



## I Can: Young Person Programme

Ride High Equestrian Centre is set in 37 acres of countryside in the heart of central Milton Keynes. Our Centre has easily accessible green space where young people can get active, learn new skills and enjoy being outdoors.

The team at Ride High have more than a decade's experience delivering learning and engaging programmes, working with agencies and schools to deliver tailored programmes for children and young people.

The "I Can" programme is for young people aged 8+ and is delivered in one-hour sessions. Building week on week, children and young people develop confidence, communication skills and resilience. Our programme is underpinned with positive feedback and encourages participants to feel valued for their efforts and achievements, thus building self-confidence and self-esteem.

Being around horses and nature can have a proven, positive impact on young people's well-being, with further health benefits gained from being outdoors and active. There is no classroom element to the programme, so it really benefits young people who prefer learning through doing. It also particularly suits young people who may benefit from SEMH support.

All our programmes are outcome driven and regular feedback is provided following each session.



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### > Who is the programme for?

The programme is suitable for children and young people aged 8+ and particularly suits young people who may benefit from SEMH support.

### > The programme aims to:

- Foster a sense of well-being and happiness - reducing anxiety.
- Encourage a positive outlook, and builds resilience to deal with challenges.
- Provide the opportunity to participate in new experiences and learn new skills.
- Develop the ability to work with others and to work independently.
- Build self-confidence enabling children and young people to feel able to express themselves more clearly and more easily.
- Increase understanding of behaviour and the impact it can have.

### > How it works:

- The programme consists of weekly modules, which run over 6 or 12 weeks, and we recommend a minimum of 12 weeks to gain maximum benefits.
- The programme can also be extended to 24 weeks or 36 weeks which could enable transition into employment with horses.
- We focus on groundwork in weeks 1-4 and riding (for those who wish) in weeks 5 and 6.
- The programme runs with a maximum of 8 young people.
- Each programme is tailored to meet the needs and ability of each group.
- The modules are 1 hour long, but sessions can be extended to 1.5 hours per week at an additional cost.
- Programmes are outcome driven and we can use a range of methods to evaluate and feedback progress.



**For information about any of our programmes please contact:**

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