



Supported Learners Programme

Ride High Equestrian Centre is set in 37 acres of countryside in the heart of central Milton Keynes. It's an 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 Supported Learners Programme is for children and young people aged 8+. Delivered in sessions lasting up to 90 minutes for groups and 1 hour for individuals. There is no classroom element to the programme, so it really benefits young people who prefer learning through doing. This programme helps children and young people to understand more about themselves and how to start developing their interpersonal skills.

This programme supports and encourages independent learning. Each week children and young people will participate in a range of tasks and activities, designed to enhance skills, challenge their resilience and build self-confidence. Working with our horses gives them the opportunity to connect with these wonderful animals, and learn lots about themselves and the impact their behaviour can have on others. They also have the opportunity to ride each week, thus building skills and confidence.

Our programmes are tailored to meet the needs and ability of each group, outcome driven, and regular feedback is provided following each session with the children and young people.



Ride High Equestrian Centre
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> Who is the programme for?

Children and young people aged 8+ who may benefit from extra support due to SEND, those who are Looked After Children, and/or those who may be at risk of exclusion from school or NEET.

> The programme aims to:

- Promote independent learning
- Encourage self development
- Build interpersonal skills
- Raise awareness of behaviour and the impact on others
- Develop skills and confidence
- Increase communication skills and engagement.

> How it works:

- A ridden programme which consists of weekly modules, running over 6 or 12 weeks. We recommend a minimum of 12 weeks to gain maximum benefits.
- Maximum of 3 children or young people, aged 8+, per group.
- Sessions last up to 90 minutes for groups and 1 hour for individuals.
- Each week children and young people have the opportunity to ride one of our horses as well as taking part in various activities around the yard.
- We can offer a longer programme for those who wish to take part in a programme accredited to ABRS (Association of British Riding Schools).

“Our young person has grown so much in confidence in a short space of time. They are happier and finding they can manage their emotions better. This has had a really positive impact on their education and time in school.”

**A Abbott, Liaison Teacher
Buckinghamshire Virtual School**

“In my view, services like Ride High are absolutely essential to the wellbeing and stability that these young people require to move onto a positive pathway. Ride High is especially well liked by some of the young people we are working with.”

**A. Webb, Inspector
Thames Valley Police**

“X became more confident as the time progressed. At school, X teacher said that their self-esteem improved as X had something new to talk about. X felt special that they had been chosen.”

**Miss Reynolds
Class Teacher**



For information about any of our programmes please contact:

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