support us by training, assessing and reviewing each of our team of 6 volunteer Group Instructors, who go through over a year's training and ongoing development.

Sessions are entirely dependent on volunteers, with up to 3 helpers needed per rider. We have over 100 regular volunteers delivering all of the sessions for children and vulnerable adults with special needs. Between them they have many years of experience.

HRA is an approved Riding School and member of the British Horse Society and is registered with Richmond Borough Council.

The Stable and Development Managers oversee Squadron 6.

Our aim as a funder is to help people move positively between any of the four stages of Surviving, Coping, Adapting and Thriving. For your project at which of these stages will most people begin their journey?

The majority of individuals who join Squadron 6 will have hopefully moved from the Coping to Adapting stage.

They usually belong to a complex support network (schools, social services with dedicated parents and carers) benefiting from structured routines with tailored opportunities to their individual needs and requirements. This regular weekly structured equine holistic approach enables them to move towards the Thriving stage.

Our sessions offer them a break in their weekly timetable. Some individuals who have attended for years have bonded with specific horses, forming essential strong relationships. They cherish these sessions.

Development through stages 2-4 is noticed through positive changes in behaviour. Contact with a horse in a gentle riding session provides therapeutic and calming sensations. Parents, schools and institutions support these sessions and incorporate RDA in their schedules. It forms an integral part of their lives, offering them a place where they can thrive and enjoy themselves.

Will there be any elements of this project that will help you or your beneficiaries to reduce your environmental footprint?

Operating Squadron 6 involves horses, volunteers and riders. Each of these will have their own environmental footprint.

The horses environmental footprint is reduced as best it can by composting all horse and horse bedding which is taken away and used as natural fertiliser on the fields. It is taken away in low emission vehicles. Products used to take care of the horses are used sparingly.

Volunteers and riders are encouraged to travel to HRA via the most environmental means possible i.e walking, cycling or using public transport (this may not always be possible for some of the riders due to the nature of their disabilities). Volunteers ensure that as much waste is recycled as possible and multi use items such as cups are used to replace disposable items. We try to email information where possible to reduce the amount of printing.

Funding required for the project

What is the total cost of the proposed activity/project?

Expenditure heading	Year 1	Year 2	Year 3	Year 4	Year 5	Total
Stable costs- stable staff, repairs and maint, motor exp	16,093	21,751	28,005	0	0	65,849
Utilities- water, gas, electricity	473	554	633	0	0	1,660
Stockyard rent	6,035	6,294	6,666	0	0	18,995
Management, overheads, staff costs	5,748	7,062	7,273	0	0	20,083
Administrative, legal, accounting, general insurance	2,345	2,512	2,587	0	0	8,119
Office costs	1,817	1,947	2,006	0	0	5,770
Raising funds	189	246	253	0	0	688
Volunteer costs	1,246	1,283	1,321	0	0	3,850
Horse Expenses	33,309	43,980	56,625	0	0	133,914
TOTAL:	67,255	85,629	105,369	0	0	258,928

What income has already been raised?

Source	Year 1	Year 2	Year 3	Year 4	Year 5	Total
Hampton Fuel Allotment Charity	10,000	10,000	10,000	0	0	30,000
Subscriptions	1,173	1,564	2,052	0	0	4,789
Donations from mainstream riders	11,078	11,410	11,753	0	0	34,241
TOTAL:	22,251	22,974	23,805	0	0	69,030

What other funders are currently considering the proposal?

Source	Year 1	Year 2	Year 3	Year 4	Year 5	Total
BBC Children in Need	26,000	26,780	27,583	0	0	80,363
TOTAL:	26,000	26,780	27,583	0	0	80,363

How much is requested from the Trust?

Expenditure heading	Year 1	Year 2	Year 3	Year 4	Year 5	Total
Hay and feed	2,590	10,522	19,163	0	0	32,275
Net Veterinary expenses	300	1,023	3,750	0	0	5,073
Farrier expenses	1,780	3,720	5,875	0	0	11,375
Waste disposal	400	1,500	2,980	0	0	4,880
Other equine expenses	300	1,250	1,780	0	0	3,330
Equine Insurance	750	1,200	3,100	0	0	5,050
Stable staff costs	6,915	10,628	11,054	0	0	28,597
Stockyard rent	5,035	5,100	5,520	0	0	15,655
Volunteer costs	930	930	930	0	0	2,790
TOTAL:	19,000	35,873	54,152	0	0	109,025

Who will benefit?

How many people will directly benefit from the grant per year?

64

In which Greater London borough(s) or areas of London will your beneficiaries live?

Richmond

Hounslow

Ealing

Kingston

London-wide

Does this project specifically target any groups or communities?

No - open to everyone

This project will specifically work with the following age groups:

This project will specifically work with the following gender groups:

Male

Female

Transgender or other gender identity

This project will specifically work with the following ethnic groups:

If Other ethnic group, please give details:

This project will specifically work with Deaf and disabled people:

Yes

This project will specifically work with LGBTQI groups:

No

This project will specifically work with other groups or communities:

N/A

How will you target the groups/communities you have identified? What is your expertise in providing services for these groups?

Through SEND schools and care homes. HRA has been working with individuals with disabilities since 1954. The HRA has been running for 64 years. As an organisation we have a great deal of experience in working both with horses, disabled children and adults

Are there any groups or communities you think your organisation will find hard to include through this project?

Yes - please specify

If yes, please specify which groups or communities? Where possible using the categories listed above.

Squadron 6 is designed for individuals with disabilities. Able-bodied individuals aren't able to join nor are disabled individuals for whom it is not physically appropriate for them to be on a horse. The youngest appropriate age is 5 and the upper age limit is determined by individual physical ability.

If yes, what steps will you take to make your services accessible to and meet the needs of the groups/communities you have identified?

If HRA is not able to meet the specific needs of an individual, another nearby RDA session might be able to. HRA works closely with all the RDA groups in the Greater London region.

Declaration

I confirm that, to the best of my knowledge, all the information I have provided in this application form is correct. I fully understand that City Bridge Trust has zero tolerance towards fraud and will seek to prosecute and recover funds in every instance.

Please confirm: Yes Full Name: **Jeremy Richardson**

Role within **Director**
Organisation: