



Hope Rising Farm Charitable Trust cc49073

Overview of Vision- Stage 2

The Journey So Far – Stage 1

Hope Rising Farm began in 2012 becoming a Charitable Trust in 2013 and is based in Ngaruawahia. Our mission? Create partnerships between vulnerable children, (6 to 16 years) our donkeys and horses for personal growth. We particularly love children in foster care. We have three ponies and two donkeys which are used in our programs. For five years we have leased land and it has served us well, but we have had considerable constraints preventing us from taking on more children. It is unsafe in winter due to mud and the steep hills and we shut down for 3-4 months. We are very keen to build on the foundation that has been established but need new land and facilities if we are to reach more children. Feedback tells that we what we are doing is making a difference in young lives and we believe we need to move to grow. We have worked hard to foster connections with local community schools, welfare organisations, individuals, local councillors, foster care organisations and are really excited at what lies ahead!



Over the last few years we have run our Time Out with Horses programme. This entails one or two children with a leader and a pony or donkey and consists of farm tasks and hands-on time with our horses and donkeys. We explore topics such as Trust, Communication, Life's Challenges, Friendships and Responsibility, Peer Pressure, Facing Fears using the horses to 'teach' and reflect behaviour.

However, to fulfil Stage 2 of our exciting vision, we need to move on! There are 3 areas we want to address;

1. Move to more suitable and permanent home.
2. Introduce a new programme.
3. Support what we do with additional services.

Though we don't have a focus on any ethnicity or race, the children who come are predominately Maori so the following statistics are relevant. In 2013, (last census) the total number of Maori youth in the Ngaruawahia, Taupiri and Huntly area was estimated to be 1086. The total number of *all* youth in this area is approximately 1999. Approximately 288 were not in employment, any education or training. Equally concerning is the number of younger children (under 15 yrs.) who are at risk of *becoming* one of these statistics and who would benefit from our services.



Into the Future - Stage 2

1. Move to a more suitable and permanent home.

We have found a farm that is a perfect fit for us. Geographically, we need to work within our target community and within acceptable travelling distance from schools etc. Primarily Ngaruawahia, Taupiri and south of Huntly. This farm meets our specific criteria and so much more. At present we do not have the funds to purchase this farm but are open to offers to help!



2. Introduce a new programme

We are currently talking with an organisation in England who have developed a life-changing, unique programme, tailor-made for vulnerable children. It's been running for about four years with some of the most disengaged, hard to reach and in some cases traumatised children in their care, with significant changes seen. Ultimately, we want to run a centre and administer the NZ license for this exciting programme! The first big step entails sending 3 of our team to England to train as instructors for 4 weeks in 2019 so we can start working with the children. A further 4 weeks are required to complete training as a certified instructor, possibly in the following year.



3. Support what we do with additional services

Having vulnerable children working with our horses is really a small part of a larger issue of dysfunctional families. Children go home to the same environment so we see the need for wrap-around services to help them AND their families to reframe their situations and provide some tools, hope and resources to assist in their lives. These would be added in over the next few years.

Other activities we would like to incorporate would be: Equine Studies (accredited for use by schools), small Riding School, Life Coaching, Adult & Children's Literacy Skills, Art Therapy, Parenting Workshops, Resilience Skills, Occupational Therapy. Where appropriate, we will access current providers of these in the local community.

We also anticipate running 'Empower for Women' in our new home. This is a six-day workshop especially written for Hope Rising Farm Trust using our horses and is for women who have been physically, emotionally or mentally abused. The need in our targeted area is enormous and we anticipate many lives changed through this unique programme. What you can do;

- Donate! – see below
- Spread the word
- Email this to an individual or organisation you know
- Share our link on Facebook; Hope Rising Farm Trust.

If you would like to partner with us or look at our in-depth Vision we would love to hear from you!



Hope Rising Farm Trust. Rachel Ralph 0275397002, 07 824 7714 Email hoperising@xtra.co.nz

Donate - Hope Rising Farm Trust 38 9015 0005323 00. <https://givealittle.co.nz/org/hoperising>

"For I know the plans I have for you" says the Lord. "Plans to prosper you and not to harm you. Plans to give you a future and a hope." Jeremiah 29:11

Anna's Story -11yrs

Mother has been chronically ill for all most her life and this has meant she is constantly anxious about picking up diseases or infections.

Anna had picked up on her concerns and was fearful of many, many, everyday objects and situations. She has experienced violence in her home.

Anna (not her real name) has had 4 sessions of Time Out With Horses consisting of 1.5hrs. First 30 mins or so is usually age appropriate farm tasks, followed by about 50 mins of time with the horses and/or donkeys.

The remaining 10 mins is time to talk about the time just spent, what they can 'take home' with them.



On the first visit Anna was scared to even walk into paddock, and didn't want to touch the horses. I said we could just do farm tasks until she was comfortable, but she did say hello to Soda (donkey) over the fence. She was very scared of walking down hills, and at times almost hysterical not knowing how to walk down. She stopped every 20 or so steps going up to rest. We did watering new trees, banging (hammer) staples into posts, removing staples from posts, putting up electric fence using pigtail standards and tape, cleaning water buckets, watering plants, picking up tree prunings etc.

In our second time together, we were doing tasks and out of the blue she asked if she could walk Sparkles (one of our Kaimanawa pony's). At this point, she hadn't even touched one.

Kids always start the time with horses grooming them to help reconnect with them. Anna was wary and a little anxious but enjoyed the physical contact. She did not talk to Sparkles directly, brush her head or look at her in the eye, (usually a sign in my experience that she is disconnected at some level in her relationships). She did brush her, was attentive and keen to learn about her. Her confidence seems to grow not from my affirmations of what she is doing, but from the sense of accomplishment she is getting from completed tasks. Anna is always keen to show her mum what she has learnt and wants to do a demonstration with Sparkles at the end of each session so her mom can see.

Huge steps forward today in Anna. (her 4th visit) She pulled out staples with pliers from fence posts, watered the 3 plane trees, put up and electric fence around our 'round pen' Lots high fives and smiles all round.

Straight afterward she got quite excited about taking Sparkles over the obstacle course for the first time. Spent quite a few minutes trying to get Sparkles up onto the pallet. After 4 goes and Sparkles going around the side, she started to get quite annoyed with her. I explained that she needed to do things differently as Sparkles leader. I encouraged her to come up with some ideas to communicate her wishes clearer which she did. Sparkles obliged.

I also encouraged her not to believe everything that people said to her about her "I am not going to believe that!"

I invited her to come inside to see the two 3 month old puppies we had. She was very scared of Bon (all dogs, crickets, bugs etc).

However, after much deliberation she followed me into the kitchen. She sat on the stool at the breakfast bar with her legs tucked up underneath her and in quite a state. I told her that fear is a choice then told her to take a big breath and say "I'm not scared of that". She did and after about 20 seconds stuck her hand out and touched the puppy. Then she gasped and said "it's so soft, can I cuddle it!?" Jan 2014



Her mother tells me that she is much more helpful around home with jobs etc. I suggest it because of the confidence she is building in her abilities to do & complete tasks. She now walks up and down hills without telling me she is scared. She smiles the whole time she is here now and loves to be encouraged. She got very excited about taking Sparkles over the obstacle-course so her mother could see on her last visit. She is also getting more confident around a hammer and cordless drill, and walking over uneven terrain. Anna has put her name down to do Kapahaka at her school as well! With more visits, she can only blossom!

OUTCOMES ANTICIPATED

- Equipped with new Life Skills
- General Wellbeing – heart, mind, body and soul.
- Care and maintenance of horses.
- Skills learnt to be transferred to home life and personal growth.
- Suitable students can be referred to Equine Studies

FOR CHILDREN & YOUNG ADULTS

- Time Out with Horses
- Think Like a Pony

Hope Rising Farm Trust Charitable Trust

Vulnerable children/ young adults
Vulnerable women

Using horses, donkeys and involvement on the Farm.

OUTCOMES ALREADY SEEN

- Increased confidence in abilities
- Taking initiatives
- Persistence rather than giving up
- Asking questions not just responding to requests
- Controlling emotions
- Understanding and overcoming fears
- Increased social skills with adults
- Increased sense of humour!
- Increased empathy & sympathy
- Transfer of skills learnt and personal growth into school and home life
- Increased ability to work as a team

WRAP AROUND SERVICES

- Literacy & Numeracy Skills
- Arts Therapy
- Resilience Skills
- Strength Finders
- Small Group Connection
- Spiritual /Healing
- Parenting Skills
- Managing Home Finances

OUTCOMES

- Greater self esteem.
- Tools and skills to live healthier lives and make better choices.
- Healthier homes.
- Greater understanding of gifts, and strengths.
- Equipping with life skills.
- Empowering to contribute to community and whanau
- Breaking generational cycles of mental health, hopelessness & poverty

FOR WOMEN AND YOUNG FEMALE ADULTS

Empower Women to make generational changes

FOR YOUNG ADULTS

Accredited Equine Studies

OUTCOMES

- Realising they are valued
- Courage to make good choices that impact their children and whanau
- Tools for assisting healing and recovery
- Healthier connections with peers and whanau

WHERE DO PARTICIPANTS COME FROM?

- We have an extensive community network through local schools, welfare organisations agencies and individuals.
- Within our staff and supporters, we have contacts who are keen to be involved in instructing or delivering these courses.

OUTCOMES

- Qualifications into the Equine Industry
- Potential career/job in Equine Industry
- Potential Employment giving hope for change
- Breaking cycle of unemployment
- Create a work ethic
- Reduce crime and tagging
- Provide healthy engagement of head, heart and body

