

BREATHING SPACE THERAPEUTIC SERVICES CIC



PROVISION MENU & DELIVERY OUTLINE

A free provision bringing the benefits of
animal assisted therapy into the local
community

Friends with Feathers and Fur provides the opportunity for children & young people with physical & mental health needs that prevent them from travelling to our delivery site, to access the benefits of animal therapy, ensuring they are no longer excluded from the emotional, physical and mental health benefits our animal therapy team provide.

Target beneficiaries include:

- SEND schools
- Children's Hospice
- Children & young people's inpatient psychiatric care
- Secure Children's Homes
- Community awareness raising & events

STEP
01

Initial contact via email
or phone

Discuss/identify
beneficiary need

STEP
02

STEP
03

Decide on preferred
intervention/activity

Complete our booking form
& confirm delivery
arrangements

STEP
04

STEP
05

Session delivery &
evaluation





INTERVENTION: ANIMAL ANTICS



Our Animal Antics intervention is ideal for whole school events, such as fetes and fundraisers, or events within your community setting. We can bring along a number of our animals and allow community members the opportunity to interact with our team in a less formal setting.



We will need a large space in which to set up our animal team and also a space that can be used when the team need a break from the hustle and bustle of community events.

INTERVENTION: WORLD OF WELLBEING



World of Wellbeing provides the opportunity for children with physical & mental health needs, children in hospice or psychiatric care, SEND schools, young carers and children in secure settings to access the benefits of animal therapy, ensuring they are no longer excluded from the emotional, physical and mental health benefits our animal therapy team provide.



These sessions are themed and often based specifically on:

- Confidence & Self-esteem
- Communication skills
- Team skills
- Anxiety & stress management
- Development of fine/gross motor skills
- Identity & self-worth
- Reducing loneliness and social isolation

These sessions usually run for approximately 2 hours and require an indoor or outside space sufficient to house the therapy animal most suited to the client group. These can be one-off sessions or various sessions delivered over a number of weeks, dependant on the needs of the group.





INTERVENTION: DELVING DEEPER



Our *Delving Deeper* sessions do exactly that – ideal for youngsters who would benefit from 1:1 work, these sessions are of particular benefit to children who find self-regulation difficult and for whom previous therapeutic input has felt too overwhelming.

The two main team members used in this type of intervention are Worzel and Velvet, although Groot & Gruff are showing signs of becoming fabulous therapy goats too!



We can offer one off sessions or ongoing sessions over a number of weeks, depending on the client's needs & our availability.

These sessions last approximately 1 hour and can take place in more formal settings.

A Referral form will need completing prior to the session taking place.





MEET THE TEAM



Worzel: our therapy dog has been working therapeutically with children for over 7 years. He is one of the founding members of our organisation and is fab when working 1:1 with youngsters and his boundless energy lends itself beautifully to our animal antics sessions.

Velvet & Ted: our therapy ponies are utilised in a therapeutic setting with youngsters who require support to understand how to self-regulate and develop their motor skills. They are also often used at our community events.



Groot & Gruff: these two cuties are the most recent additions to our animal therapy team and have the sweetest dispositions. They love to play and are very inquisitive.

Elsie, Jess & the girls: our ducks often attend community events and enjoy interacting with the public. Our ex-battery hens are ideal for little hands and prove that we can all overcome adversity and build trusting relationships!





MEET THE TEAM



Our project staff team is made up of Bic, Rina & Tracy. The team have vast amounts of experience of working with both humans and animals.

Collectively, our delivery team hold qualifications in Integrative Counselling, Animal Assisted Therapy, PTLLS teaching qualification, trauma & attachment, Learning Support & Horse Riding Management (with children and young people).



All our staff have qualifications in Safeguarding to the appropriate level for their role & are Enhanced DBS cleared.

Our named DSL for the purpose of this project is:
Rebecca (Bic) Mainstone

5 FREEDOMS OF ANIMAL WELFARE ACT



5 FREEDOMS for ANIMALS

- Freedom from hunger and thirst
- Freedom from discomfort
- Freedom from pain, injury & disease
- Freedom to express normal behaviour
- Freedom from fear and distress

A collage of various farm and domestic animals including a dog, a pig, a cat, a cow, a chicken, and a lamb.

RISK ASSESSMENT



ANIMAL HEALTH

1

5

HYGIENE

BITES & SCRATCHES

2

6

INFECTION CONTROL

CUTS & MINOR INJURY FROM HOUSING

3

7

ANIMAL INTERACTION

ALLERGY

4

8

PHOBIAS

RISKS ASSOCIATED WITH OUR ANIMALS



HOW WE REDUCE RISK



1	All animals are cared for in line with the Animal Welfare Act, all preventative treatment for illness and disease is administered to maintain good health. Any sick or injured animals are not used in session delivery.
2	All session participants are instructed on the safe handling of our animals and fully supervised during session delivery.
3	Animal housing, transportation vehicles and carriers are regularly maintained to ensure their safety.
4	All session participants are advised to take an antihistamine if an allergy to animals/the outdoors is likely.
5	Hand gel will be available throughout the session. It is advised that all participants wash their hands fully with soap and water following any interaction with our animals.
6	Adequate access to hand washing facilities must be available onsite so that participants can wash their hands thoroughly following interactions with our animals. Antibacterial hand gel will be provided for immediate infection prevention.
7	Staff will instruct all participants in safe practice when working with the animals in attendance at your setting. Each session will be supervised by our staff team.
8	Participants with specific animal phobias will be identified on initial contact so that the phobia can be considered when deciding which of our animals to bring along to the intervention.

WHAT WE NEED FROM YOU

Each of our animals will need sufficient space in which we can house them during our visit.



Our Animal Antics sessions require a larger space as we transport the team in our horse box and will need access to it at all times. We also have a gazebo that will be erected onsite and various holding pens for the animals we bring.

For our World of Wellbeing sessions we require less space. However, we will still need to keep our animals in a secure pen in between handling, so an area of grass would be beneficial & a car park on which our horse box can be kept is essential.



Our Delving Deeper sessions: if Worzel is your animal of choice then the sessions can take place within a room at your setting. If Velvet is the animal of choice then we will need a space similar to our World of Wellbeing requirements.



WHAT WE NEED FROM YOU



Every setting accessing our provision is required to complete and submit a booking form prior to our intervention taking place. For our World of Wellbeing & Delving Deeper interventions there is also a referral document that will need completing once we've received the initial booking form. This ensures we have all the necessary information to meet participant need.

Friends with feathers & fur Booking form

Organisation Name	
Main contact for booking purposes	
Address	
Contact Number	
Main contact email address	

Preferred intervention (circle as appropriate):

Animal Antics

World of Wellbeing

Delving Deeper

Background information relevant to booking:

What type of event is taking place? What type of need do the participants have?

Number of participants	
Age range	
Do you have an area of grass on which we can set-up the necessary equipment to contain our animals?	
Is there sufficient parking to allow our horse box to be located near the site of delivery?	
Who will be our point of contact on the day of attendance?	
Contact Number for the above point of contact	

Name	
Signature	
Date	

BREATHING SPACE THERAPEUTIC SERVICES CIC



Friends with feathers & fur

Companies House Number: 12389582

THE INCLUSIVE
COMMUNITIES FUND



Funded by
UK Government

Commonwealth Games
Legacy Fund



West Midlands
Combined Authority

heart of england
COMMUNITY FOUNDATION

UNITED BY 2022
LEGACY CHARITY

For more information contact:

Breathing Space Therapeutic Services CIC
Baggeridge Country Park,
Gospel End Road.
DY3 4HB

Bic on 07752 859432

bic@breathingspacetherapeuticservices.co.uk

