

Within our regional conference we had a talk from the Sunflower Hidden Disabilities lead and I was inspired to pass on what I took from it. Not necessarily in order of importance.

Respect & Inclusion - both our clients and volunteers, whatever their seen or unseen disabilities/difficulties. Everyone deserves to be heard with dignity and support & honouring how individuals navigate the world.

Kindness & patience - for those with less skills & experience in horsemanship.

Use of the voice - unless an emergency, shouting & raising the voice sharply is upsetting to both clients and volunteers.

Supportive & awareness - being aware of the possibility that someone may have “stuff” going on in their lives that they maybe finding hard to talk about.

Recognition & Acceptance – different skills that are brought to the group can be helpful and should not be dismissed out of hand.

Empowerment & Enable - we are all here to give, not only time, but knowledge to our clients but also to other volunteers especially if asked for. We’re aiming to equip them with knowledge and confidence.

Create - we aim to create an environment where everyone feels welcomed, valued & supported with tolerance.

Bullying - Verbal or physical cannot be tolerated and using calm and clear instructions helps avoid misunderstandings. Offensive, Intimidating & insulting words undermines & humiliates & can cause emotional harm.