



Sensory Programmes

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.

Our Sensory Programme is for children aged 4+, with sessions lasting one hour.

The Programme offers an innovative approach to help children and young people engage with the world around them. Working with the senses can make learning more accessible, communication easier and for some children and young people it can help develop their ability to multi task.

Multi-sensory learning takes into account that different people learn in different ways and it can provide an easier route for some children and young people to connect with what they are learning.

For example, those who struggle with visual or auditory processing may find it challenging to learn through only reading or listening. Sensory learning appeals to the kinaesthetic learner and often makes it easier to understand information, connecting familiar knowledge with new learning and building communication and engagement.

Our equestrian centre provides a wonderful environment to learn through multi-sensory teaching and children and young people are delighted to explore sensory learning in this setting.



Ride High Equestrian Centre
Redland Drive, Childs Way, Loughton, Milton Keynes, MK5 8EJ
T: 01908 666434 | E: info@ridehighequestriancentre.co.uk
www.ridehighequestriancentre.co.uk



“The sensory programme has had a huge impact on the children. We have seen improved communication skills for all children, particularly for a child who was a selective mute. The children’s self-esteem has improved and they were so excited about coming to the sessions each week.”

**L Clark
SENCO**

> **Who is the programme for?**

Children and young people aged 4+ who may benefit from extra support due to Autism Spectrum Disorders and/or a range of other developmental challenges.

> **The programme aims to:**

- Build connections with our staff and our horses
- Develop communication skills
- Multi-task more easily
- Enjoy learning and interacting with others
- Increase self-esteem and confidence
- Enhance engagement.

> **How it works:**

- This is a non-ridden programme which consists of weekly modules, running over 6 or 12 weeks. We recommend a minimum of 12 weeks to gain maximum benefits.
- The programme runs with a maximum of 4 children or young people and each programme is tailored to meet the needs and ability of each group.
- To prepare children, we send a short video for them to feel familiar with the Equestrian Centre before their first visit.
- Programmes are outcome-driven and we can use a range of methods to evaluate and feed back progress.
- Sessions last 1 hour.

“Our learners (and staff!) had the most amazing 6 weeks with you all. Everyone was so lovely... They were so patient and innovative. They thought of some lovely ways to engage our learners and despite not knowing us they were completely relaxed and natural with us all. The Ride High Equestrian Centre is a wonderful enterprise.”

**C Woods
College Manager**

“The Sensory Programme was highly rewarding for the children that took part. It built up their self-esteem and confidence. This has had an impact on the children’s learning, back in the classroom.”

**Miss Bushell
Class Teacher**



For information about any of our programmes please contact:

Samantha Ball: T: 01908 666434 | E: businessmanager@ridehigh.org