

WindReach

celebrating all abilities

PROGRAMME REPORT 2023



A NOTE FROM THE EXECUTIVE DIRECTOR...

KATE TERCEIRA

In 2003 I started working at WindReach as the Assistant Therapeutic Riding Manager and was delighted to take on the role of Stable Manager in 2007 where I remained for an additional 9 years. And today I am sitting in front of this computer writing an introduction to our Programme Report as the recently appointed Executive Director. I am beyond thrilled to be back with the WindReach team!

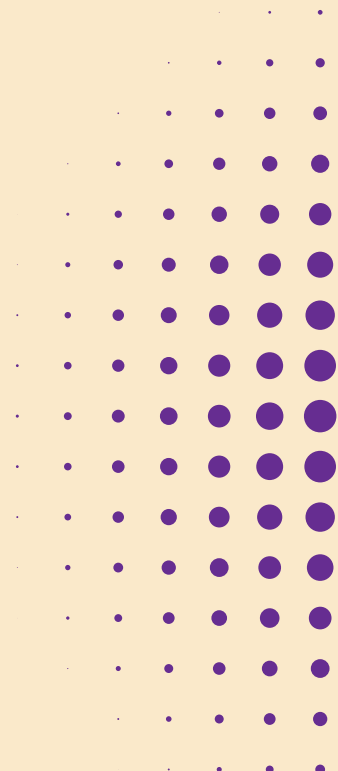
I'm thankful to the Board of Directors, Tina Nash (*Former Executive Director*) staffing team, volunteers and participants for helping make my transition to WindReach seamless. Being part of the WindReach village is wonderful and I can attest that there really isn't a better environment to be part of; one where everyone involved is working towards the same goal – providing robust, meaningful, person centered experiences and sessions.

I truly believe that once you have been involved with WindReach and the incredible community here, you are impacted for life. The WindReach facility and the diverse programmes that are offered have been described by many times as life changing, and I have no doubt that they are. From participants speaking their first words; to working on physical exercise goals; to providing a space that offers a sense of calm and safety; to offering a nonjudgmental learning environment. WindReach is a special place.

Through 2024 we are actively collaborating with partners and stakeholders, discussing our strategic plan goals and objectives that were defined in 2023.

With the recent acquisition of 5 acres of land, increasing our site to 9.5 acres, we are in an enviable position of being able to create even more Educational and Therapeutic opportunities for our community.

2024 is our 25th Anniversary and we hope that you will support us as we continue to offer our evidence based, successful programmes and unveil exciting new projects.





Adult Day Programme

29

Beneficiaries had access to evidence based day activities that help to support ageing in place.

3,600

Activity Sessions

The Adult Day Programme continues to provide purposeful and meaningful activities to enrich the quality of life of Bermuda's ageing population, including those living with Alzheimer's and Dementia. One of the notable milestones during 2023 was that we had the need to hire a fulltime Assistant Programme Coordinator. Demara Maybury, joined our team in January and this allowed us to build capacity and offer another full day of programming, moving from four to five days a week.

The 9.5 acres that WindReach occupies gives us the unique advantage of providing a variety of diverse activities for seniors which are both indoors and outdoors. Activities include: arts & crafts, gardening, seated exercise, animal interaction, adaptive sports, cognitive activities, social gatherings and occasionally community visits. Our horticultural therapy sessions were a big hit and on a typical day you would find the seniors tending to their crops whilst listening to the smooth sounds of artists, such as Bill Withers.



Environmental Education Programme

15

Participants per week

1067

Beneficiaries gained access
to Environmental
Educational Tours.

600

Attendances

One of the notable highlights of the Environmental Education Programme this year was the literal buzz of activity around our sunflower theme. Participants across programmes came together to produce many different varieties of sunflowers, in every garden and pot space possible. As the sunflower sprouts grew into plants, our adults in the Supportive Volunteering Programme began to cultivate the raised planting beds, using our compost produced on site.

Another major milestone that impacted the Environmental Education Programme and will also have a lasting impact on our facility and Bermuda on whole, is the donation of an additional 5 acres of land!



BERMUDA | Thu, March 07, 2024 | RSS | PODCAST

The Royal Gazette

News Business Sport Lifestyle Opinion Classifieds Jobs Obituar

WindReach gets five more acres in Warwick

Sarah Lagan
Updated: Oct 09, 2023 09:48 AM
1 Comment

482 Shares

Share Tweet Share



First Prev 1 2 3 Next Last

Keith White, left, and Paul Sullivan, WindReach Bermuda Trust trustees, Stewart Ritchie, WindReach board chair, and Dudley Cottingham, seated, the WindReach Bermuda Trust trustee (Photograph supplied)

From 4.5 to 9.5 acres!

(Excerpt from press release printed October 2023)

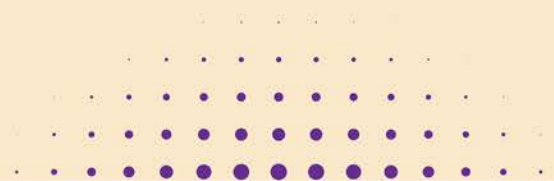


A spokesperson for the WindReach Bermuda Trust said: "The recent permanent transfer of the 5 acres adjacent to the current WindReach Bermuda Trust property not only ensures the long-term existing use, such as providing turnout paddocks for our therapeutic horses, but also opens up new opportunities to serve the wider Bermuda community."

"The donation of the additional land will allow WindReach to preserve this diverse and rare property, which includes an old lime kiln and quarry, for future generations. WindReach is considering a range of uses for the additional acreage including maintaining access to the Railway Trail, agricultural use, an outdoor classroom for skills training for market gardening, horticulture and property management.

"We are delighted and very excited at the opportunities this creates for our users and the benefits it brings to the wider Bermuda community."

A WindReach representative added: "We are enormously grateful for the tremendous opportunity the additional land represents. It is rare to find a mature woodland of this size in Bermuda and we're delighted to have been entrusted with it. Environmental stewardship is one of our core values in our recently published strategic plan and we're acutely aware of the obligation on us to ensure that we manage our natural environment for generations to come."





Life Skills Programme

55

Participants

388

Attendances



The Life Skills Programme had another great year! Participants engaged in activities such as baking, gardening and animal care, all whilst working on their person goals. Participants in CREW (Creating Real Life Experiences at WindReach) enjoyed community outings and also created artwork that was entered in the Bermuda Society for the Arts, MindFrame exhibit on January of 2024

One of the highlights of 2023 was that our Supportive Volunteering Programme (Level 1) started. This programme provided the option for individuals with diverse support needs to volunteer at WindReach with individualized support in place. Our staff provided training and modelling of volunteer tasks around the property, visual schedules and visual aids. The programme offered the opportunity for individuals to gain training for an hour each week within either Janitorial/Hospitality, Administration, Animal Care or Horticulture tasks, followed by 2 hours of independent volunteer tasks around the WindReach site.





Therapeutic Riding Programme

93

Participants

1,385

Attendances



Throughout 2023, we celebrated and highlighted the impact that Therapeutic Riding has had on the lives of individuals with diverse support needs.

Bermuda is the fourth oldest country to engage individuals in this form of therapy. We follow behind Denmark, UK and Germany. Therapeutic Riding was formally introduced to Bermuda by The Bermuda Riding for The Disabled Association in 1973 and was first housed at a local riding school. It was granted charitable status and accepted as an Associated Overseas Group of the Riding for the Disabled Association in the U.K. The Association then became a limited company and changed its name to the Bermuda Riding for the Disabled Ltd. in October 1995. In December 1996, the BRD was fortunate enough to be given its own custom-built facility at WindReach by the late Mr. Alexander 'Sandy' Mitchell OBE (WindReach's founder) and the WindReach Trustees.

Our Therapeutic Riding Programme continues to positively impact our participants and we look forward to offering this form of therapy for many years to come!

ENRICHING QUALITY OF LIFE...ONE PERSON AT A TIME!



A group hug from friends brings assurance, a sense of belonging, builds confidence and empowers and inspires the recipient to soar high!

Meet Imo-ja, as he sits high on Bo our therapy pony, being led by volunteer, Jennie Lee O'Donnell. (lower left photo)

Imo-ja is such a brave young man who faced his fears head on for approximately six months! Week after week, with the assistance of a team of volunteers and our Therapeutic Riding Manager, he enjoyed doing groundwork with the ponies, whilst longing to be with his classmates as they were riding.

Each week Imo-ja's inner superhero would encourage him to get ready, put on the riding helmet and approach the mounting block... although apprehensively, all whilst the team supported his decisions. Was this the day? Using the person-centered approach, they would gently coach him to mount and readied themselves to assist. No, today would not be the day. This would have to wait for another time.



As the months passed Imo-ja's confidence increased and he was now climbing the mounting block and putting one foot in the stirrup! The team's excitement for him grew as they knew they were getting close to the realization of Imo-ja's goal. They tried different therapy ponies and methodologies to assist Imo-ja.

Lenny, our youthful paint breed, loved the opportunity to help! The instructors' lesson plan on this particular day was to try and use the black and white markings on Lenny's coat to

encourage Imo-ja to get closer to his goal of sitting on the pony. Imo-ja put his foot in the stirrup and stood up lifting his leg half way across the saddle before stepping back down to the security of the mounting block. It was a great session...not the result we wanted for Imo-ja...but we were getting closer and the special moment was fast approaching.

The day that everyone had been anticipating was momentous! Each week, leading up to the big day Imo-ja was working on lifting his leg up higher and higher (he wanted to do it himself and was adamant that he did not want anyone to lift him) Imo-ja approached the mounting block, put his foot in the stirrup as he'd done for many weeks now.. but this time he lifted his leg all the way over and was sitting in the saddle! He was shocked that he'd done it, but was equally pleased! Imo-ja was delighted and squealed with joy as our gentle giant Bo, the therapy pony, did what he loves doing best. He had an amazing first ride and told us he actually really liked riding, it was so fun and he was so proud of himself for being a brave boy. His classmates were all thrilled that Imo-ja rode and that he would be joining them in the arena. When he dismounted, they all gave him an amazing group hug. (seen above)

2023 marked 50 years of therapeutic riding in Bermuda and this form of therapy has empowered individuals, like Imo-ja, to soar high and has helped to enrich their quality of life!

A Night to Remember -
An Evening
at Royal Ascot
April, 29, 2023!

303
Attendees
\$76,000
Funds raised



Thank you!



Celebrating 50 Years
of Therapeutic Riding
in Bermuda!



Thank you to our Table Sponsors, Supporting Sponsors, Prize Sponsors and to all who joined us tonight!

WELCOME COCKTAILS - 6:00-7:00PM

Enjoy a welcome cocktail reception of The Tasting Room! Pin & Co and Red Tee to use the bar to also purchase beer & wine tickets while also enjoying the therapeutic music in your area!

Table Sponsors: AIG, Butterfield, Chubb, Everen, Schrodors

SEVER LEVEL CORPORATE TABLE SPONSORSHIPS: Amex Rewards, Bank of America, Chase, Marriott Bonvoy, etc.

BRONZE LEVEL INDIVIDUAL TABLE SPONSORSHIPS: Delta & DuPont, etc.

SEVER LEVEL CORPORATE TABLE SPONSORSHIPS: Amex, etc.

WELCOME COCKTAILS - 6:00-7:00PM

Race #1 - The RUBIS Derby Win - \$500 Guv Voucher
Sponsored by RUBIS
1. Magic Circle
2. Royal Ascot
3. Master of Beauty
4. Big Orange
5. Jack Power
6. Big Orange
7. Trax

Race #2 - The Queen Elizabeth Stakes Win - Dinner for 2 at BLT
Sponsored by BLT
1. Spirit of the Wind
2. Black Cat
3. Spirit of the Wind
4. Spirit of the Wind
5. Spirit of the Wind
6. Spirit of the Wind
7. Colour Sergeant
8. Spirit of the Wind

DINNER BUFFET OPENS - 7:30

MAIN RACE CARD - 8:45PM

Race #3 - The Royal Hunt Cup Win - \$500 Guvny Voucher
Sponsored by Lindo's
1. Flying Breeze
2. The Royal Hunt Cup
3. Flying Breeze
4. The Royal Hunt Cup
5. Flying Breeze
6. The Royal Hunt Cup
7. Flying Breeze
8. The Royal Hunt Cup

Race #4 - The Queen Elizabeth Stakes Win - A Fun (2) Night Weekend Stay for Two in a Deluxe Harbour View Room Category including Breakfast
Sponsored by HEADLINE PARTNERS
1. Spirit of the Wind
2. Spirit of the Wind
3. Spirit of the Wind
4. Spirit of the Wind
5. Spirit of the Wind
6. Spirit of the Wind
7. Spirit of the Wind
8. Spirit of the Wind

Race #5 - The Royal Hunt Cup Win - A Fun (2) Night Stay for Two in a Deluxe Harbour View Room
Sponsored by BIRMINGHAM & CO. PARTNERS
1. Spirit of the Wind
2. Spirit of the Wind
3. Spirit of the Wind
4. Spirit of the Wind
5. Spirit of the Wind
6. Spirit of the Wind
7. Spirit of the Wind
8. Spirit of the Wind

Race #6 - The Windward Gold Cup Win - Electric Scooter & Helmet
Sponsored by ScooterMart
1. Spirit of the Wind
2. Spirit of the Wind
3. Spirit of the Wind
4. Spirit of the Wind
5. Spirit of the Wind
6. Spirit of the Wind
7. Spirit of the Wind
8. Spirit of the Wind

Race #7 - The Golden Jubilee Stakes Win - \$5,000 Voucher
Sponsored by BELCO
1. Spirit of the Wind
2. Spirit of the Wind
3. Spirit of the Wind
4. Spirit of the Wind
5. Spirit of the Wind
6. Spirit of the Wind
7. Spirit of the Wind
8. Spirit of the Wind

Grand Prize
Win - \$10,000
Sponsored by BELCO
1. Spirit of the Wind
2. Spirit of the Wind
3. Spirit of the Wind
4. Spirit of the Wind
5. Spirit of the Wind
6. Spirit of the Wind
7. Spirit of the Wind
8. Spirit of the Wind

During the early stages of 2023, our Board and Staff Team commenced the Strategic Planning Process.



Current Mission
Windreach exists to enrich the quality of life
For individuals with diverse support needs
♡

Resulting in
WindReach's
2023-2028
Strategic Plan!



MEASURABLE OUTCOMES...

Our Skills Progression Chart was developed by our qualified educators and professional staff here at WindReach. It supports the ongoing assessment of Participants' current performance, and aims to discover what has shaped that performance.

We agree with Toshiko Kamei, from the University of Melbourne, when she wrote, "An underlying assumption of learning progressions is that the skill to be measured can be structured in a way that describes increasing proficiency in skills and knowledge as students learn and develop. Thus, rather than describing a can-or-cannot conclusion about outcomes, assessments based on learning progressions aim to infer a student's level of achievement on a developmental continuum."

Skills Progression 2023



Cognition

Individual Education Plan
Academic Targets
Learning a New Skill



Communication

Object Recognition - PECS Symbol
Exchange Developing New Vocabulary -
Expressive Language/Receptive Language
- Following Instructions - Developing
Interaction Skills Asking for Assistance -
Joint Attention



Emotional

Exploring a Safe/Supportive Space
Curiosity - Access to Leisure Activities
Access to Meaningful Activities -
Independence
Resilience/Persistence - Self-Regulation
Problem Solving - Impulse Support
Managing Anxiety/Fears -
Imagination/Creativity



Physical

Increased Movement -
Balance/Posture Coordination
- Fine Motor Skills
Gross Motor Skills



Sensory

Access to Multi-Sensory
Experiences Sensory Room
Positive Engagement with the
Natural Environment



Social

Increased Engagement
Sharing/Turn Taking - Playing with
Others Appropriate Behaviours -
Relationships
Community Engagement
Boundaries/Social Cues



Please note that 97 % of enrolled participants during Pre Assessments showed that they were in the engaged & Encounter area of skills progression.

Average % difference in
Pre/Post Skills progression
across domains

Engagement & Encounter

★ **3%** ↑

Participants are present during activity (ex: hand over hand support throughout activity, to watch the activity, to reach out to the stimulus)

Response

58% ↑

Participants attend and begin to respond inconsistently (ex: reach out, eye gaze, exploring the tools, area & activity)

Participation

67% ↑

Participants begin to share, take turns & anticipate familiar activities (support may still be required) (ex: getting/putting on their bandana before their riding helmet, pressing a button to change the colour of the sensory room)

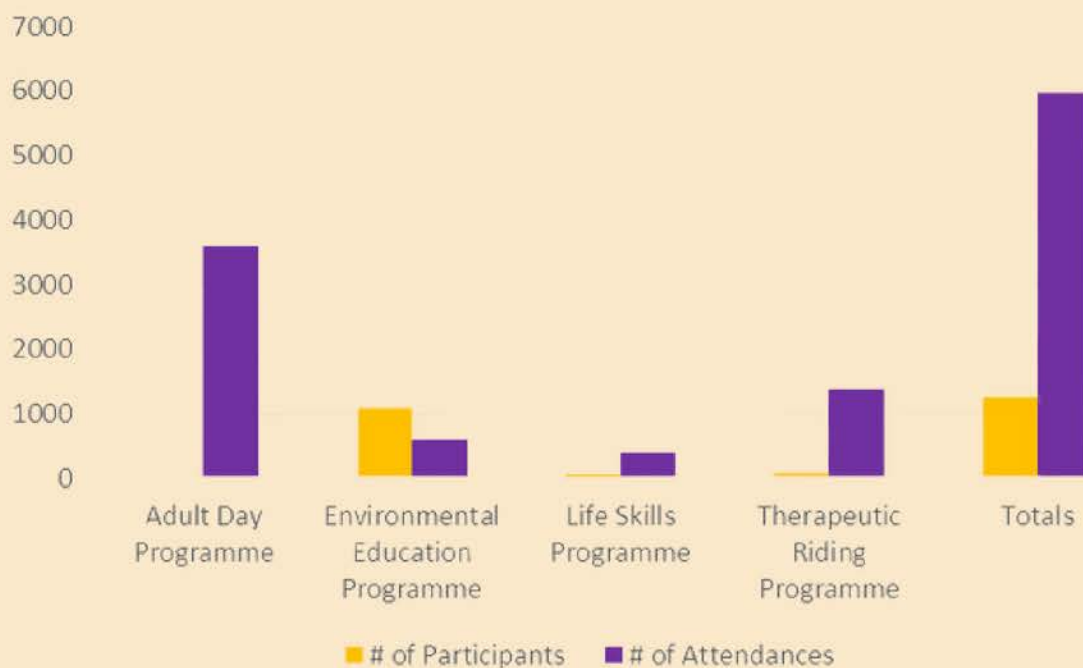
Involvement

62% ↑

Participants join in, comment on the activity and may lead or be independent in the task (ex: after being trained by staff - completion of a rabbit feeding shift, setting up an activity such as a scavenger hunt or bowling pins)

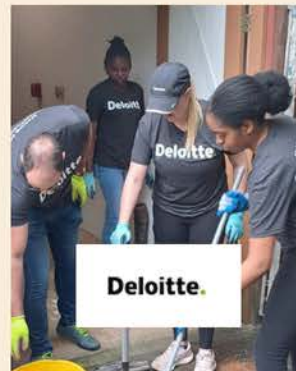
2023 BY THE NUMBERS...

In summary there were a total of **1,207 individual beneficiaries** of our Educational and Therapeutic programmes in 2023. Of that number **140 were enrolled** and attended sessions on a **weekly** basis. Our **total attendances** to sessions/lessons for the year was **5,973!**



An additional **126 volunteers** and **10 Corporate Groups** (211 Employees) provided a total of **2,561 hours of service!**

A special thank you to our volunteers and community service groups for assisting us throughout 2023!



DONOR SPOTLIGHT

Thank you to all of our Corporate and Individuals Donors, Supporters and Volunteers, that continue to empower us to create opportunities for individuals with diverse support needs.





WindReach

celebrating all abilities

Registered Charity #92