

PO Box 8869  
Havelock North 4157  
Hawkes Bay  
New Zealand  
Ph 06 8796332  
021 807294  
E leg-up@xtra.co.nz



Leg-Up newsletter 110  
28 September 2021

Hello friends and supporters

Spring has sprung – a leak, that is! We desperately need rain, but why it had to come just as we opened our gate to the kids I really don't know... And as I write this newsletter we are still affected by the recent lockdown, with several schools not permitting their students to return until level one, so we are especially grateful to those who have sent donations and grants in a time of need:

- HB Foundation for a generous grant that will help pay the bills
- Lottery Community for a wonderful grant to help pay staff and overheads
- Peak Vision Church for yet another discretionary donation
- V Currie, S Wellwood. M and L Dalzell for generous financial gifts
- Adrienne Carter for a special donation that will enable us to look after her precious horse, Tinka, for the foreseeable future. Tinka does a great job with a vulnerable young person, as well as several other children, so she is no passenger.
- St Andrew's Parish for the donation of warm and woolly beanies for the kids who don't have them
- Heather McKenzie and other caring people who have donated horse gear
- Huge thanks to Larissa Mueller for organising the sale of horse gear we couldn't use ourselves but were permitted to use as a fundraiser.
- Of course we never forget our 12 donors who make automatic payments that ensure a guaranteed contribution each month. The confidence you give us goes far beyond the financial aspect of your generosity. And a huge thank you to Bella who has just arranged an automatic monthly donation.
- Huge thanks to those who are sponsoring students whose funding has run out, and also sponsoring a horse or two. If anyone wants to sponsor a horse, please get in touch.

### **Horses**

We are painfully aware that our horses are aging, and we dread August 1 when the official birthday for equines rolls them over an extra year. The oldest are in their thirties, the youngest rising 3. Legacy was born here nearly 3 years ago to Molly, a special needs Kaimanawa mare mustered from the ranges at a very advanced age. He will one day go to a new home as he's too young to be a therapy horse, but he has played a special role with a student who was chosen to help with his early training. It was very moving to watch at times and we were sorry when the student moved away. However, she is due back and we hope to see the relationship not only resume, but also to blossom.

The horses have come through the winter well and the challenges of spring are now upon us, with lush emerging grass not the best diet for some of them. A couple are on rations, while the rest are being monitored for signs of overindulgence as we manage their paddocks. We hope to shut up one paddock for hay as we usually do.

### **Students**

As intimated above, we are still not fully up and running because of the policy of some schools not to let children come until level one, so the emotional and financial impact on our organisation and the young people we serve is significant. Of those who have returned, several are in a fragile state and in need of a tranquil and welcoming environment. The world is not always kind to gentle people. While on this subject...

### **Guest Spot**

Jennifer Lyons has spent the last 15 years using her knowledge & experience to help people feel more vibrant, healthy & happy. She has a special passion for working alongside youth who struggle with depression & suicidal thoughts. As it's mental health awareness week, I thought she could share how Leg Up Trust is making a difference:

Leg Up Trust is a valuable resource to our local youth, many of whom are in deep emotional pain for a variety of reasons. Leg Up provides a lovely setting, just out of town, where the children can have a reset to their week and have something to look forward to. From the very first visit to Leg Up, the children find it a peaceful environment where they feel safe and are treated with kindness and respect. They're able to experience building a bond with a particular horse, spending special time one on one, grooming, communicating with the horses in a mutually rewarding way, playing games with them and simply hanging out. These special interactions build self esteem, promote relaxation, develop confidence & they feel more empowered, all things known to improve mood. There are also donkeys, miniature ponies & a dog to care for and bond with. Our children need what Leg Up offers! It's a chance to gain their footing, at their pace, to experience being at peace and making a connection with an animal known to be sensitive to people's emotional state. I can attest that many parents and teachers are incredibly grateful to have students return from their day with the horses in a better state of mind! Thank you Leg-Up.

### **Notice of AGM**

We were forced to postpone our annual general meeting due to lockdown, and as there is still uncertainty around this, we have decided to hold it here at Willow Farm this year to avoid more interruptions. Details as follows:

#### **Leg-Up Trust AGM**

**When: 18 October 2021**

**Time: 2pm**

**Where: Leg-Up Trust, 89 Ngatarawa Road, Bridge Pa, Hastings**

**Entry through gate by Leg-Up sign**

**Light refreshments will be served, so please advise if you are coming. Phone 8796332 or email [leguptrust@yahoo.co.nz](mailto:leguptrust@yahoo.co.nz)**