

# The Global Gallop

A publication by The Federation of Horses in Education and Therapy International AISBL

## Equine Assisted Palliative care

## International Events

## EAS National Qualification

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# SAVING SARDA

## LIGHTING UP AFRICA CONTINUES



Images and article submitted by Steven Lukey - SARDA Brand Ambassador



“Hey now, all you children, put your lights on, put your lights on, because there are monsters living under my bed.....” form part of the lyrics of Carlos Santana’s famous song “Put Your Lights On”.

You would be excused for asking, what has this got to do with Horses, Saving SARDA, and Special Needs; but those of you that follow South African News will know, that now we suffer additional power outages for up to 8 hours a day, due to what is now a common monster, called “load-shedding”.

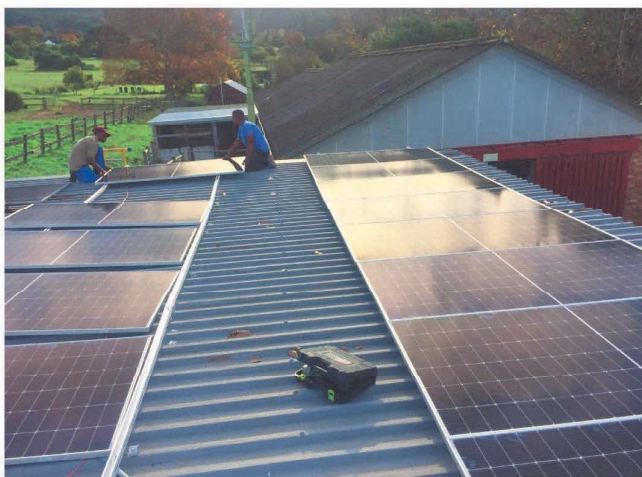


Image credit: SARDA

Following our last article in the January 2023 edition of the Global Gallop, SARDA’s resilient spirit has been lifted by 3 incredible organisations that have come into our lives to invest in humanity.

As we speak; with the generous support of the Hans Fischer Foundation, SARDA has been able to procure a Hybrid Solar, Inverter, Battery plant that will help us keep the lights on and allow our administration to function, and our staff and volunteers to continue the sterling work with our 16 Special Needs Schools. An incredible thank you is due to Birgit, Uli and Martin who continue to pioneer SARDA’s cause. You’re amazing.



Dr. Hans Fischer Stiftung

In SARDA’s 50th Anniversary Year, Laureus Sport for Good South Africa, kindly invited SARDA to participate in the Laureus Incubation Hub Programme. This programme runs over a period of 1 year and will empower SARDA’s Management to grow and develop additional skills in Governance, Financial Management,

Community Development, Child Protection, Employment Law, and Monitoring and Evaluation.

In April 2023, Laureus also



**LAUREUS**  
SPORT FOR  
GOOD

— SOUTH AFRICA —

enabled SARDA to run 4 Workshops with Lead Up International, following on a greatly successful pilot project undertaken at SARDA in January 2023, focussed on Training Future Leaders with the emphasis on reducing Gender Based Violence in Society.

SARDA's call for participants was carried out through SARDA's management, volunteer, and beneficiary networks, to reach out to people and organisations living and working in at risk areas, and whose focus is on empowering leaders and youth.



SARDA was able to attract over 70 leaders and youth from a diverse demographic. Participants were sought from SARDA's disabled community, the Amy Foundation, Langa, GCU, Rainbow Dreams Trust, Positive Behaviour and Intervention and Resource Centre, and individuals from the public that requested to participate, due to their involvement in at risk communities.

The primary objectives of the workshops were to encourage and foster attitudinal and behavioral change of participants, resulting in improved conscious decision-making, solving interpersonal conflicts, and thereby contributing to a reduction in violence in at risk communities.

The workshops were designed to



Image: Keuen Roberts, Leader from Laureus at the round pen



Image: The Lead Up team and participants



Image: The Lead Up team and participants



Image: The join up moment



accommodate appropriately sized groups of approximately 10 persons per group. As the Lead-Up training deals with personal and emotional experiences in a group environment and involves one on one, and interactive lessons and group discussions. Smaller groups were encouraged to achieve the maximum benefit for all participants.

Workshops were facilitated by 2 Qualified Lead Up instructors and supported by Sarda's senior instructor and stable manager. Support staff included 2 grooms, a groundsman and SARDA Volunteers assisting with the horses and providing lunch and refreshments.

As part of the introduction to emotional intelligence, the participants received training on the use of the "emotional thermometer"; a tool to identify, measure and self-regulate their emotions, as well as diverse breathing techniques that could help them settle in their bodies to recognize, and process emotions. Their first meeting with the horses was extremely successful since many of the participants were initially wary and scared of them, but little by little they gained confidence to approach them and by the end of the session, they were all comfortable around the horses.



**Image: Participants learning about breathing techniques and the use of the emotional thermometer.**

Lead-Up Leader, Katie Cunningham from Guatemala, gave a Join-Up demonstration so that the participants could see this activity performed by someone they could identify with. In the afternoon the participants did several activities in SARDA's 2 round pens, including a silent meditation with the horses as well as leading exercises. There were observable changes in the participants behaviours, as many tended to self-isolate at the beginning. By the end of each day there were already visible differences in terms of self-confidence and self-expression amongst all participants. This was witnessed and supported in "sharing circles" where each participant was asked for feedback on their training experience.



**Image: GCU and Rainbow Dreams Trust provide personal feedback of their workshop experience.**

Apart from everyone's positive expressions, the most valuable outcomes of the workshops included:

- Requests by participants, team leaders and mentors to return to SARDA, and where possible to participate in its activities.
- The formation of a collaboration between each of the groups represented, where synergies existed. Lead-Up and SARDA representatives were post-workshop, able to visit and experience the work of the Rainbow Dreams Trust (15th April 2023) and the

Amy foundation at the Bongolethu Public Primary School (19th April 2023).

- An invitation to collaborate and form part of developing a new curriculum between the Positive Behaviour and Intervention and Resource Centre and SARDA.
- Lead-Up International has agreed to return to South Africa and in collaboration with SARDA plans to expand a joint initiative into the rest of South Africa and hopefully into other African Countries.

SARDA invites you all to be part of our 50th Anniversary celebrations, and we look forward to your continued interest and support, in our consistent drive to achieve Equity, Inclusion and Diversity in Society. Please reach out to us and Join UP to live your dream.



Image: Happiness and Tear after a phenomenal Join UP Experience "Oh what a day. God made everything for a purpose. Truly astonished and humbled".



To support SARDA'S crowd fund visit:  
[www.sarda.co.za](http://www.sarda.co.za)

