

# Equine Therapy Programme with Touch Community

The Singapore Polo Club's Outreach team conducted a 4-week long Equine Assisted Therapy Programme in November for trainees from TOUCH Centre for Independent Living (Bukit Merah).

The trainees learnt several activities during their weekly participation at the Club which helped develop their social skills while boosting their confidence when near horses. Here is a feature of the activities that the trainees partook in during the programme.



Happy and content trainees at the end of the month-long programme

## WEEK 1

### Stable Tour, Feeding and Petting a Horse

Trainees tried their hands at feeding and petting polo ponies, Esperanza and Tapadita. They also had a tour around the stables and picked up some knowledge about the different types of hay and horse feeds. Look at the smiles!



Melissa Ko, our Outreach Convenor explains the difference in types of hay to the trainees



Mark feeding Esperanza



Briefing before heading to the stables



Photo opportunity with Tapadita

**WEEK 2**

**Grooming, Leading and Grazing**

In this session, trainees had multiple hands-on experiences through various activities. They attempted a grooming session with Bandit and learnt how to lead and graze a horse using the lead rope.



*Grooming Bandit*



*Learning to graze Esperanza*

**WEEK 3**

**Watching a “Live” polo demonstration and attempting a quiz on horses**

Trainees watched a polo demonstration by Sanaullah Khan, the Club’s polo professional in the covered arena where he demonstrated the four strokes of polo – forehand, backhand, nearside forehand and nearside backhand on Esperanza. They also watched Esperanza move in various gears such as walking, trotting and cantering. To complete the experience, participants also headed to the stables for a mini quiz and everyone did very well!



*Learning about the gears used in a polo match*



*Yufira is all smiles with her successful completion of the quiz*

**WEEK 4**

**Horse Riding and Foot Mallet Practice**

The last session of the programme was filled with excitement. Trainees had the opportunity to ride on a horse, with the volunteers leading them. This was a much anticipated activity for everyone. At the covered arena, Gullermina, Strawberry and Mayday worked hand in hand with the volunteers and trainees for their maiden riding session. Participants also tried out the four strokes of polo using the foot mallets. Good job everyone!



*Confident on the horse*



*Felicia's maiden ride on a horse*



*Practising using the foot mallet*

It was fantastic to see the trainees being so confident around a horse after just four sessions over the course of a month. Thank you to our riding and polo ponies, Esperanza, Tapadita, Gullermina, Strawberry and Mayday for being such sweethearts around them!

To register your interest in volunteering for future initiatives, please email [outreach@singaporepoloclub.org](mailto:outreach@singaporepoloclub.org). Open to Singapore Polo Club Members only.