



Sunrise Therapeutic Riding & Learning Centre

2017 Annual Report

(November 1, 2016-October 31, 2017)

1982-2017

Celebrating 35 years of service!

Mission

To develop the full potential of children and adults with special needs and lead them closer to independence through therapy, recreation, horse riding, life skills, farm-related activities and education programs.



Registered Charity
11920 6027 RR001



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Executive Director's Report *Lynne O'Brien, Sunrise Executive Director*

It has been my privilege to lead such a dedicated, hard-working Sunrise Staff Team who support our many therapy and recreation programs. Sunrise's Volunteer Team is also such an important part of our organization, providing not only helping hands, but infusing the program with their generosity and willing spirits.

As an organization, Sunrise is committed to upholding high professional standards including those set forth by the Canadian Therapeutic Riding Association (CanTRA). Sunrise is a CanTRA accredited Instructor Training & Examination Centre. To further the ongoing learning of our own staff as well as instructors nationally, Sunrise hosted an educational conference in

May 2017 which was attended by 74 delegates from therapeutic riding centres across Canada.

We look forward to continuing to develop and strengthen all of Sunrise's programs and to grow our staff and volunteer teams. Efforts to expand and strengthen our infrastructure will be addressed through the forthcoming Capital Campaign for a respite and residential project.

All of us remain inspired to see the strides taken by Sunrise clients, the friendships formed, and the empowerment of all. Truly, Sunrise as an organization helps us all "Lift Each Other Up".

President's Message *Ann Caine, Sunrise Board President*

In 2017 we were privileged to celebrate our 35th milestone year of serving thousands of children and adults with special needs, from many local communities. At Sunrise we are blessed with the support of some amazing volunteers, donors and sponsors, in addition to many professionals who provide donated services, without which the operation of the centre would not be able to function at the present level of service.

Appreciation is extended to Executive Director, Lynne O'Brien, for her dedication to Sunrise and her leadership of our committed teams of both staff and volunteers. Recognition and appreciation also goes to members of the Sunrise Board of Directors, who are responsible for the corporate care of our charity, and bring a range of expertise and experience to the table.

As we move into our 36th year of service we are excited to be exploring the possibilities of a barn expansion project, to provide space to accommodate additional programming, and also a respite/residential facility. This is a huge undertaking for a small charity, but given our track record over the past 35 years, and recognizing the need, we have faith that our vision will be accomplished.

The strong foundation of any organization is built on a team of people who are totally dedicated to the common goals and vision. We are privileged to have many wonderful volunteers and professionals stepping up to join our various Capital Campaign Committees – they have the talents, skills, expertise and dedication that will be necessary to complete the goal of "Building Brighter Futures". We look forward to working with these partners over the coming year.

Achievements & Services This Year

Who We Serve

Our riders reside in these communities*:

Wellington County	45%
Waterloo Region	25%
Halton Region	13%
Hamilton Region	13%
Brant County	1%
Dufferin County	1%
Peel Region	1%

Our riders...

are each unique! 100%

They may also have*:

Autism (ASD)	22%
Cerebral Palsy	12%
ADHD	11%
Global Developmental Delay	8%

Other, including... 68%

Other developmental delays

Acquired or Traumatic Brain Injuries

Anxiety

Chromosomal additions or deletions (various)

Down Syndrome

Epilepsy

Fetal Alcohol Syndrome

Hearing impairments

Learning disabilities

Mitochondrial disorders

Post Traumatic Stress Disorder (PTSD)

Sensory Processing Disorder

Spina bifida

Stroke

Visual impairments

Other

Note: Please note many riders have more than one diagnosis (as well as many abilities!)

**as of June 2017. Rounded to nearest percent. (Riders attending with school & agency groups not included)*



"EFW was an incredibly positive experience for my daughter, perfectly suited to her and with FABULOUS results." - Mother of a client

THERAPY PROGRAMS

- Up to 99 individuals with special needs, ranging in age from 3 to 65, participated in **weekly therapeutic riding lessons**, led by CanTRA certified instructors, each semester [3 semesters per year]. A further 13 individuals participated in weekly Riding Club, therapeutic driving or grooming activities. One of our **5 medical consultants** assisted with the intake, assessment and goal setting for each new client.
- In addition, 60 children and youth with special needs each participated in 4 weeks of riding lessons through Sunrise's **School & Agency Group Program**; 76 more were served through single-day groups visits.
- 7 youth were served through the new **Equine Facilitated Wellness** program, led by a certified mental health clinician.

INCLUSIVE RECREATION PROGRAMS

- Camp Sunrise provided **258 camper spaces** which served **196 unique individuals** in total (aged 5-21) each of whom attended for 1-4 weeks. **42% of campers** had identified special needs.
- Riding Camp was **full with a waiting list**, and Farm Discovery Camp reached 95% capacity. Swimming, riding, archery, nature programs and a low ropes challenge course were just a few of the many daily activities that challenged and engaged campers in our positive, inclusive and FUN camps.
- **30 children** aged 4-7 participated in Saturday "Little Breeches" Club programming (5 visits each).



"This is our first summer in Canada. Sunrise camp returned the smile on my boy's face after a long time of sadness. Thank you for everything - you made my son's summer!" - Nour



My son enjoys [the day program] very much. It's real work with passion and purpose. Variety and community building in a great setting! -Mike

SCOTIABANK LIFE SKILLS DAY PROGRAM

- **17 adults with special needs** were served through this program. Each individual spent 1-2 days per week at Sunrise, and participated in a wide range of farm, horse and horticulture based activities, as well as seasonal and team-building initiatives.
- Program **expanded from two days to three days per week** in 2017.
- Scotiabank funding (Year 2 of a 3 year grant) also provided improved physical resources for the program.

EDUCATION INITIATIVES

- Sunrise offered the **first American Hippotherapy Association (AHA) certification program in Canada** to be led by a Canadian clinician, with 11 individuals, from 4 provinces, participating.
- Sunrise hosted a **35th Anniversary Conference**, with 74 delegates from 29 therapeutic riding centres across 6 provinces participating.
- **8 student instructors and 10 co-op students** trained at Sunrise during this fiscal year (2 from Holland, 3 from Germany, 1 from Latvia, 1 from France, 2 from Newfoundland, 1 from Nova Scotia, and 8 from Ontario). 4 student instructors achieved CanTRA certification.



Just want to congratulate you on a very successful conference! So well organized, outstanding presenters, great venues, upbeat atmosphere, wonderful people! -Donna

Major Supporters*

(Nov. 1, 2016 - Oct. 31, 2017)

Donors \$5000+

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Christie Digital Systems Canada Inc.
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Fischbach, Paul (Farrier)
Garry L. Barnim, Mobile Farrier
Guelph Amateur Radio Club
Guelph Animal Hospital
Graham Animal Hospital (Dr. Carol Graham)
Halton Equine Veterinary Services
King Street Veterinary Hospital (Dr. Desiree Chen)
Lesperance, Cathy (Farrier)
Magic 106.1 FM
McCrae, Michele (Farrier)
MacKinnon Transport
Merial Canada Inc.
Merck Animal Health Canada
Milburn's Auto Sales & Service (Robert Milburn)
Miles, Tristan (Farrier)
Print Solutions (now Print Three Guelph)
R&C Chartered Accountants
Red Car Service
Richards, Emily, Home Economist/Cookbook Author
Richards, Lisa (Magic 106.1 FM)
Starbucks (Stone Rd, Guelph; Wellington Rd, Guelph)
Tacoma, Jack, Engineer
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UPI Energy LP
Vetoquinol
Vidotto, Moe (Savour the Season)
Wasteco
Wright, Dr. Bob, Veterinarian
Yzerman, Will
Zoetis

Medical & Education Consultants

Andrea Gow, **Speech Language Pathologist**
Nicola Harman, **CanTRA Coach/Examiner**
Angela Meyer, **Pediatric Occupational Therapist**
Carol Peachy-Hill, **Occupational Therapist**
Dr. Chris Stemerink, **Family Physician**
Winnie Warywoda, **Physiotherapist**

Please visit www.sunrise-therapeutic.ca
for complete lists of our special event
& operations donors. (Newsletters & event pages)

Did you know?

- Sunrise does not receive any ongoing government funding, with the exception of some partial wage subsidies for camp counsellors, and/or municipal grants.
- Sunrise does not receive any United Way Funding.
- Over **850 donations** were made to Sunrise in 2016-2017. 740 of these were from individuals. The balance were from service clubs, foundations and corporations.
- Sunrise hosted **two major fundraisers** in 2016-2017: Celebrate Sunrise! in June and Hoofbeat Challenge in September.
- Sunrise's **Scholarship Fund** removes financial barriers for riders and campers by providing pay-what-you-can program fees to qualifying applicants. This program also assists school and agency groups with program fees, and provides a modest subsidy for ALL riding lessons in order to keep our programs accessible to all.



*Individual donors not included for privacy reasons.

Photos L-R: Alison & Jim Kelly of Capital Paving Inc, riders Jordan & Rebecca and Sunrise Board President at Celebrate Sunrise! 2017; Riders at Hoofbeat Challenge.

Organization & Administration

Sunrise Board of Directors

2016-2017

Ann Caine
PRESIDENT

Maria Melo
VICE PRESIDENT

Donna Christie
PAST PRESIDENT

David Kennedy
SECRETARY/
TREASURER

Matthew Bulmer
DIRECTOR

Patsy Marshall
DIRECTOR

Staff and Volunteer Team

- 7 CanTRA certified instructors, 2 program assistants and 5 weekend barn staff, (totalling 6 FTE*), coordinated and/or taught all year-round therapy and life skills programs, and provided daily horse care and training services. Up to **168 volunteers** assisted in therapeutic riding lessons every week!
- Two staff (totalling 0.6-1.2 FTE) provided maintenance and grounds-keeping services, supported by **61 volunteers** (both individuals and corporate teams) in 2017.
- 4 staff (representing 2-3 FTE) provided volunteer coordination, administrative and fundraising support to the centre. **12 volunteers** served on fundraising committees in 2017, and **14 more volunteers** (including several co-op students) assisted with office tasks, bookkeeping, website development or tech support.
- One staff member (0.4-1 FTE) coordinated all recreation programs. 8 seasonal staff served as counsellors and / or lifeguards at Camp Sunrise, supported by **31 Leaders-in-Training and Junior Leaders**. Volunteers (excluding LITs/Junior Leaders) contributed **600 hours of service** for riding lessons alone at Camp Sunrise 2017.

Overall, our volunteers provided over 7750 hours of service in 2017!

"I love volunteering at Sunrise. Everyone there is so helpful. They make me feel very much a part of the team and are always so appreciative and thankful for any time I put in." ~ Jenn



Top: Instructor Tiffany Mast (centre) with a rider and a volunteer. Bottom: Camp Sunrise LITs.

"It Takes a Village": Reflections on Sunrise

Sarah was filmed for a segment of Animal Planet's Collar of Duty show in August 2017 (which first aired March 2018). Her mother, Deb, reflects on their experiences at Sunrise:

"We have a very special spot in our heart for Sunrise and all those we have met along the way there. The horses are amazing and the people...there was never a judgement on how far Sarah would get. To this day the instructors (Cathi and Tiff) keep pushing her to do what she is capable of and trying other horses. I cannot say enough on the support Sarah gets at Sunrise, and I cannot say enough about the support I get at Sunrise! I have met some forever friends, who truly know what it is like having a child/teen/and now

young woman who has a life long disability. There is no judgment, only care support and even love with the long term relationships we have formed.

I would like to thank Sunrise for giving Sarah the opportunity to be on television and tell her story about how she feels so safe with the horses. Sunrise is a safe and nurturing environment where she is accepted and loved. I cannot imagine a life for Sarah without horses, and Sunrise has allowed my girl to grow into the strong and beautiful person she is and continues to become. They say it takes a village to raise a child, and I am so very thankful that the village of Sunrise has been such an important part of raising my daughter."



Sarah and horse Picasso
Photo by: Collar of Duty

Sunrise Vision (updated 2017)

- To be a leading Therapeutic Riding Centre, where children and adults with special needs experience farm activities and the joy of working with horses; where participants are encouraged and supported in a positive environment, to take responsibility and realize their full potential through a diversity of appropriate farm and animal programs.
- To develop a respite and residential project which not only provides support for those with special needs, but also reaches out to family members, to offer a sense of community, support and caring.
- To constantly upgrade standards and embrace innovation; to become financially viable.

*FTE = full-time equivalent (ranges primarily represent variance due to seasonal needs)

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