

CHEVAL ET DIVERSITE | FRANCE

PARTICIPANTS



Adults and young people
People with a disability
People with health issues and a range of physical and mental disabilities

✓ PHYSICAL HEALTH

Top physical health benefits

- » Muscle reinforcement
- » Tonic adjustment
- » Overall improvement

✓ MENTAL HEALTH AND WELL-BEING

Top mental wellbeing benefits

- » Cooling down
- » Self-esteem
- » Behaviour improving

✓ ENVIRONMENT

Top Environmental benefits

- » Eco-design of the equestrian centre
- » Importance of water recovery and re-use

✓ EDUCATION AND LIFE-LONG LEARNING

Reported Top Educational benefits

- » Better learning skills
- » Understanding importance of compliance with rules and regulations

COMMUNITY

Social inclusion

Communication with others, socialisation

Return to active life

DURATION

Weekly activities

ACTIVITIES

Equestrian activities



NUMBER OF SURVEYS

- » 50 Surveys were sent
- » 27 Surveys were received

54%

TOP QUOTES

“I love coming in Equisens, it’s good for my heart!”

“I forget all my problems when I’m here”

“I am big and on the loose!”

“This is the very first time of my life that I am running!”

AVERAGE SOCIAL VALUE GENERATED PER ANNUM **€47,233**



MAIN BENEFIT IDENTIFIED

Feeling better about self and improved mental well being

