

2019

STABLE
LIFE
ANNUAL
REPORT

A TIME TO REMEMBER

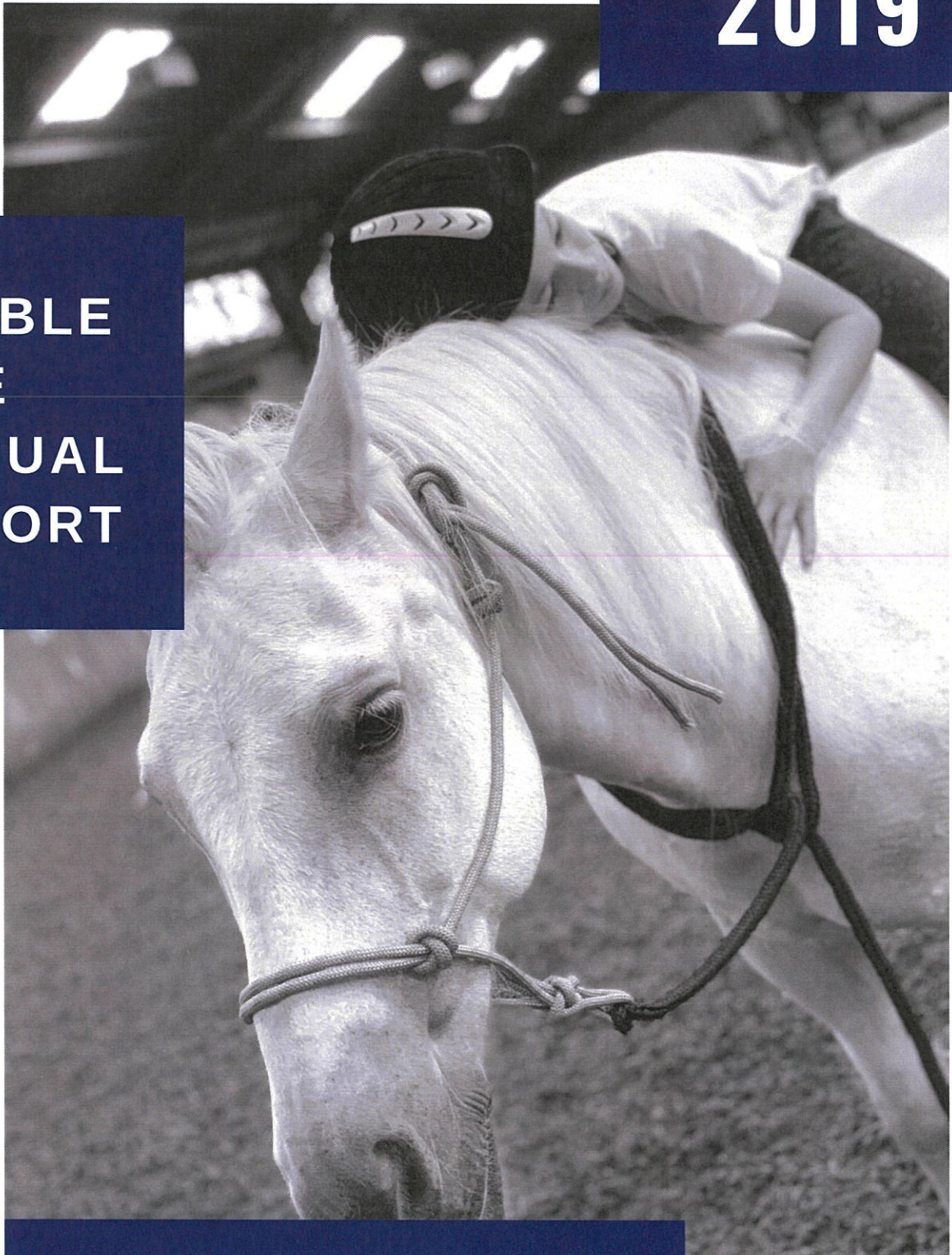


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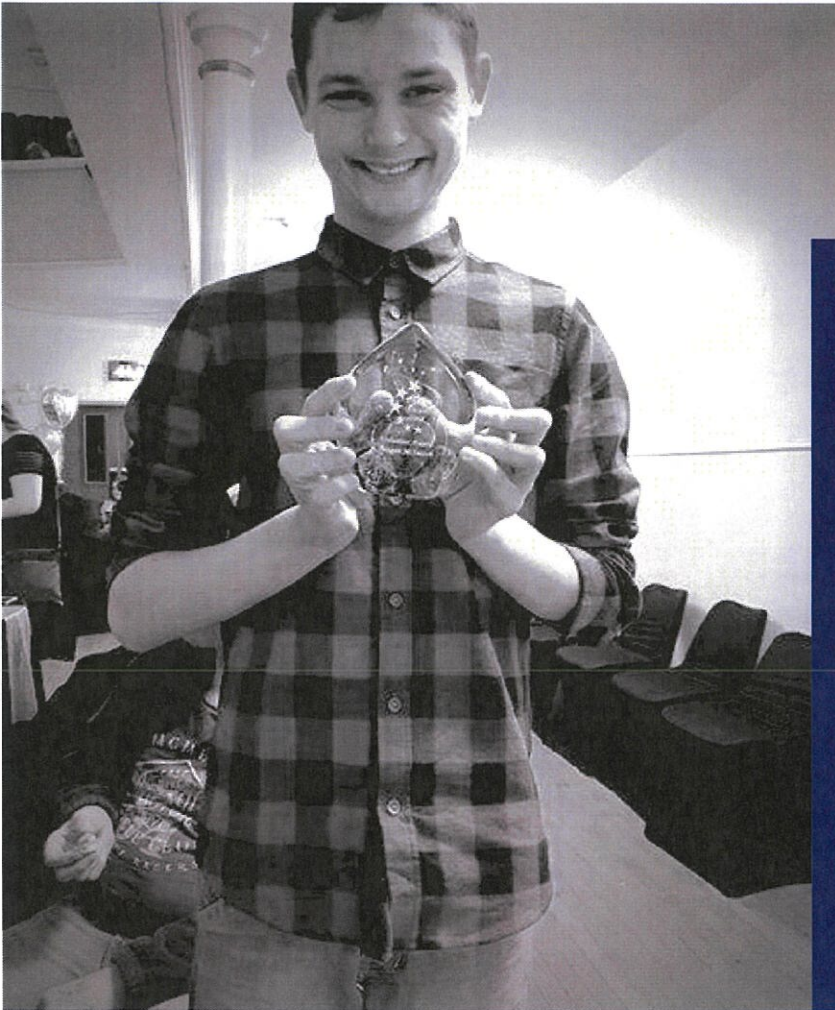
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Shown here:
Young Person receiving a
Teri Award

OUR MISSION

Is to provide a safe, nurturing and learning experience using the horse and its environment to help disadvantaged young people reach their full potential and achieve their aspirations and dreams.

The last year has seen fantastic highs, tinged with some sad lows, so in all a normal challenging yet rewarding year for Stable Life.

We have moved into the new management structure alluded to last year, with Mags Powell supported by Sam Anderson. They have welcomed to their management team Cindy Davie to lead the project team and in particular with our work for the new exciting "Out of the Woods" project. This has seen new ways of working for staff, and young people, and new relationships forged with Borders College culminating in the delivery, successfully of SQA work for our first cohort of young people.

We are continually looking for new ways to challenge both our staff and our clients to ensure that we can continue to deliver the best we can for them. Some of these changes have seen a growth in the transport by volunteers of our youngsters and so ensuring our project staff can work to their potential delivering at Stable Life. Without our strong Volunteer base managed so ably by Vanessa Henderson, we simply could not do what we do.

The Commercial side is so vital a part of our budget that it is testament to Sam and her team that the ethos of that commercial business is in tune with our objectives and makes Stable Life what it is.

And where would we be without a strong supportive resident Landlord.

All of the above, along with our strong finance raising for the works to the Indoor School cannot hide however the real challenges we face in our day to day financing, as can be seen from our annual accounts which again shows our reliance on reserves.

Like all Third sector bodies we are finding funding for core costs, rent, salaries, consumables hard to find and whilst we recognise the pulls on our Local Authority we continue to seek realistic funding from them as we seek to support our young Borderers and their families. Our borders community digs deep for our funding, and we have achieved some national recognition through TV presentations on Children in need and we are grateful to all who help in anyway, big or small, 4 legs or 2.

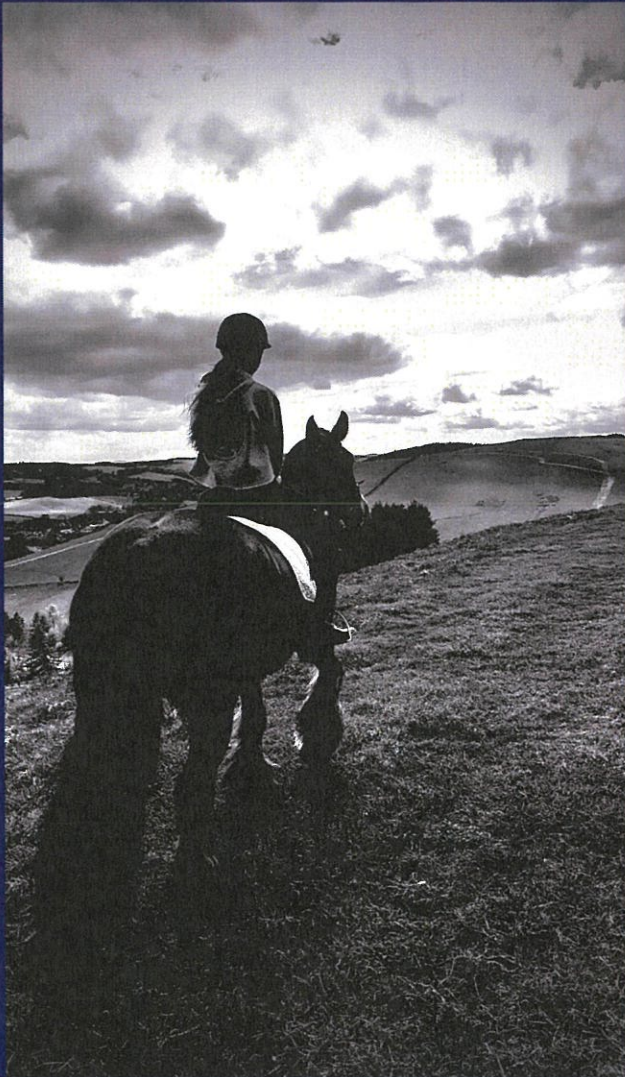
Looking forward, we are planning to grow and strengthen our financial resilience. We have been lucky to recruit Martyn Buckley as are new Treasurer, and say farewell with a heavy heart to Doug Forsyth and Nicola Glendinning as they move on to pastures new.

Anne Rutherford
Chair

"This is the first time I have felt proud of myself"

“Stable Life has helped me to be brave realistic and open minded”

Young Person
Comment



WHO ARE WE?

Stable Life supports disadvantaged young people and their families in the Scottish Borders who are experiencing personal challenges in their lives. By working together using the horse and its environment we help young people to discover a sense of self, learn transferable life skills and look to a healthier and happier future with empowered choices, aspirations and dreams.

Our day by day operational purpose is to improve the health and well-being of these young people through 1:1 or group sessions and offer safe and confidential environments to: enable the young people to discuss their current situation and develop positive coping strategies; support young people with social, emotional or behavioural issues to continue in mainstream education, and learn life skills; reduce the need for intervention through the Children's Hearing System and bring multiple benefits to children, young people, their families and communities.

Working hard: The young people of Stable Life are resolute and enthusiastic.



“I'm not a Hermit anymore and I feel less trapped”

OVERVIEW OF THE YEAR

On the whole the last year has been very busy and gone very well. The restructure of the Senior Management team has embedded well and grown slightly with the recruitment of our Team Leader - Cindy Davie through our Out of the Woods Pilot Project.

Our programmes have been running well and this year we have supported 104 young people through one of them. In addition we have offered supported work placements, work experience and volunteering opportunities to a number of young people. As well as offering pony care days, summer programmes and lessons to local schools and other charitable organisations such as Borders Additional Needs Group.

As we continue to look at the development of the organisation to develop and strengthen the outcomes we deliver for our young people we managed to secure funding from the Scottish Government to deliver our Out of the Woods pilot project over the next two years which will allow us to develop and offer SQA accreditation through our equine programme focusing on young people who are struggling at mainstream school providing them with a pathway from referral to volunteering to accredited training to apprenticeships and onto employment or self-employment.

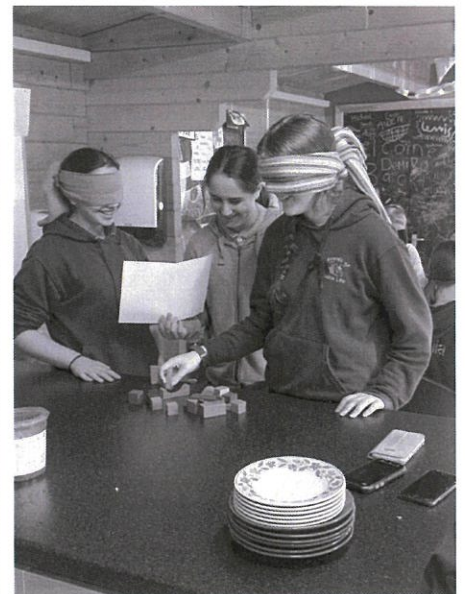
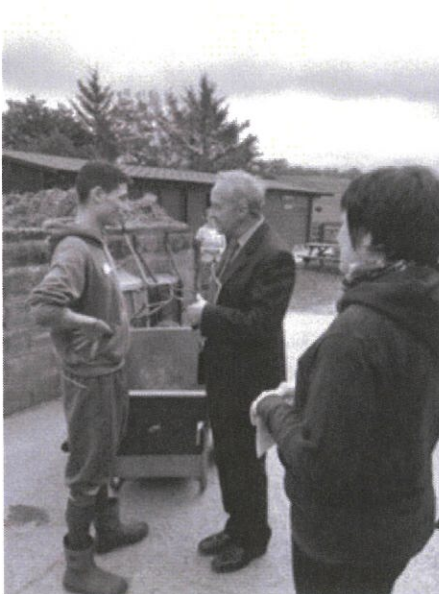
The Equine Centre continues to be very busy and as such the commercial income steadily helps with the sustainability of the charity. You can read more in Sam's report. It has also been a busy year moving forward with our plans for rebuilding the Indoor Riding School and every month it is becoming more of a reality.

We have had a great year for publicity this year and were very honoured when we were visited by the Lord High Commissioner when he toured the Borders in May. His Grace had a lovely morning meeting our young people and ponies and finding out all about Stable Life.

We were also chosen by BBC Children In Need to feature in their promotional shorts on the run up to their main fundraising evening in November. It was a lovely film and featured our brilliant Volunteer Co-ordinator Vanessa, they filmed on what turned out to be the hottest day of the year which everyone survived with fans and ice lollies!

All that we do could not be achieved without the fantastic Board, staff, volunteers, our funders and support of local businesses and individuals within our communities and I would just like to say a huge thank you to you all.

Mags Powell
Chief Executive



"You have completely turned her around"

OUT OF THE WOODS

Running till March 2020 Our “Out of the Woods” pilot project is part funded by the European Social Fund and the Scottish Government. The project is supported by the £9.7m Growing the Social Economy Programme as part of the Fairer Scotland Action Plan to tackle poverty and equality

Following on from discussions with SQA, Borders College and some schools we agreed that under this pilot project we will offer the young people the opportunity to complete a National Progression Award (SQA National Level 4) in Horse Care. We felt that this qualifications fits in well with what we are delivering already and is a natural progression with what the college is offering.

The NPA Level 4 in Horse Care has been designed to offer an opportunity for young people to gain a recognised qualification, it has been developed for learners who find a classroom environment a barrier to learning. All our students attend for a full day, completing work on the yard, riding lessons, and a small amount of cabin based activities, however we have found too many of the latter tends to result in cabin fever!

As with every new venture there were teething problems, and we did have a slight delay in getting the project up and running, however Cindy our Team Leader worked hard to develop the sessions plans and all the paperwork required to support the delivery of the award with the college and SQA checking that it all fitted the necessary requirements. We started our first programme in January and our first group of students have engaged very well. All 8 learners are on course to complete the units, and have a pathway for future learning in place. Feedback from families and referring agencies commented on the growth of confidence of the young people. They developed from a very quiet group of individuals in to a whole bundle of fun and laughter!

The second cohort will be run in the yard over the summer holidays, with a further group beginning in August, referrals are also being taken for the January 2020 group.

We would like to say a huge thank you to Borders College for their support, and external verification, and we look forward to growing together in the future



WHAT DO WE DELIVER?



We have supported 104 young people during the year. We are currently supporting 45. 50 young people have finished their intervention since April 2018 and 9 young people did not engage with our services.

104

We have delivered 544 weekly equine group sessions consisting 463 group sessions and 81 1:1 sessions.



544



46

Delivered 46 weekly life skills sessions were participants looked at budgeting, cooking, etc.

39 environmental sessions were young people planted flowers, grew vegetables and carried out landscaping activities



39



21

We ran a summer programme for 21 young people. This including visits to local adventure parks, the beach and various walks. This year we also took 4 young people who we knew that due to family circumstances would not be able to get up too much in the summer break on a residential trip to a local caravan park which was a great success and the young people really enjoyed themselves, building lasting friendships with each other.

We offered 14 volunteering opportunities. Seven of these were with young people we had supported through our equine programme.



14



13

During the year 13 of the young people including our Hoofbeaters participated in a sponsored bare backed pony ride to help raise money for Children in Need and raised over £1,000 which was amazing.

8 young people became our very first participants in our Out of the Woods Accredited Pilot Project



8



6

6 young people made significant progress that they were able to participate in a local children's ride during Selkirk's annual riding festival. They sat right behind the appointed Cornet at the front of the ride and paraded through the streets that were lined with spectators. All of them were so proud and felt so special their confidence just oozed. The difference from when they first came to Stable Life to that event was amazing. They took it all in their stride and were a credit to themselves and their families.

2 young people became peer mentors on the project and supported other young people participating in the group sessions.



2

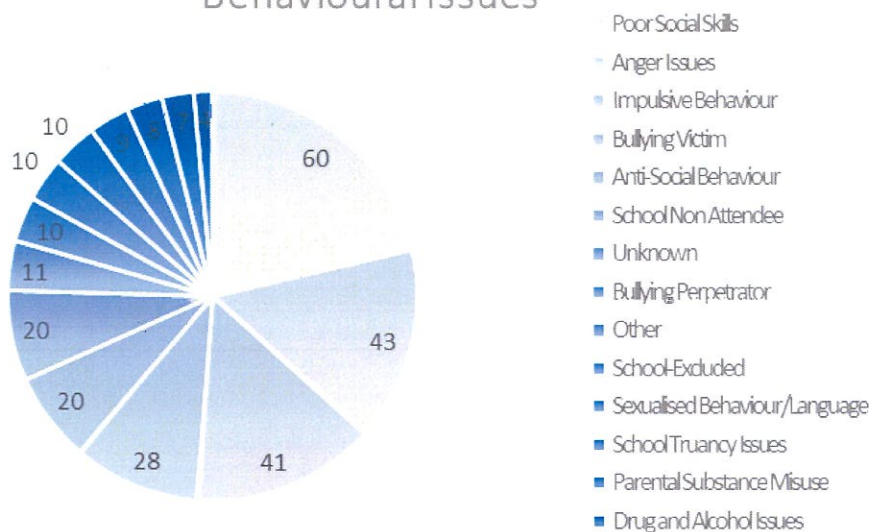
“You helped me feel better when I was sad”

Young Person Comment

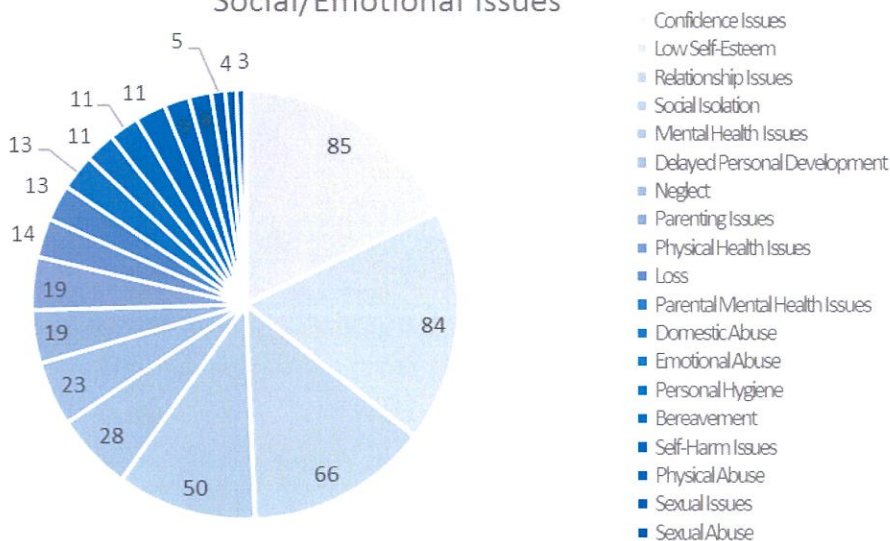
WHY?

Our records show that the 104 young people were referred for the following reasons:

Behavioural Issues



Social/Emotional Issues

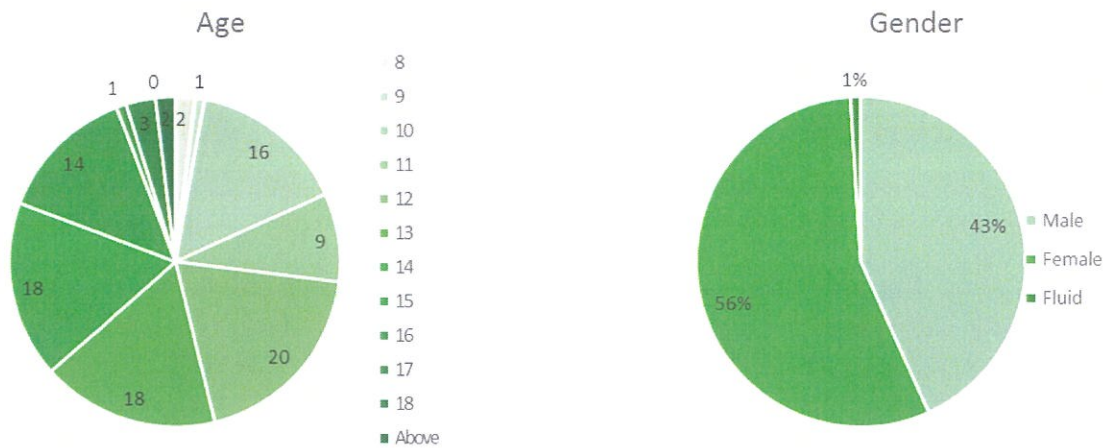


In addition to the above: 28 had a diagnosis of ADHD, 17 had processing disorders, 10 had learning difficulties, 7 were diagnosed with Autism and 3 were sensory impaired.

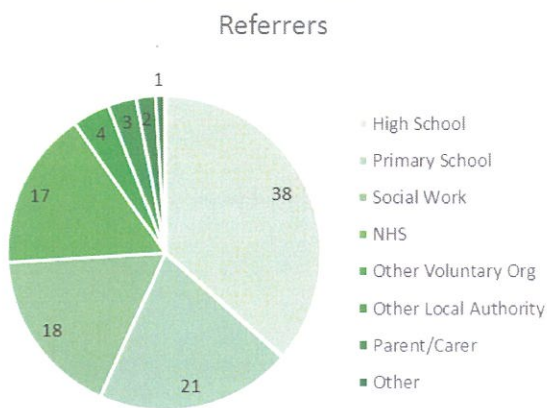
The young people referred to us have may have significant life challenges, many of the them are referred because of non-engagement/non-participation with statutory services, some have experienced complicated conflicting situations involving domestic abuse, addictions/substance abuse, parents with personality disorders, chaotic lifestyles and low motivation.

We promote inclusion, embrace uniqueness and endeavour to ensure our services are accessible to all.

The ages and gender of the young people referred were as follows:



The referrals we received came from the following sources:



This shows that the majority of referrals are still through the local authority with 56% from education and 17% from Social Work.

Case Study

We received a referral from social work for this young person who had not attended school since August 2017 and had a referral to the Children’s Reporter for non-attendance, there was also potential that they would be removed from family home due to neglect and their parent’s own issues. They were referred to us for delayed personal development, low confidence, self-esteem issues, social isolation issues, neglect/abuse, mental health issues and personal hygiene. They presented as a very shy and anxious individual, mostly wearing hoodies with the hood up and avoiding eye contact, when asked a direct question they would answer, however did not initiate conversations, or join in with group conversations. They self-identified as having no friends. Parental mental health issues resulting in hospital admissions resulted in them living with Dad, however regularly visiting Mum, and being anxious around her stability, often providing emotional support for Mum. Dad worked full-time, and his partner has physical health concerns which resulted in hospital admissions.

It was identified that Stable Life could offer something positive to focus on and look forward to, with the hope it would build confidence and self-esteem. They attended for group sessions, initially this was the only part of the agreed Child Protection plan they engaged fully with, however over time began to engage more with the professionals supporting them. They began by attending 1 school session for subjects they loved, engaged with a home tutor for English and Maths, and has built their timetable up to choosing from 4 columns which will result in return to a full timetable. We identified this young person as a suitable candidate for our Out of the Woods pilot project to achieve a NPA in Horse Care, SVQ level 4. They were very happy to progress this and now completed about 75% of the course and is on target to receive the award very shortly.

Feedback from professional, reported being able to see huge changes, they are able to engage in conversation with all the professionals, there is now no plan to look at removal to residential care, and full time care is with Dad and partner. They are now discussing with school their choices for attending college.

“I didn’t think it was possible to achieve everything that I have”

Young Person
Comment

WHY?

All of the young people we have supported over the last year have increased their level of physical fitness through participation in the sessions. This includes practical hands-on work looking after the ponies, learning to ride which increases core strength and stamina and other outdoor activities. For around 50% of the young people who have participated in Stable Life they have very little or no regular exercise in their day-to-day lives and when they first come you can see them struggle with the activities be it on the horse or with gardening activities however as the weeks progress we start to see them becoming fitter and finding the tasks easier. They become more animated and friendships begin to grow within the groups as they start to praise each other and encourage each other on.

As the young person begins to learn to look after their pony and how to ride it our staff praise and encourage them and challenge them a little bit more over time - e.g. being led to riding by themselves, from trotting to cantering. As the young people achieve these challenges you start to see them change - they feel so proud of themselves, they smile more and start to believe in what they can do. They chat more in the group and make decisions.

Feedback we received from a parent recently which helps evidence the difference we make said *"X found Stable Life a place he could go to where he felt he was not under pressure. It was a calm, caring environment where he could achieve. He was able to work as part of a team but as his confidence and self-esteem improved he also became more independent"*

Some feedback we have received from the young people also helps show the difference we make:

"Riding Marcus always makes me happy. You helped me when I was sad"

"When I am riding I feel so free"

Of the 50 young people we have discharged we have seen the following outcomes:

Well-Being:

22 young people showed a significant to moderate increase

27 showed a slight increase

Self-Confidence:

29 young people showed a significant to moderate increase

20 showed a slight increase

Resilience:

26 young people showed a significant to moderate increase

23 showed a slight increase

Social Skills:

31 young people showed a significant to moderate increase

18 showed a slight increase

Life Skills:

23 young people showed a significant to moderate increase

26 showed a slight increase

Other outcomes include:

15 young people are now re-engaging with school

6 young people went into further education

4 young people gained accreditations

16 young people became volunteers (Peer Mentors and Yard Volunteers)

3 young people became volunteers elsewhere

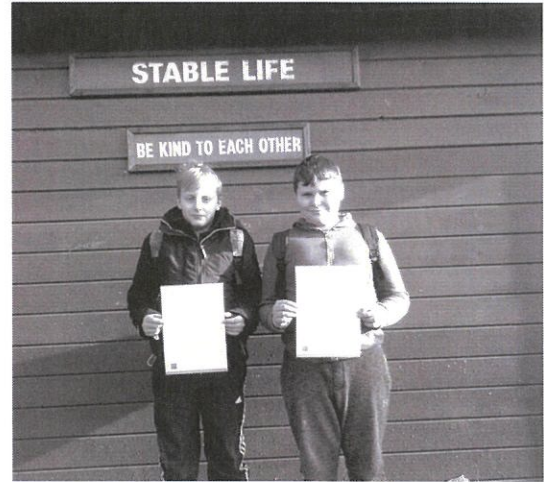
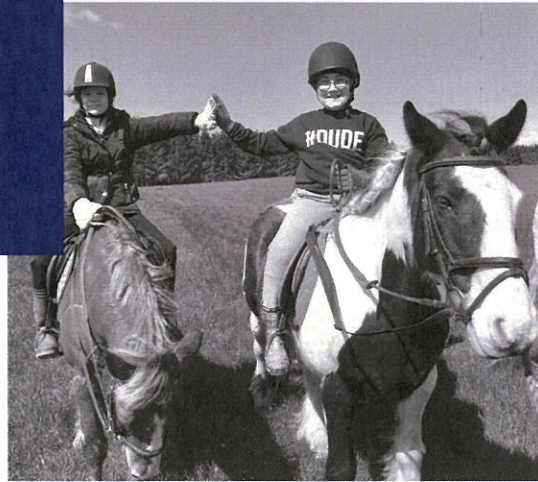
"Thank you for making me happy every Wednesday"

"I'm 15yrs old and doing stuff kids do but its amazing"

Young Person
Comment



"Stable Life is an amazing place that has allowed some escapism from the pressures of life and school"
Parent Feedback



"Riding Marcus always makes me Happy"

NEWS FROM THE EQUINE CENTRE



It has been another very busy, productive, exciting and enjoyable year at the Equine Centre.

With the help of our fantastic yard staff and volunteers we are running a welcoming, friendly, professional, vibrant, tidy Centre. The big focus over the year has been our indoor school which is in major need of a refurbishment and we have been busy developing new plans, submitting a building warrant application and fundraising and we are hopeful that the project will happen in the very near future!

Our ponies are all doing well and continue to deliver what is asked of them without too much protest! They are all kind, well – mannered and friendly and we feel very privileged to have them in our lives.

The commercial side of the business continues along at a steady pace with our regular clients who attend weekly or fortnightly plus new clients taking part in the various activities we offer. These include tiny trotter sessions, group's sessions and hacks, school groups, individual lessons and sessions where riders can bring their own horses. Our Hoofbeats Club continues to be very popular with our cadets and over the year we have seen some move on and new cadets arriving so our numbers remain at a consistent level.

The summer holidays last year saw amazing weather though at times too hot for our ponies (and staff!) We were able to take full advantage of the sunshine and took many hacks over the lovely hills surrounding Dryden

Farm as well as using the outdoor riding school for lots of activities. In the Easter break Borders Additional Needs Group brought along a big group for an activity morning which was such a success that they had their Summer program with us also. We also had groups from Jedburgh Grammar, Earlston High School and TD1 Youth Group participating in pony care sessions.

The winter wasn't too cruel to us this year and we managed to run our very popular Winter League Dressage Competitions, SJ Competitions, clear round jumping and clinics which were all very well attended.

All that we do in the Centre would not be possible without our fantastic staff and volunteers and I must say a huge thanks to their commitment and hard work over the last year.

Thanks must also go to our customers who have supported us over the last year as well as the many kind donations from individuals and local businesses we wouldn't be able to support our young people without you all. A particular mention must go again to Mark and Jo Arres who are fantastic landlords and go that extra mile on a daily basis to assist us keeping the yard and fields in good order.

I am looking forward to another successful year at the Centre with lots of activities and a new Indoor Riding School!

Sam Anderson
Equine Director

"When I am riding I feel so free"

FINANCIAL REVIEW

This report relates to the accounts of the organisation for the year ended 31st March 2019, prepared and examined by Gall Robertson, Chartered Accountants and Business Advisors. The accounts have been compiled based on all income, expenditure and accounting transactions recorded during the accounting year.

At the beginning of the year, cash at bank and in hand amounted to £122,729. At 31st March 2019, the bank and cash balance was a net of £55,891 (Bank £75,679, overdraft £19,788).

Overall, the income generated by the organisation decreased from £299,997 in 2017/18 to £287,843 in 2018/19, this was due to less trading activities, in particular contractual income, lessons and other income (£14,834).

The commercial activity remains a key business plan objective for Stable Life and is fundamentally important as the organisation grows, demonstrated by the increased cost of providing our services within the new organisational structure. Staffing costs amount to £229,379 or 67% of overall costs and the current operating model resulted in a total spend of £341,544 (2018 - £302,293). As the business goes forward in future years therefore, it is vital that income streams continue to provide ongoing affordability to meet demand.

An operating deficit of £3,701 was therefore generated during 2018/19, which decreased the reserves bringing total funds to £140,469.

This was a significant deficit in the year and the subsequent reduction in reserves must be seen as a one off event as this clearly cannot be sustained. The budget for the financial year 2019-20 has been prepared and approved by the Trustees on a break-even basis to ensure this. Because an element of our funding has to be claimed in arrears, there is a knock on effect on the organisation's cash flow. Going forward regular budget monitoring and review together with cash flow planning will be an important part of our operations.

During 2018/19, Stable Life's operating activities were partly funded by income and further support by cash reserves was required. The organisation continues to hold £45,143 (2018 - £50,000) in a reserve account earmarked for a funding crisis or for long-term investment in Dryden infrastructure. Whilst there is a pressing need for investment in one or two key areas such as the indoor school, it is hoped that this can be undertaken without call on this reserve and that conversely, in line with charities' best practice, the level of unrestricted reserves will increase over the medium-term to a level which will meet current operating costs for a period of 3-6 months, taking account of risks, cash-flow and working capital considerations.

Martyn Buckley
Treasurer

SUMMARISED STATEMENT OF ACTIVITIES 2018/19

| | |
|----------------------------------|-----------------|
| Incoming Resources: | £ |
| Voluntary Income: | 166,519 |
| Activities for generating funds: | 115,866 |
| Investment Income: | 5,458 |
| Total Incoming resources: | 287,843 |
| | |
| Total Expenditure | £ |
| Costs of charitable activities: | 230,034 |
| Trading Activities: | 111,510 |
| Total Expenditure: | 341,544 |
| | |
| Net Income/(Expenditure): | (53,701) |

A full set of accounts are available on request

THANK YOU

We are incredibly grateful and very humbled by all the amazing support we receive. Our volunteers are priceless and without this vital support, we would not be able to provide our service. Our amazing funders who invest in us to allow us to continue to support our young people and everyone in the Scottish Borders who has helped us, whether that help came via a financial donation, materials or a generous gifting of time and skills - we are very, very thankful to you all.



COMIC RELIEF



Scottish Government
Riaghaltas na h-Alba
gov.scot



EUROPE & SCOTLAND
European Social Fund
Investing in a Smart, Sustainable and Inclusive Future



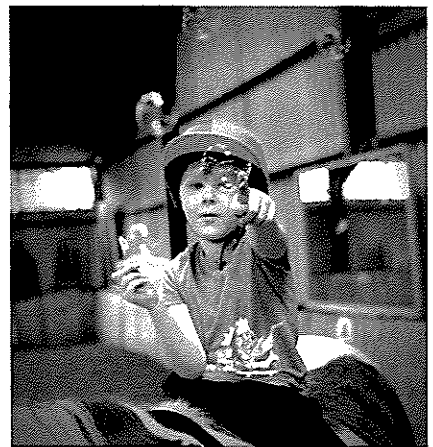
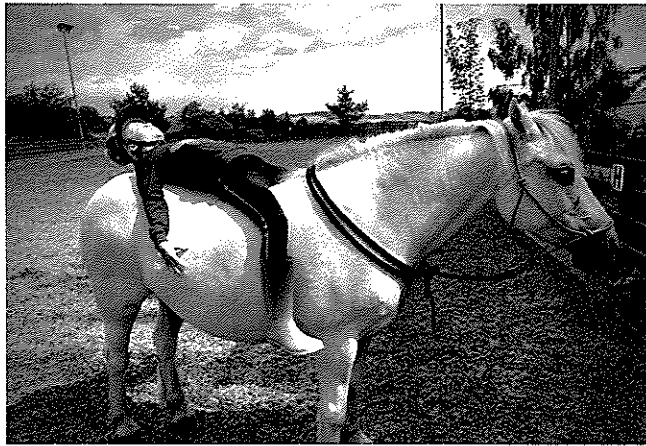
WILLIAM GRANT FOUNDATION

Aidan & Amanda
Aldi – Hawick
Asda – Galashiels
Ballantynes of Walkerburn
Charity Begins at Home
Chris Hall
Edith Scott
Farmfoods

Grant Kinghorn
Hayward SandersonTrust
Lidl – Hawick
Lilliesleaf 10K
LodgeSt John 32
Lodge St John 104
Mark & Jo Arres
Michelle Ballantyne

Morrisons– Hawick
Paula Clark
Peter Scott
Portmore Charitable Trust
Rotary Club of Selkirk
Sainsburys
SBC HR Shared Services
Scottish Gas

Sheena Robertson
Souter Quilters
Susan Turner
The Bird Family
The Crafters, Melrose
The Mainhouse Charitable Trust
Wendy Bell
Youth Borders



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