

Participants improvement rate in specific focus areas

FOCUS	TVWA 2015-2017 one year later		TVWA three years later (2019)		Horse Aid May '23 Group	
	Experienced improvement within this range	Experienced improvement within this range	Experienced improvement within this range
Self-worth or self-esteem	100%	20-60%	67% Decline in those who didn't continue volunteering	40-80%	38%	20-30%
Personal growth	100%	10-60%	Steady	NA	63%	20-40%
Purpose & meaning	50%	20-40%	100%	30-70%	50%	20-50%
Sense of hope restored	33%	10-30%	100% 1 other increased after returning to volunteer with the horses	10-30% 30%, after dropping 20%	38%	20%
More positive	83%	20-60%	Steady	NA	38%	10-20%
Developed new skills	100%	20-70%	Steady	NA	NA	NA
Mental wellbeing	83%	15-25%	66%	18-40%	100%	5-20%
Emotional wellbeing	100%	15-27%	66%	12-35%	63%	10-30%
Overall mental health and wellbeing improvement	83%	17-31%	83%	11-39%	100%	1-13%

Methodology:

An self evaluation form is completed before the program and then on the last day of the five day program and at subsequent times in the future to assess the efficacy of the program. Improvements are experienced most powerfully if the participant returns and does further volunteering and working with the horses for some period after the initial program.

Definition of time periods and conditions.

- TVWA is utilising the full wellbeing assessment, pre score before 5-day live in program and post score taken 1 year and 3 years later.
- Horse Aid is utilising half the wellbeing assessment specific to the program, pre score is taken before 4-day live in program, and post score is taken on last day. These stats are based only on one program run in May '23 once Horse Aid was established. We are not building on these statistics.