

Horse Time SCIO

Scotland · Charity number SC046883

Details

Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2016-10-07
Register	View on the OSCR register

Contact

Address
The Steading
Little Swinton
Coldstream
Berwickshire
TD12 4HH

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of education', 'the advancement of health', 'the provision of recreational facilities, or the organisation of recreational activities, with the object of improving the conditions of life for the persons for whom the facilities or activities are primarily intended'

What the charity does: Established as a charity in the Borders in 2016, Horse Time creates opportunities for people of all ages and backgrounds to overcome and adapt to adverse life experiences in a natural, non-clinical setting. Our experienced therapists are trained in evidence-based approaches that alleviate the symptoms of depression, anxiety, post-traumatic stress, trauma, neglect, abuse and grief. Combining evidence-based trauma and therapeutic interventions with the psychological and emotional benefits of working in partnership with horses we facilitate personal, emotional, and relational learning insights that alleviate the devastating, destructive and far-reaching impact of adverse life experiences. All interventions are tailored to the needs of the beneficiaries, whether they have recently experienced trauma or have been struggling with the effects of trauma for many years. Horse Time funding allows the delivery of group workshop programmes and individual trauma therapy to beneficiaries who

Beneficiaries: 'Children or young people', 'People with disabilities or health problems', 'Other defined groups'

Objectives: The organisation's purposes are for (a) the advancement of education. (b) the advancement of health. and (c) the provision of recreational facilities or the organisation of recreational activities with the object of improving the conditions of life for the persons for whom the facilities or activities are primarily intended:- 4.1 to provide educational life skills and well-being programmes with horses through non ridden, Equine Facilitated Human Development and Learning (EFHDL) experiences to individuals and groups by qualified EFHDL facilitators, specifically designed to meet the individual needs of Children in Transition, People with Additional Needs and Veterans. 4.2 to advance the mental health of those suffering from the

effects of trauma by relieving their symptoms through evidence based trauma interventions by qualified psycho-traumatologists. 4.3 to provide further opportunities with horses which will enable beneficiaries to continue to develop the skills learned in the wellbeing programmes, including learning to horse ride, learning to carriage drive, participation in equestrian vaulting, continued development of natural horsemanship skills and the opportunity to participate in horse agility and in conjunction with these equestrian activities to provide opportunities for people to participate in activities that support and enhance their chosen equestrian sport.

Geography

- **Main operating location:** Scottish Borders
- **Geographical spread:** Scotland and other parts of the UK

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£4,470	£17,716	-	0
2023-12-31	£26,222	£67,435	-	0
2022-12-31	£110,989	£68,948	-	0
2021-12-31	£44,897	£30,995	-	0
2020-12-31	£32,185	£31,220	-	0