

## Youth Services

We offer therapeutic support/intervention using a range of services for young people.

This service aims to offer to help with fostering resilience and restoring emotional and mental wellbeing to an individual that has suffered from mental ill health, abuse, trauma or other negative life events. The reason for the onset of conditions such as anxiety, depression, eating disorders, PTSD etc., are wide and varied. Having someone to talk to on a regular basis can help change thought patterns and attitude to things which may, over the years have become patterns of behaviour. Mental health mentoring can restore self-confidence and self-esteem, build trust and help get a person back into a more positive social framework and help develop confidence for moving closer to work. This in turn aids both physical and mental wellbeing, which leads to being able to get back into work, education or training. This service can be offered as group or 1:1 support.



Youth Services team, Dawn Nicholas, Youth Services Manager. Contact details:

Phone: 07948404986 or email [dawn@hugsfoundation.org.uk](mailto:dawn@hugsfoundation.org.uk)

## Back to Nature

We offer an opportunity to discover who we really are, where we may have got lost on our way through life so far. Reminding us of our inherent inner being, our real self. This programme utilises nature to remind us of our identity, allows us to break free from the norms of domesticity, boundaries and control and allows us to be more objective about our true thoughts, beliefs and values. It seeks to bring us back into balance, back into a state of homeostasis, for without this nobody can be settled. This course allows for wildness and spontaneity, bringing us back to nature, teaching us the way of animals and birds, plants, trees weather; learning to communicate in new ways and to respect and value ourselves as individuals, this in turn builds on self-confidence, self-esteem and worth plus it helps people to believe in themselves enough to achieve other goals such as their employment potential. Learn to make fires, whittle wood, recognise plants and observe and learn from animal behaviour and interaction. These new experiences are then brought back inside and turned into craft or discussion, pictures or journals, allowing a safe place and time where everything is about you.

Get some hands on experiential learning, making dens/shelters, fire building, marshmallow toasting, knife skills, woodworking, bug hotel, examining through a micro scope. Walk our tracks learning about plants and animals that visit the farm e.g. tracks, natural habitats.

## Horse Interaction

Watch our horse herds in their natural environment, giving the opportunity to learn about how horses communicate and herd behaviour. Participate with tending to the horses by grooming, bathing, assisting in leading and exercising.



**KINDNESS, DIGNITY  
AND RESPECT**

## WHO ARE WE??

We are a registered charity based in Bodmin.

Our passion is animal welfare!

Here at The Hugs Foundation we rescue, rehabilitate and rehome unwanted and neglected horses and ponies.

We are also home to a lot of other animals including:

Sheep, chickens, ducks, pigs, rabbit, Guinea pigs, cats and dogs.



Registered Charity  
Number: 1175633



## What we do...

We take horses from all over the country working in collaboration with farmers and other charities.

We first started TWO years ago and since then we have rescued 12

Every horse that has come through our gates has an individual story and unfortunately not always a good one.

### Rehabilitation

Many horses are unhandled and nervous when they first come to Hugs but with a lot of time, patience and love they learn that they can now trust humans.

### Care

Our team goes above and beyond to make sure all our residents get the best care at Hugs. We work along side our vets if any horses are in need of any special care.

### Rehoming

For the team at Hugs it is the best feeling when we manage to find our horses and ponies homes. As you can imagine it is wonderful to see a horse's journey from rescue to then getting the outcome they all deserve and gaining a loving family.

## Success stories!!

BONNIE

Before



After



GATSBY

Before



After



The Hugs Foundation  
Higher Whitley Farm  
Helland Road  
Bodmin  
PL31 2NT

Equine team:  
Jana Merrett- Jones, Yard Manager. Contact details:

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