



PROGRAMME REPORT 2020

THANKFUL THOUGHTS

Mrs. Tina Nash - Executive Director

Reflecting on the last six months in my 'newish' role as Executive Director, I am filled with a deep sense of thankfulness, gratitude and pride.

When a community comes together during a challenge and works cooperatively towards a common goal, it becomes stronger, more resilient and better able to serve those who may need it most. This is what the WindReach Team was able to accomplish despite the incredible hurdles we all needed to navigate during a pandemic.

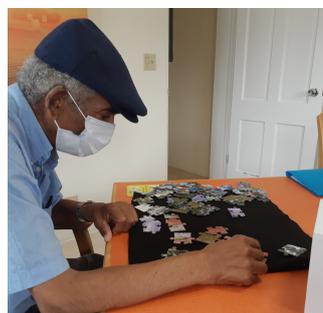
Focusing on what we needed to do to ensure the continuation of our support to our Participants, the WindReach Team shifted and flexed to maintain our operations, and to continue to deliver our much-needed therapeutic and educational programmes. With the relentless support and encouragement of our Board of Directors, Supporters, Donors, Volunteers and community-at-large, we continue to emerge as a stronger organisation.

Maintaining a community where everyone can thrive, where there are no barriers for individuals to reach their full potential and where there are opportunities to become healthy, confident and contributing members of our society is a lofty, but attainable goal. WindReach is well-placed to continue to deliver on our Mission and Vision.

Providing a variety of therapeutic and educational programmes, WindReach works to enrich the lives of people living with complex special needs. Whether it's working with Seniors living with Alzheimer's or Dementia through our Adult Day Programme, challenging people living on the Autism Spectrum through our Life Skills/Occupational Therapy Programmes or offering challenging experiences and connections through our Therapeutic Riding Programme, WindReach has been working to support people of all abilities to live their best lives for over 20 years!

We are looking forward to 2021 and excited for the opportunities that will come our way.

Happy New Year from our entire team and thank you for your continued support!



REACHING FORWARD AMIDST THE GLOBAL PANDEMIC

Have you ever had a person show up to your home, unexpectedly and interrupt your family's plans? It's hard to believe that in early spring we had a visitor to our global home that did just this. Covid-19 entered our lives and changed the way we interact socially, the way we conduct business and most importantly, the way in which we seek to protect the health and wellness of the communities in which we live.

The roadmap that WindReach planned had suddenly been impacted with what seemed at the time an insurmountable amount of stop signs, detours and obstructions. The good news is we are navigating well and we hope you are too!



The forward thinking and planning of our Board of Directors and committed staff team have positioned us to shift gears as needed as we continue the path forward.

PROGRAMME IMPACT

During WindReach's 2020 Programme Year, we have experienced amazing milestones and accomplishments, despite the impact of the global pandemic. We were thrilled to return to our on-site programming on October 5th, 2020 after having temporarily suspended regular programming back in March. Prior to the onset of Covid-19 we would engage approximately 200 individuals per week in our Educational & Therapeutic Programmes and this year we had 154, which is a reflection of the loss of six months of direct programme engagement on-site at WindReach. Our programmes allow individuals to work at their level of ability focusing on what can be done, rather than on what can't be done.

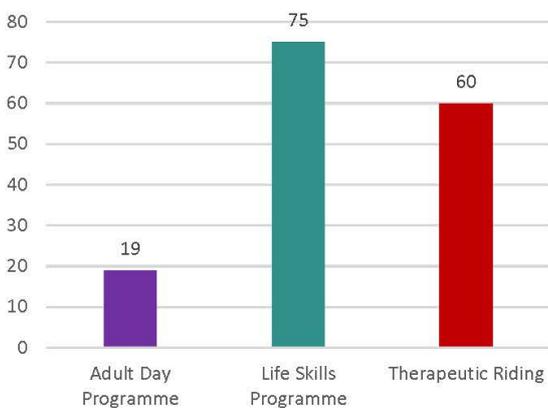
We continue to evaluate programme participants to better measure the impact that our services are having on their lives. Students across programmes are assessed pre and post in the same areas. We are proud to report that our students continue to show a marked increase on average of 10% in skills assessment. Scores were also statistically significant in each of the three sub categories; physical, socio-emotional and cognitive.

2020 Programme Statistics At a Glance

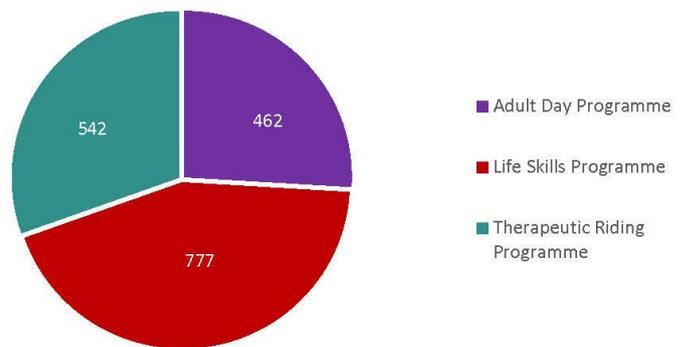
Participant Totals: 154
Total Attendances: 1,781
Number of Schools: 21

Doctor Referrals: 69
Total Volunteers: 65

Individual Participants - 154



Total Attendances - 1781



**WindReach
 Participants
 & their
 families**


 6 Employees

+


 12 Board Members and
 > 60 Volunteers

+


 482 Corporate &
 Individual Donors

=


 A lot of People
 who Care

PROGRAMME HIGHLIGHTS

ADULT DAY PROGRAMME

The WindReach Bermuda Trust Adult Day Centre was officially opened on October 15, 2020. The Board of Directors, Trustees and Staff were joined by Minister of Health The Honourable Kim Wilson, JP, MP, and Minister of Social Development & Seniors, The Honourable Tinee Furbert, JP, MP as well as a handful of our generous donors and supporters in a ribbon cutting ceremony led by The Minister of Health.

Mrs. Cheree Wade, Adult Day Programme Coordinator (seen in photo to the left), greeted our guests following opening remarks by Chairman, Mr. Stewart Ritchie. Cheree stated, "Our government's Long Term Care Action Plan addresses the need for a spectrum of services that will assist our ageing population. Adult Day Centres provide a care setting for older adults living with all abilities to receive therapeutic, social and health services for some part of the day. Centres support an individual's independence, rights to choice and overall mental and physical well-being. In addition, this allows families the necessary respite to relax, rejuvenate and avoid burnout. More importantly, Adult Day Services provide the opportunity for our seniors to age in place at home. Should the moment arise when there is need for further care, Adult Day Services can serve as a transition between long term care and care at home."



Never too old to cloud gaze!

LIFE SKILLS OCCUPATIONAL THERAPY PROGRAMME



The Life Skills Programme has been back in full swing since October 5th and participants are thrilled to be engaging in the outdoor educational experiences at WindReach. Many of the participants have been excited to see their animal friends again, building new and reestablishing old relationships with our therapy partners. Additionally, all participants have enjoyed digging in the garden and watching their plants grow.

Every day activities can be extraordinary opportunities to create educational experiences. Moments like these can translate into added overall wellness and quality of life for many of our participants.



THERAPEUTIC RIDING PROGRAMME

Bo, Garry, Lenny and Rosie, our therapy ponies along with Samantha Hillier, Therapeutic Riding Manager, have missed all our riders and volunteers and are so excited to have the programme back up and running! Prior to Covid-19, all participants had to supply us with a doctor's referral to ensure that they were cleared to engage in this therapeutic activity. However, due to Covid-19 we now have added an extra layer of paperwork, in that all participants must also supply a signed copy of our Covid 19 - Fitness to Participate Form. We are very grateful to the medical community for understanding the need for this added layer of screening as the health and safety of all that we serve is so important.

The therapeutic benefits include: improved balance, strengthened muscles, improved coordination and motor planning. It also stretches tight/spastic muscles, increases joint range of motion, improves respiration and circulation, as well as sensory integration.

The educational benefits include: improved remedial reading and math, sequencing, patterning and motor planning, improved hand/eye coordination and visual & spatial perception, increased attention span and concentration, as well as improved verbal skills.



Canadian Therapeutic Riding Association
Certified Programme



WINDREACH - CREATING PROFESSIONAL DEVELOPMENT OPPORTUNITIES

Professional development is an important area of focus at WindReach. We believe that our organisation must continually grow and expand our knowledge around issues affecting and impacting individuals living with special needs and their quality of life here in Bermuda. The knowledge base in this area continues to evolve as persons with the lived experience speak out and take the lead in areas of advocacy.

As we closed out our 2020 Programme Year, WindReach hosted a one day virtual Professional Development Conference, "Common Ground, Amplifying Community Voices." The conference showcased a variety of experts and individuals with the lived experience of being differently abled and spoke to issues facing them here on island. The unique tone of this conference was set as the title denotes; we created a platform for the voices of people that are differently abled to be heard.

The conference was a huge success as we had a total of 141 people that were in the virtual room throughout the day and 47 professionals in attendance received a total of 194 Continuing Education Units. The greater success was the educational opportunity that was experienced by all.

Due to COVID-19, but even before, the needs and voices of People Living with Disabilities were often not made a priority in our social world, in our work places, in our schools or even in their own care and goals. Focusing our main topics of understanding on the history of disability, employment, accessibility, stigma, people's misperceptions, and encouraging self-advocacy, we addressed many of the issues facing Bermudians living with disabilities. The conference highlighted the differently abled community on a whole and gave space for their voices to be heard and to work on solutions to better the lives of all individuals. Everyone benefits when we collectively move towards a more inclusive society. *Full conference is available for viewing on [WindReach YouTube channel](#).*

AMPLIFYING COMMUNITY VOICES **WindReach**
celebrating all abilities
INTERNATIONAL DAY OF PEOPLE WITH DISABILITIES

COMMON GROUND 2020

Thank You to our
Presenters & Panellists

Seal of Approval

Generously Sponsored by: **EVEREST**

Speakers and Panellists included:
Phyllis Harshaw
Ahmani Peets
Jessica Lewis
ReChai Young
Danella Jade Lowe
The Hon. Minister
Tinee Furbert
Vince Godber

SUCCESS!

Post Conference Survey Results
Tell the Story of Success!

- 100% SAID THAT IT WAS EXTREMELY/VERY LIKELY THAT THEY WOULD ATTEND A COMMON GROUND CONFERENCE IN THE FUTURE.
- 100% SAID THAT SPEAKERS WERE EXTREMELY/VERY ENGAGING
- 100% SAID COMMON GROUND WAS EXTREMELY ORGANISED
- THERE WERE A TOTAL OF 47 PROFESSIONALS THAT RECEIVED A TOTAL OF 194 CONTINUING EDUCATION CREDITS

AMPLIFYING COMMUNITY VOICES
#CommonGround2020

Generously Sponsored by: **EVEREST**
INTERNATIONAL DAY OF PEOPLE WITH DISABILITIES

WindReach
celebrating all abilities

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Great conference! You provided the community with important information to help us get on "common ground." Thank you.
Wendy Ingeman, Speech Language Pathologist

As a health professional and the proud mother of a son with unique abilities, I found it very enlightening. I've learned new ways of looking at issues from other's perspective's and how to become a better support person and advocate.
Rhonda Smith-Simmons, Registered Nurse



TESTIMONIALS



I grew up with horses and ponies and knew what to look for. When I visited the barn for the first time over three years ago, I looked to see if the tack room was well organised, if the ponies were groomed and well-fed, and if the stalls were clean and tidy. I was impressed and it was an early indication of the professionalism of the staff. I was ready to volunteer.

While I had worked for many years with school-age children/young adults, this was my first experience assisting professionally trained and deeply committed staff in a therapeutic riding experience. Watching anxious riders come outside themselves as they struggled to mount these relatively sedate but huge, hairy, four-legged, slow-walking 'longtails' was total pony magic. To see the absolute joy in the faces of these young riders transcended the limitations of communication. It is always the best part of my day. I am honoured to walk the ponies.

Steve Johnson - Volunteer

Finding appropriate activities for our son Logan is challenging. He is very bright, but also prefers to march to the beat of his own drum and requires an extraordinary amount of sensory input from his environment.

WindReach's therapeutic riding programme has benefited Logan tremendously. It has provided him with much needed sensory stimulation as well as the opportunity to learn to accept instructions from those around him.

The staff and volunteers at WindReach have been wonderful, especially Samantha. She has taken care to adjust Logan's sessions for his specific needs and goals, as well as consistently demonstrating patience and a willingness to understand Logan fully.

We are very happy to have WindReach as part of Logan's life. This is an organisation we fully support and would encourage all others to do the same.

Robert & Andrea DeSouza - Parents of Logan



Thank you to all of our Corporate and Individuals Donors, Supporters and Volunteers, that continue to allow us to create opportunities for Bermuda's differently abled community!



Alec Cutler
&
The Buchanan
Programme



Butterfield & Vallis



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