



Care Homes & Assisted Living

Bring Joy and Connection to Your Care Home with Our Animal Therapy Visits

Dear Managers & Activities Co-ordinators

We are delighted to introduce to you our unique animal therapy service, designed to bring moments of joy, comfort, and connection to residents and staff in care homes and assisted living facilities.

Our gentle miniature Shetland ponies, alongside our friendly small animals and farm animals, create magical experiences that spark smiles, rekindle cherished memories, and enhance overall well-being.

Our Animals Available for Therapeutic Interactions:

We are delighted to offer therapeutic interactions with a variety of animals, each bringing unique benefits to our visitors.

Ponies:

Our Miniature Shetland ponies “Bella, Pippa, Missy, Spirit” are calm, gentle, and love spending time with you. They’re perfect for brushing, petting, and offering that special pony cuddle. They happily navigate around your home, don’t worry if you are unable to sit out of bed. Our ponies will join your bedside for special cuddles and rest their heads and even have a little nap themselves.

Small Animals:

- **Our Rabbits and Guinea Pigs** are calm, soft and cuddly. They are ideal for offering comfort and companionship. Their soft fur and gentle nature provide the most amazing comforting sensory experience

Farm Animals:

- **Our Goats and Sheep** are always friendly and curious, they bring an element of fun and excitement as you get to observe them up close.
- **Our Chickens and Ducks** are a fun way to observe and interact, learning about their natural behaviour in a safe, controlled environment. Our Chickens especially will happily sit on your arm for a stroke, or even perch on your head. Our Cockerel is always the star of the show with his cock-a-doddle-do.

Please note: Only a selection of our Animals are brought to each session, tailored to your preferences and needs, to ensure a calm and focused experience

Interacting with these animals can provide numerous therapeutic benefits, including stress relief, improved mood, and enhanced social interaction

The Many Benefits of Animal Therapy

Our therapy visits go far beyond a momentary smile. They create lasting emotional, physical, and psychological benefits for residents, while also having a profoundly positive impact on staff.

For Residents

1. Emotional Benefits:

- **Stress and Anxiety Relief:** Petting animals naturally lowers stress levels and promotes feelings of relaxation.
 - **Pure Joy and Laughter:** The simple act of interacting with animals brightens moods, sparks smiles, and creates a warm, welcoming atmosphere.
 - **Companionship:** For those feeling lonely or isolated, the unconditional love of an animal provides comfort and reassurance.

2. Cognitive Benefits:

- **Memory Stimulation:** Animals can evoke fond memories of childhood pets, family farm animals, or even working horses, sparking conversations and storytelling among residents.
- **Improved Engagement:** Residents often become more alert and focused during and after interactions, staying present in the moment.

3. Physical Benefits:

- **Encouraged Movement:** Activities like stroking, grooming, or holding animals promote gentle movement, improving motor skills.
- **Health Improvements:** Scientific studies show that animal interactions can lower blood pressure, heart rate, and even alleviate physical discomfort.

4. Psychological Benefits:

- **Boosting Confidence:** Interacting with animals helps residents feel a renewed sense of accomplishment and connection.
- **Fostering Purpose:** Caring for animals—whether brushing a pony or holding a rabbit—gives residents a meaningful activity that builds pride and joy.

Our Commitment to Cleanliness and Animal Welfare

We take great care to ensure the comfort of our animals and the cleanliness of your space during home visits.

- **Pony Diaper Bags:** Our ponies wear special horse-friendly diaper bags during indoor visits. These ensure cleanliness and prevent mess, allowing you to relax and enjoy the time with the ponies.
- **Goat & Sheep Diapers:** During indoor visits our goats and sheep wear special diapers, to ensure cleanliness and prevent any mess, allowing you to relax and enjoy the time with our animals
- **Protective Shoes:** To safeguard your floors and prevent slipping, our ponies wear specially designed protective shoes. These shoes are non-slip and floor-friendly, ensuring both the ponies' safety and the protection of your home.
- **Animal Welfare First:** Each animal is transported with their welfare in mind, with regular breaks, comfortable transport conditions, and plenty of care to ensure they are calm, happy, and stress-free on arrival.
- **Small Animal Baskets:** Our Rabbits and Guinea Pigs happily sit all day long in there special baskets being stroked and loved. This is for your safety preventing scratches from little claws and for the comfort of the animals, as they are not being picked up or handled in correctly.

We are committed to making each visit a seamless and enjoyable experience for you while prioritizing the health, safety, and comfort of our animals. If you have specific requirements or questions, we're always happy to discuss and accommodate your needs!

Rekindling Cherished Memories

Animal therapy is more than a moment of comfort; it is a bridge to the past. Many residents have treasured memories tied to animals, and our visits help rekindle these special connections.

Equine Memories: Horses and Farm Life

For residents who grew up in rural areas, horses were often a daily part of life:

- **Working Horses:** Ponies remind residents of horses pulling carts, ploughing fields, or helping with daily tasks on farms. The sight, smell, and touch of the ponies spark vivid memories of these experiences.
- **Caring for Animals:** Many residents recall brushing, feeding, and caring for horses with pride, sharing stories that foster community and engagement.
- **Cultural Traditions:** From market days to festive carriage rides, horses evoke memories of family and community traditions that bring smiles and spark storytelling.

Small Animals and Farm Animals: Pets and Childhood Joy

Small animals connect residents with fond memories of childhood pets or farm animals:

- **First Pets:** Holding a rabbit or guinea pig may remind residents of their first pets, bringing back stories of companionship, naming animals, or shared adventures.
- **Farmyard Friends:** Goats, Sheep and Chickens evoke the sounds and sights of a simpler time, whether it was gathering eggs or watching animals roam the farm.

- **Sensory Triggers:** The warmth of fur or the gentle clucking of a hen often brings a wave of nostalgia, especially for those with dementia or sensory challenges.

Ensuring Accessibility for All Residents

Our animals are specially trained to adapt to a wide variety of environments, ensuring that every resident—no matter their mobility or circumstance—can experience their joy.

- **Navigating Indoors:** Ponies can easily move around furniture, narrow hallways, and busy communal spaces.
- **Lift-Ready:** Ponies are trained to use lifts, making upper floors and private rooms accessible.
- **Bedside Visits:** Both ponies and small animals are brought directly to bedbound residents, creating intimate and meaningful interactions.
- **Wheelchair Accessibility:** Ponies can walk alongside wheelchair users, while small animals are easily placed in laps for tactile interaction.
- **A Unique and Therapeutic Experience** therapy goes beyond simple enjoyment—it has proven therapeutic effects on emotional, cognitive, and physical health

Benefits for Staff Members

Our animal therapy sessions aren't just for residents—they bring uplifting benefits to your entire care home team.

Stress Reduction and Mood Boost

- Just like residents, staff benefit emotionally from animal therapy. Interacting with animals helps lower stress levels, improve focus, and create a more positive and relaxed atmosphere in the workplace.

Enhanced Team Morale

- Animal therapy sessions can boost morale among staff members by providing a shared positive experience. Watching residents interact joyfully with the animals fosters a sense of accomplishment and pride in their caregiving role.

Strengthened Relationships with Residents

- Joint participation in animal therapy sessions deepens the connection between staff and residents, as they engage together in meaningful, shared moments of joy and laughter. Fostering deeper connections between caregivers and those they support

Increased Engagement and Energy

- Animals bring energy and liveliness to the care home environment, which can positively impact staff motivation and enthusiasm for their work.

Burnout Relief

- For caregivers, seeing the positive impact of animal therapy on residents can provide emotional relief and a renewed sense of purpose, helping to combat burnout and fatigue.

How are Pricing Works

Pricing

We offer a range of visit options to cater to different needs:

- **One Hour Visit with One Pony or Small Animals or Farm Animals:** £150
- **One Hour Visit with One Pony & Small Animals or One pony & Farm Animals or Two Ponies:** £225

- **One & Half Hour Visit with One Pony or Small Animals or Farm Animals:** £200
- **One & Half Hour Visit with One Pony & Small Animals or One Pony & Farm Animals or Two Ponies:** £275

- **Two Hour Visit with One Pony or Small Animals or Farm Animals:** £250
- **Two Hour Visit with One Pony & Small Animals or One Pony & Farm Animals or Two Ponies:** £325

Fuel Charges

We apply a **fuel charge** to cover travel costs and ensure our animals are transported safely and comfortably.

We offer **free travel for the first 10 miles** (5 miles each way), and after that, we charge **£1.50 per mile** for any additional distance.

Example Fuel Charge Calculation:

If you are located 30 miles away from EverDale Stables:

- **Total Distance (Round Trip):** 60 miles
- **First 10 Miles Free:** Subtract 10 miles, leaving 50 chargeable miles.
- **Fuel Charge:** 50 miles × £1.50 = **£75**

Additional Charges:

Ultra-low emission or congestion zone fees (if applicable) will also apply.

As we travel across the country we recognise that travel costs can add up over long distances. To help minimise expenses, we aim to coordinate visits with nearby facilities whenever possible, sharing travel costs to provide a more cost-effective solution for everyone involved.

Benefits of Multi-Home Visit

- Fuel charges are divided among all participating homes, reducing costs for each.
- Residents in all homes benefit from enriching animal therapy sessions at a significantly reduced cost.
- Coordinating visits promotes community collaboration and sustainability.

We hope these options provide flexibility and value to suit your needs. Please let us know which works best or if you have any further questions!

Book Your Animal Therapy Visit Today

Let us bring the magic of animal therapy to your care home. From cherished memories to newfound moments of joy, our visits create meaningful experiences for residents and staff alike.

We look forward to hearing from you, and questions please do not hesitate to reach out.

Kind Regards

Jessica Everill

Call: 07912681564 to speak with Jess

or

Email: info@shetlandtherapy.co.uk

Miniature Shetland Therapy Ponies Ltd
www.shetlandtherapy.co.uk

License Number of Activities involving Animals: 009223
North Warwickshire Borough Council

Together, we can make every day brighter—one cuddle, nuzzle, and smile at a time.