



Wendy Wexford Retires!

At the age of 28, after 18 years service in the Cavalry (Blues and Royals) and 5 years service to New Leaf Triangle and New Leaf Triangle Horseback archery, Wendy is retiring this year. She is an incredible horse with a big heart and a soul full of kindness, a sort you find once in a lifetime.

She has helped so many families - back riding with tiny children, giving jousting experiences to budding knights, giving rides for all the family at camps as well as teaching horse care students and staff what a good horse should feel like.

When New Leaf Triangle horseback archery opened she took to it straight away, charging down the range in fine style, helping new archers to learn the art. She even did a demo at Enderby police station, for the learning disability awareness day. She will live out her days at pasture with other New Leaf retired horses.

Summer 2020 Newsletter

Hello from Lorraine & Troy

Welcome to our summer newsletter of 2020; and what a few months we've had! We have had a very busy year, with lots of new students and running new courses. We had two students achieve their City and Guilds (C&G) Level 1 Animal Care qualification, our first students on the Level 1 Horse Care and Riding course and 6 students on the Skills for Working Life courses in Woodwork, Animal Care, Horticulture, and Horse Care. We also launched the New Leaf Triangle qualifications, based on the C&G ones for children too young to register. This has been very popular, boosting confidence with a sense of achievement, with added opportunities for English and maths!



Winter was a challenge this year with so much rain, but staff were creative and students were very resilient, getting used to coping in different weather conditions and I think the sense of tribe and teamwork were increased through this experience!

And then March came with all the uncertainty of coronavirus. We were closed for a few short weeks but were then needed by some of our education children and soon opened again. Our staff team have been amazing at managing the social distancing in the learning environment and we are so proud of all our children and young people who have shown such sensible and considerate behavior throughout. Some of our staff team were furloughed for a while but most have now returned. They have been working hard on giving New Leaf a makeover and we have had time to finish off the creation of New Leaf's new Challenge Award.

We are looking at new ways to support you all and to see what we can put in place over the coming months to help get things safely back on track as more students need to return, such as the possibility of additional cabins and washing facilities. Some summer activities will go ahead, including LCC 1:1 playschemes for those with direct payments. We can also offer respite and individual family sessions with almost the full range of New Leaf activities.

We are not going to be doing camps as we don't have enough facilities to do this safely in the current circumstances.

For those of you who haven't seen the pigs since the last newsletter ...they have grown...a lot! Hope to see many of you return over the coming months.



Update on our Animals

Our animals are a very big part of the team. They have all been well over the last few months apart from Tyler and Wendy. Tyler, (left) has had a very painful eye condition, called uveitis, and is now blind in one eye and will most likely have to have it removed. Wendy, after giving 18 years service to the cavalry and 5 years to New Leaf, has a deteriorating tooth disease and has had to have a number of front teeth removed. She has now had this done and is making a good recovery. We are currently fundraising to raise funds for the veterinary treatment for both of them. Tyler is waiting for funds to be raised before he has his operation.

If you would like to help, please follow this link or type into your web browser:

<https://www.gofundme.com/f/help-for-tyler-and-wendy-wexford-at-new-leaf>



Changing Lives Through Horses

We have several students currently enrolled on the Changing Lives Through Horses programme. The course aims to help children and young people who are disengaged or at risk of disengaging from education, back into education. It teaches the students basic horse care and riding skills whilst helping them develop six key personal skills: communication, confidence, teamwork, relationships, responsibility and personal achievement. Most of the participants have never touched a horse before, let alone ridden or cared for one. Just approaching and touching a horse can be a huge personal challenge to someone who has no experience with horses and the sense of achievement and pride they feel when they overcome this challenge is immense and a huge boost to their confidence. As they progress to caring for the horse and learning to ride, they must take some responsibility for their actions as they will influence the horses, either positively or negatively. They also have another being depending on them to provide everything they need to remain healthy and happy. As they learn new skills their confidence and sense of personal achievement grow in recognition of the progress they are making. A “simple” task of completing a ridden or in-



hand obstacle course with a horse requires teamwork and communication between both horse and human. If a 500kg horse doesn't understand what you are asking it to do, because you haven't asked it the correct way, it really isn't going to do it! The students must learn to communicate with their teammate in a way that both parties understand clearly. All these skills and qualities can be transferred to their own life or relationships with their peers. For example, a task of fixing a broken fence requires teamwork and communication between everyone involved.

New Chicken House!

Our chickens are having a lovely time laying their eggs in their new luxury accommodation—an Eggloo, which was kindly donated by Andy and Jo Stallwood.

This allows them extra space while keeping them safe from predators, who have been more apparent during these quiet times!





A student on the City and Guilds Level 1 Horse Care and Riding course developing their riding skills on Beauty during a rare sunny winter's day!

New Leaf Triangle also runs the City & Guilds Level 1 qualification in work-based horse care and riding, providing older students who wish to work with horses as a career with an industry recognised qualification. Just a few of the topics this qualification involves learning about are:

- feeding & watering horses
- caring for, putting on & taking off tack
- mucking out stables
- how to keep yourself safe in a work-place.

Horse care students also get involved with every aspect of caring for and managing the health and welfare of the horses at New Leaf, including exercising them, transporting them to and from their winter grazing, treating ailments or injuries as they occur, presenting the horses to the vet and farrier for routine checks on their feet and teeth and maintaining records of their health and exercise. New Leaf is also able to source suitable work experience opportunities for students to support their learning.

Beauty proved an excellent and dependable mount for both the CLTH students and Level 1 horse care students throughout the winter months, whilst the other horses had a well-deserved winter break. Students were practicing lunging and long-reining Star and Pickle as alternative ways to exercise them, as well as monitoring their health and welfare during the rainy, cold winter. As spring approached, they were able to put in to practice all the new skills they had been working hard to learn.



Written by: Emily Field

Dates for your Diary

Sadly, we're not able to run the main summer camps, day camps or play-dates for this year because of all the uncertainty over Coronavirus and the limited bathroom and kitchen facilities.

However if you're interested in hearing more information our 1:1 play-schemes, respite or individual family sessions, or would like to book please email our administrator Kath Carter at kath.newleaftriangle@gmail.com to join our expression of interest list. We can then keep you informed as things develop.



FUNDRAISING GROUP

URGENTLY NEEDED!

We have now used up all our funds raised to subsidise family sessions and camps. For the last 6 years we have done this through grants and fundraising, helping hundreds of families, but now we need a parent or group of parents to get involved in coordinating this. Please contact Kath on the above email, if you are interested. We need to raise around £3,000-£4,000 a year to continue to run camps, playdates, day camps and family sessions.





Growth of New Leaf

Over recent months, New Leaf has increased its capacity significantly and we've brought in some new team members, Doug, Kelly, Logan and Phoebe, to make sure we can keep up with the number of new students enrolling with us. Each member of our team brings a smile, dedication and a real passion for what they do. Look out for a new "Staff Spotlight" feature in an upcoming newsletter so you can get to know each member of the team in turn.

We've also added in some new equipment this last year and continue to look for ways of making sure we are developing and updating what we do for the benefit of our learners.



Rabbits and Guinea Pigs

Small animals are a big part of the NLT team. Looking after animals teaches students responsibilities and helps to build time management skills. Petting an animal reduces anxiety and stress. It releases feel-good hormones in humans, including serotonin, prolactin and oxytocin. Small animals teach children gentle handling and empathy.

Our lovely rabbits and guinea pigs often give therapeutic support to our students allowing them to concentrate better on their academic work, helping them to stay calm and relaxed. It works both ways! Our lovely rabbits and guinea pigs like gentle touch and company. The NLT small animal qualification gives students opportunity to learn lots about small animals. They can learn about their natural behaviour by observing them outdoors. Health checks gives students opportu-

nities to gain skills in maths, reading and writing. Having such an important role of keeping our animals healthy and happy makes learning fun and interesting. Our students feel a big sense of achievement when they receive their small animal qualification certificates.

Written by : Marzena



Guinea Pig, Mary, loves a cuddle

New Challenge Award

We are very excited that we recently saw the launch of our brand new Challenge Award. The award is something we hope all our students, who are not undertaking an externally accredited course will work towards. We've already had some very good feedback from our staff and those students who have begun looking at the modules.

The Award includes modules such as Developing Confidence, Caring for the Environment, Teamwork and relationships, Communication and Functional English and Mathematics. Students can work through some or all of the modules achieving, bronze, silver and gold awards for their progress. They can work through the modules by taking part in the whole range of New Leaf activities.

Look out for updates in a future newsletter on the progress our students are making.

New Leaf Triangle Challenge Award

New Leaf Triangle

Nature's Leg Up

Protecting Animal Welfare in Animal Assisted Therapeutic work

Animal assisted therapeutic work improves a person's emotional and physical well-being with the aid of animals. A wide variety of animals are used at New Leaf Triangle including horses, dogs, guinea pigs, goats, pigs, chickens and rabbits.

The welfare of the animals is of the highest priority to protect their health, safety and mental wellbeing. Whilst some animal rights campaigners argue that animals should not be used for the benefit of humans, animal welfare advocates such as the RSPCA state that animals are allowed to be used by humans so long as their welfare requirements are met.

In terms of basic welfare the animals at NLT fully meet the criteria set by the local authority and meet the Five Freedoms of animal welfare.

Staff are very well trained in observing the behaviour of both the students and the animals and receive frequent training. Students are observed and are not left unattended with the animals. Students are also trained to monitor the behaviour and wellbeing of animals through the activities in the Schemes of Work or through direct qualifications such as the City and Guilds Animal Care or Horse Care. Students are provided with a wide variety of information on animal handling and behaviour that describe the states of relaxation, fear, anger and stress and are taught to moderate their own behaviour accordingly. Children are often then able to adapt their learning from their interactions with animals to how they relate to their peers or family.

Written by Laura Moulds BSc. Dip (AS) CABG



“The welfare of the animals is of the highest priority to protect their health, safety and mental wellbeing”

Winter Archery !

Students managed to get some archery in at New Leaf's second site on the all weather surface of the manège when the rain stopped! Several students learnt new skills and also learnt about the responsibility placed on them when using this sort of equipment. It's great for developing concentration, fine and gross motor skills, confidence and listening skills; and it develops their ability to follow quite complex instructions whilst observing all the health and safety aspects involved. But above all, they have lots of fun!



Delilah—a new friend for Milo

Unfortunately Milo lost his lifetime friend, the very special girl, Fifi, (above) this year after a long illness. They helped so many children together. He now has a new friend, the very sprightly Delilah (below), and they have bonded very well. It has given the old boy a new lease of life!





About Us

New Leaf Triangle is a Community Interest Company (CIC) - not for profit, that provides a fun, supportive, stress-free, natural learning environment to help individuals of all ages to 'grow' and cope with life's challenges.

At New Leaf we use positive approaches including building on individuals' strengths and creating positive relationships and emotions, all of which promote happiness, wellbeing and self-belief.

We can meet the needs of children, young people and adults with autism, behaviours that challenge, learning difficulties, ADHD, social emotional and behavioural difficulties, and a wide range of mental health conditions, including post-traumatic stress disorder and dementia.

Placements can be flexible and we do not require that students attend for a minimum number of weeks, although this is usually best practise to achieve best outcomes. Facilities include heated log cabins with kitchen and seating areas, toilet & shower facilities, a natural sensory room, barns with large internal stables, all weather manèges, and play paddocks.

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To find us please put "New Leaf Triangle" in google maps rather than use the post code

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