



Elysian

Animal Assisted Therapy & Learning



General Information
www.elysianuk.org

About us

Elysian was established in 2015, and is an Animal Assisted Therapy and Learning Service for children, young people, families and adults. We have a multidisciplinary team who work with clients needs in creative and effective ways, supporting their therapeutic and learning development goals. Our passion is centred around the therapeutic impact of animals, and to provide a safe space to heal, grow and develop. Over the years we our staff and animals have supported recovery from trauma, injury or emotional distress, and enabled clients to reach therapeutic goals and life milestones. We have professionally qualified and experienced staff. Our team has a significant track record of supporting individuals and groups to work towards their potential. Our expertise is providing an alternative to the traditional therapy and learning environment that anyone can engage with.

What we do

We facilitate placements and provide therapeutic services for children and young people. A large majority of our referrals come from services, SEND teams, social care, education provisions and health. We undertake sessions which focus on therapeutic development, and we also facilitate alternative learning placements, including EOTAS (Education Other tThan At School) placements for children and young people who are in no or reduced education provision.

In September 2020 we also received our Independent school registration for learners in year 7 to 11. Elysian Education provision take learners in years 7-11 and uses the farm setting to deliver formal education and therapy. Like the EOTAS and therapeutic placements, learners take part in a range of activities, and structured sessions on the farm, with structured learning sessions where their individual learning and education plans are integrated into a whole range of creative learning projects, sessions and activities on the farm. A core curriculum is provided for all learners.

Our animals!

We have small animals such as guinea pigs, rabbits, hedgehog, snakes, degus, and reptiles. We have a variety of poultry and birds including chicken, ducks, rheas and emus. We also have large animals such as horses, donkeys and llamas. Those who come to us, if they wish to, meet and interact with them all.





'My time at Elysian helped me understand my world a little better. I can talk more about my feelings and I don't get so angry any more..'

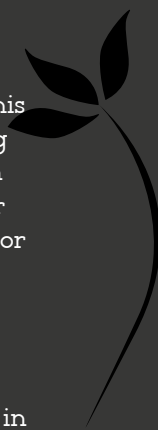
Client aged 17





Targeted Equine & Animal Assisted Therapy

We have a highly experienced team with vast areas of expertise. Our practitioners use an integrated approach, lead by the clients needs and wishes. Every client's first session at the farm is an 'initial session', an informal activity based assessment, which informs a therapeutic plan. This is discussed with clients and referrers at the referral stage and following the initial session. We usually work with horses and ponies who have an amazing ability to mirror and respond to our emotions, along with other animals as part of our work with clients. The therapy can be short term or ongoing, depending on the client's presenting needs.



Animal Assisted Occupational Therapy

Facilitated by a registered and experienced OT, and usually 50 minutes in length. These sessions work with animal assisted activities to provide practical and emotional support to empower our clients to facilitate recovery and overcome barriers, that are currently preventing them from doing the activities that matter to them. This support increases people's independence and satisfaction in all aspects of life. Animal Assisted Occupational Therapy is widely effective for a range of rehabilitation, recovery and development needs, and is also thoroughly enjoyable for the clients.

Siblings, family and group sessions

We facilitate bespoke and targeted sessions for various needs. Sibling and family sessions can have a significant positive impact on relationships, improving family dynamics and resilience and resolving conflict.



Therapeutic Work Experience & EOTAS placements

Elysian is an Animal Assisted Therapeutic placement provision, facilitating Therapeutic and EOTAS placements for children and young people, and also registered as an independent school for children and young people in year 7-11.

Learners who come to us, can undertake a range of qualifications as we are an NCFE alternative curriculum provider. We facilitate placements supporting children and young people to prepare for a full education package. As well as have children and young people on roll with the Education provision.

For clarification on the difference between Therapeutic placement and EOTAS placement, the descriptions are outlined below.

Therapeutic Work experience/Therapeutic placement

A therapeutic placement (Therapeutic work experience) is often selected for children and young people currently in (long term) education provisions where additional therapeutic input is needed to sustain or complement current provision. In practice these vary greatly depending on reason for referral. They often start off 1-1 where we have young people who are very anxious, who are then gradually matched with other young people for peer social interaction and learning, working towards undertaking peer activities and working towards increased independence and progressing therapeutic goals as part of the placement. Commonly, children and young people progress towards readiness for learning, which could include either an EOTAS placement with Elysian, or a specialist provision elsewhere. Some children and young people continue with therapeutic work experience longer term alongside their education provision to support and sustain their education placement.

EOTAS (Education Other than at School) Placement

EOTAS placements are for children and young people who are in temporary provision or in no current provision. These are similar to Therapeutic placements in practice, with the addition of teaching time and guided learning throughout the placements, working towards qualifications individualised to each young person. This may include support readiness for learning across a spectrum of subject areas, and undertaking functional skills learning and qualifications, along with ASDAN accredited learning. Elysian currently have several children and young people on EOTAS placements who are due to be formally enrolled with the Elysian school once the Department of Education has registered the Education provision.



..I feel good. They don't judge, they allow me to just be me, and to feel relaxed and not anxious..

Client,

Referral process

- Initial Enquiry/Discussion
- Referral form/Consultation
- Agree date/time for initial session/taster or trial day
- (often funding panel process)
- Placement or therapy commenced
- Regular review and planned ending

Benefits of Animal Assisted Activities and Therapy

- Positive physiological effects (e.g. decrease heart rate and blood pressure)
- Psychological and emotional stimulation
- Feelings of acceptance and good rapport
- Outward focus
- Opportunity for empathy and nurturing
- Increased motivation
- Increased self-awareness
- Increased self esteem
- Anger and negative emotions awareness, resolution and release



We make sure we keep our website up to date, and you can download a referral form in a word format on our website.

Once we receive a referral form, we can book an initial session, assessment or trial day, depending on the information provided and the service requested.

An initial visit/assessment/session is always an informal session that we call 'walk around farm'.

Following the initial session we have a discussion with the family/referrer, and potentially offer a space or sessions going forward.

Our Team

We have a very experienced and multi-skilled team at Elysian. We also often have many experienced volunteers and helpers, including social workers, youth service and health and education professionals, who support our work.

You can find an updated list of team members on our website. Our team include qualified, registered practitioners including Social Workers, Occupational Therapists and other registered and qualified professionals. We have staff with a vast range of experience and expertise areas of work, including education. All of our staff have experience in working with SEND and a range of emotional social, behavioural and mental health needs,



Main site:

Westland Farm

Lordshill Common, Shamley Green, Guildford,

Surrey GU5 0TL

01483 898 517

www.elysianuk.org

admin@elysianuk.org



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