

Usha's Testimony for Healing-with-Horses



The year is 2008 in Tobago. Through a friend I had heard, that there was a German lady in Buccoo, who ran, together with her husband, a riding stable of 4 rescue horses and yes, riding lessons could be booked.

German myself, I was especially intrigued. I also thought of my son, who showed signs of ADHD. And so I went to see them.....

Immediately we "hit it off". It was absolutely fascinating to see how my so overactive son with severe problems to focus and concentrate, was calm, focused and fully concentrated as soon as he was on the back of a horse, preferably the biggest one, fearless and so connected with the horse as ONE unit. The effect of the lessons had a long-lasting, positive effect on his development. Being a Physiotherapist myself I saw this great therapeutic input.

Being so happy about this, I encouraged Veronika to register an NGO, to make this official, so they could get donations and funding to give more kids the opportunity to benefit from this.

So said, so done: Veronika registered the NGO with the condition, that there should be an activity to showcase the NGO. With this, Veronika came to ask me, if I could be on board for organizing a Summer Camp . Yes, I could, as I had an idea about an integrated Summer Camp already. We worked feverishly on filing on the concept, brought in volunteers and teachers, organized spaces and the complete package, that had the entire village of Buccoo involved.

This Summer started the first 2 week Integrated Summer Camp at Healing-with Horses. It was an enormous success. The benefit for the kids surpassed all expectations. All of the 120 children had gained self-confidence, had been able to gain social skills with a therapeutic benefit while having great fun doing so through playful-learning in various fields from music, rhythm, theater and art to gardening, cooking, story-telling to sports and games to environmental awareness. But of course the game-changer and most beneficial input in it all was and is "Being with Horses", the contact, the touch and feel riding and swimming with these majestic creatures.

In all there were 3 of these huge Summer Camps 2008, 2009 and 2011. Then the numbers of participants, teachers, therapists and volunteers had to be downgraded. Yet the Summer Camps continued.

But most of all: an ongoing event emerged: the "Healing and Being with Horses", an institution, that has helped so many already and continues to develop..... Veronika and Lennon were able to grow there herd of rescue horses and keep it all going even through tough times.

I cannot thank Veronika and Lennon enough for their continued work, I have greatest respect and admiration for their untiring work with children and horses that can only be done with great LOVE.

I wish you all the absolute best for the future, may you always have endless blessings to continue your phantastic work, that really is much more than work, but your "calling".