



Changing Lives Through Horses Participant Testimonial

Megan has struggled with mainstream education since the age of 6.

Age 10/11 things got really bad for her and she was unable to attend school due to severe anxiety, she was then diagnosed autistic and ADHD.

Megan has always struggled to attend even small group settings because of crippling anxiety, when we heard about changing lives through horses we really wanted her to give it a go but she was scared to try, despite her love of horses!

We took her along to a taster session, the staff were brilliant with her and over the last several months we have slowly transitioned her in and she's now attending two full days a week thanks to a grant she received from Changing lives through horses.

I can't thank everyone enough for what they've done for Megan, it's given her a sense of purpose and a real feeling of belonging. She's made some lovely friends and we will be forever grateful