

# TULLYNEWBANK STABLES

## EQUINE FACILITATED LEARNING





# TULLYNEWBANK STABLES

## A HAVEN OF WELLNESS

Northern Ireland Centre for  
Equine Facilitated Learning & Development.  
Located in a peaceful, tranquil, rural setting  
yet just 14 miles from Belfast.



We invite you to a  
**complimentary**  
Holistic Hour Experience with us





# TULLYNEWBANK STABLES

Est 1999 by

## SIMONE & CHARLES

McCambridge

Simone is a qualified Equine Facilitated Learning (EFL) facilitator working with horses to help individuals and groups discover and achieve their potential.

She is also a master practitioner in Emotional Freedom Technique (EFT Tapping)



Charles has always had a love for animals growing up on his family farm and he is dedicated to the welfare of the Tullynewbank equine team. He manages the yard and makes sure everyone feels warmly welcomed and safe on site.

Take a Peaceful Pause  
in this **free** one hour group session



# WHAT IS EFL?

## EQUINE FACILITATED LEARNING

Clients experience with horses, **emotional intelligence, personal growth and mindfulness.**

Each horse offers something unique that helps grow **confidence** and improves life skills through self awareness

1-2-1 Sessions

Family Sessions

Community Groups

Corporate Learning and Development

Groups learn about themselves and each other through interacting with the horse and receiving non-verbal feedback from the horses



Discover inner **peace** as you  
step into serenity



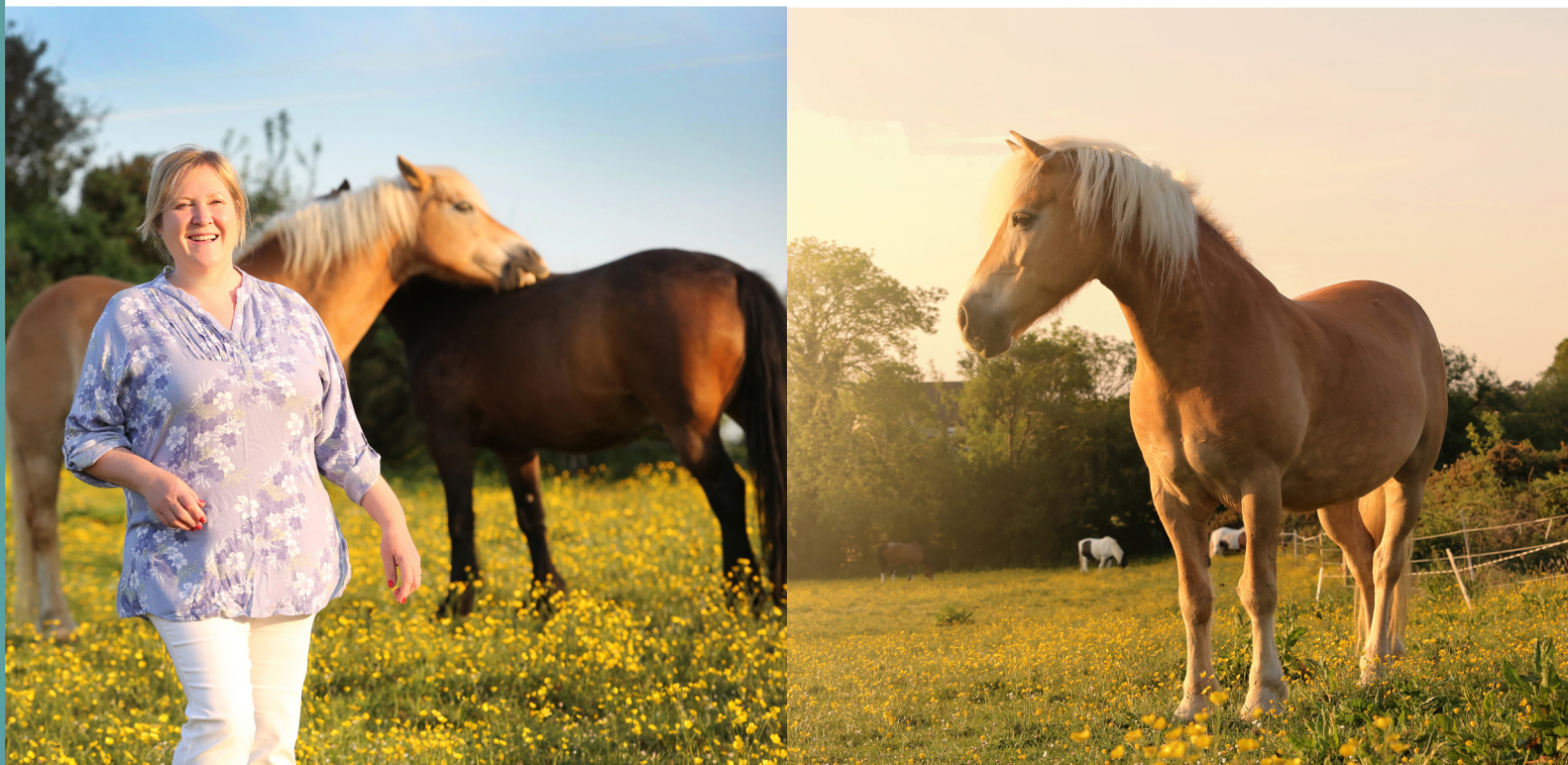
# WHY HORSES?

EFL is not for every BODY, likewise,  
EFL is not for every HORSE

Horses are **nonjudgmental**, they don't know the difference between a successful business owner or a homeless person, they are highly sensitive and act in the moment thus responding in **freeze or flight**

We are naturally drawn towards horses because of their majestic presence, beauty, elegance and inquisitive minds.

They are not bound by clocks or deadlines so remind us how to **be present** and live in the **moment**.



Learn new **techniques** and resources



# CONNECTION

There is a feeling of **connection** when they choose to walk towards us, this is like no other feeling, gently tapping into our emotions which rest just below the surface of the skin.

During EFL sessions horses just need to be themselves, they will pick up on the energies presented to them and the body language of creatures around them. Through observing their **behavior** and picking up on subtle cues the facilitator checks in with the client on their **perception** of what is happening



Accept our gift to you and give yourself  
the gift of **Self-Care**



# WHAT IS EAT?

## EQUINE ASSISTED THERAPY

EAT is an alternative model for individuals who have previously engaged in talking therapy and didn't report any improvement to their symptoms or were **unable to verbalise**.

EAT sessions can be delivered by 3 team members – a qualified counsellor or psychotherapist supported by an equine specialist and a horse/s

EAT is a professional and experiential approach to counselling, psychotherapy and mental health that supports clients of all ages in addressing **psychological processes** and **therapeutic goals**, working with horses as assistants, supporting and co-facilitating in this process.



**Connecting** with the horses





Changing  
**Lives**  
through horses

## TULLYNEWBANK STABLES

# Approved Centre

For the Changing Lives Through Horses Programme



The programme will focus on the six topics below and by working through the awards, you will start to develop skills in each of these areas.



Communication



Confidence



Teamwork



Responsibility



Building Relationships



Perseverance





## WHAT WE OFFER

- 🐾 Equine Facilitated Learning (EFL)
- 🐾 Emotional Freedom Techniques (EFT)
- 🐾 Coaching Sessions
- 🐾 BHS Changing Lives Through Horses
- 🐾 Facility Hire - Facilitators & Therapists  
(with Simone as the equine specialist)



Corporate Team Building, Learning and  
Development facilitated through **Team Build Ireland**



# TAKE 5 STEPS TO WELLBEING



Connect with animals & People



Learn about care and behaviour  
of horses and of self



Grooming, volunteering and  
helping others



Notice equine behaviour,  
nature, self-regulation



Engaging in equine interventions  
requires some level of  
physical activity

Public Health Agency

Learn how to tap using EFT through our  
**Emotional Freedom** programme  
“supporting life challenges”





# TESTIMONIALS

“ Last year my family and I were in a very bad place, our relationship was breaking down and there was nothing only stress and anxiety!

That was until we were introduced to the equine facilitated learning at Tullynewbank Stables. We came away with coping mechanisms and different ways to deal with stress and control frustration, it has completely changed our lives. Simone was so supportive, caring and genuinely had an interest in our well-being and relationships, she saw us through many challenges and persevered with us, she has such a passion for her work and loves to see people improving and succeeding in all aspects of their lives. Equine facilitated learning is definitely the way forward and I cannot recommend it enough. ”

*Lou. Belfast*

“

Since getting bullied at school and dealing with other health issues I was at the lowest point in my life, I couldn't see a future or light at the end of the tunnel. Then I met Simone at Tullynewbank Stables she introduced me to the horses , I instantly fell in love with them, they made me feel calm and I couldn't believe how intelligent they were.

Simone taught me how to deal with my anxiety and emotions through the horses.

I feel such calmness and emotional strength while I'm with them, I have learnt how to become more independent and assertive within myself and feel my mood has improved and I feel the horses have been a true blessing. ”

*Angela. Antrim*



**Mindful** walking in nature



# GET IN TOUCH WITH US

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