

THE EQUINOX TRUST

ANNUAL REPORT



2023-2024

MESSAGE FROM THE TRUSTEES



We have met new people who have given us wonderful opportunities and we have worked well with our new trustee! Whilst it has been a wonderful year in the forefront, this year's report also brings some difficulty to report on behind the scenes as we have had a challenging financial year.

Welcome to our Annual Report, something that we look forward to writing as we get to relive our past year and share with all our wonderful supporters and followers all the things we have been up to! We have indeed been up to quite a bit, from delivering programmes with our women trauma survivors to our caring for the carers and professionals programme, as well as a range of individuals and groups.

We are not ones to back down in the face of adversity so we are working on strategies of reinvention!

Thank you for joining us on our journey and review of the last financial year.

**SARAH GARLAND
FIONA BROMFIELD
ANNEKE GOUWS**

TESTIMONIALS



“Thank you for an amazing morning. Thank you for sharing life lessons that will be remembered forever.”

“This was an amazing team experience and I would definitely recommend it to other teams.”

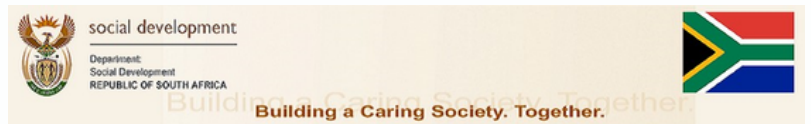
“The experience was a unique one. The interaction with the horse sets this activity apart from other team building events.”

Sanlam

CORPORATE WELLNESS SESSION

NEWS

COLLABORATIONS



We had some lovely collaborations and networking opportunities over the year, however one that we are really excited about is having meetings with both metro North and South Department of Social Development and Services. We have now shared our service offerings with them and look forward to the collaboration of being able to work with our local departments and help ease the suffering in our communities.

EAGALA

The Equinox Trust proudly hosted a Fundamentals training of the Eagala model, with two trainers from the United States of America coming to South Africa to deliver the training. It was a 5 day training that was well received by all who attended and many learnings were had, much insight was gained and the Eagala community grew and strengthened. Both of our facilitators, Sarah Garland and Fiona Bromfield, attended the training as well as hosting and both enjoyed being around like-minded individuals, learning and gaining more knowledge. It was an insightful and inspiring training that was successful on all fronts.

iKASI COMPETITION WIN



We entered into an exciting competition run by iKasi Creative and we WON!! We were so privileged to win a video production worth R12 000 and we are so grateful to iKasi Creative for making this opportunity available. You can view the video on our website and social media platforms.

NEWS

CHANGES AT BOARD LEVEL

We have officially welcomed Anneke Gouws onto the Board as a Trustee and are awaiting all final documentation from the Masters' office to reflect this change. In the meantime, Anneke has been providing great support to the organisation and we have been working well together toward building the organisation and being creative around sustainability.

ANNUAL GIVEBACK SESSION

We had a meeting with a representative from Community Keepers who was excited by our wellness and carers programmes that we run. After some discussions it was agreed that we would like to host wellness sessions for the Ysterplaat Primary School and their educators. These teachers see struggle and difficulty with the learners they work with on a daily basis, seeing anything from young learners struggling with drug abuse to being victims of abuse and bullying and on top of all this, delivering all the responsibilities of being a teacher. We provided two pro-bono wellness sessions for these educators with huge thanks to our wonderful venue, Equi-Essence, who always go above and beyond for us. Thanks Karena and team! These sessions were a relief for the educators as they commented on how freeing it was to be in an open space, to enjoy the comforting support of the horses and to be able to focus on themselves for a change and to realise what is important to them as well.



NEWS



ANNUAL FUNDRAISER

Our annual fundraiser, The Horse Expo 2024, was a huge success and we are so proud of how this event has developed over the years. We welcomed a record number of over 1000 people through the doors and raised over R102 000. It was a fantastic day filled with great entertainment, good food and drinks and smiles all around. We had wonderful vendors and incredible performances that kept the crowd entertained and we got to share our story through the day.

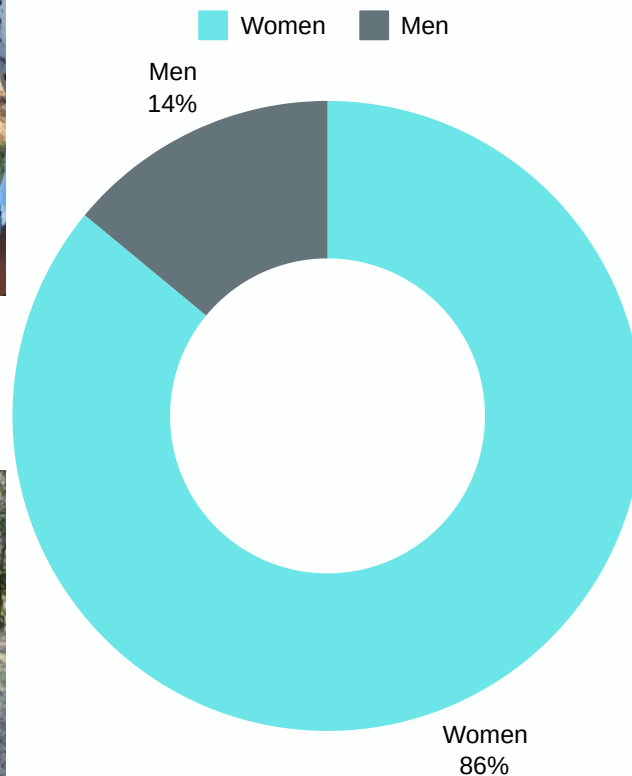


2023 IN NUMBERS

**91
CLIENTS**

**7 FUNDED
PROGRAMMES
RUN**

**3 CORPORATE
WELLNESS
SESSIONS**



Testimonials

Dews of Quietness

"Glad to be a part of this programme to overcome my fear and trust issues.

Interacting with these beautiful horses helped me to be a better me..."

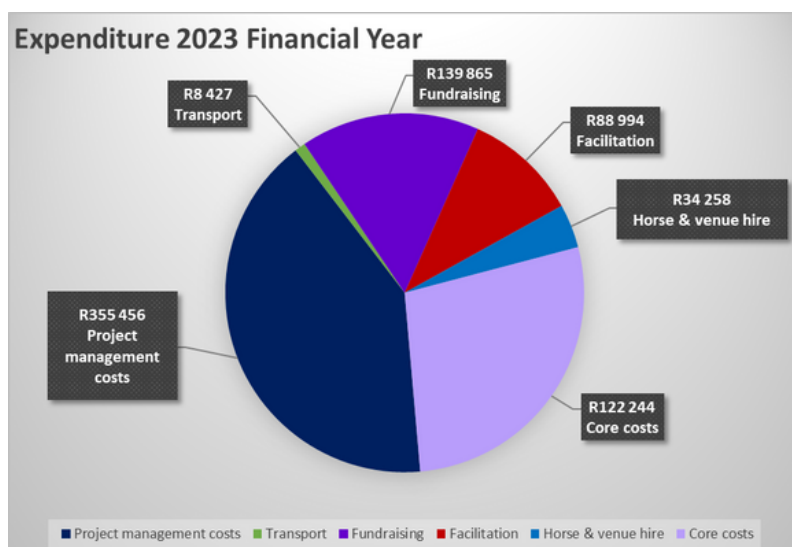
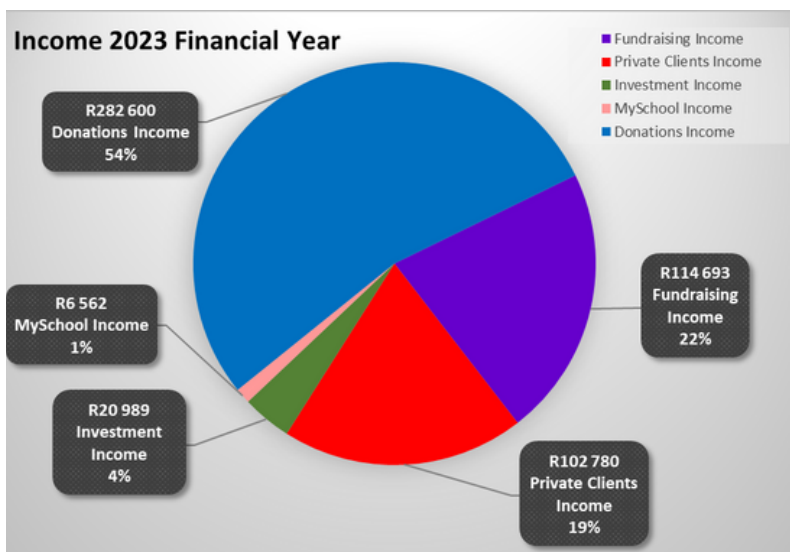
"I would recommend anyone to do this beautiful journey with the horses. The healing I've received, the calmness, the peace of mind..."



FINANCIAL REPORT



2023 was a challenging year for the Trust, with available funds for us to apply to significantly shrinking across the board. Our total income decreased from R1 090 370 in the 2022 financial year to R574 030 for this financial year. Overall, we had quite a sizeable deficit. We are, however, optimistic that we can turn things around and already have a few new strategies in mind that we are working on in order to bring in more income and also to become more sustainable and less reliant on donor funding.



THE EQUINOX TEAM



Sarah Garland

CO-FOUNDER, PR &
PROGRAMME MANAGER



Anneke Gouws

BOARD MEMBER &
TRUSTEE



Carol-Ann Brand

BOARD MEMBER



Fiona Bromfield

CO-FOUNDER, FINANCIAL
& OPERATIONS MANAGER



Morieadah Dien

BOARD MEMBER

testimonial

”

Being around the horse really changed me, my first time being here I was not feeling well, my soul was down, but as soon as I started everything changed step by step and now I can talk to people, laugh.

Another thing, I know how to control my feeling and I know how to talk to people in a good way, without being wrong.

Thank you so much for changing me. I will love to say that God is a reason for me to get help and I thank you.

THANK YOU



Though a tough year for us financially, we have felt all the support of those around us. We are continually inspired by the people we meet and have the privilege of helping, as well as the horses who motivate us to always do better, be better. We are so thankful to each and every person who believes in our journey and who supports us in whichever way that they can.

Special thanks to our incredible angel donors, The Rice Foundation Trust, Allister Rogan and The Rolf-Stephan Nussbaum Foundation, we are so grateful to you for your continued support. Our wonderful Board, thank you for your time and effort for the organisation. To our venues who are always so helpful and willing to assist, we appreciate you, your staff and your spaces you make available to us, thank you! To our amazing horses, thank you for being you, for being present with the people you help and for keeping us all sane.



DONORS



Grandslots
Allister Rogan
Glendining donation
The Rice Foundation Trust
Lorenza & Stella Chiappini Trust
Johann Maree & Helen Zille donation
Rolf-Stephan Nussbaum Foundation

TESTIMONIAL

“You've opened up a whole new journey for me to take a journey of self awareness, self love and boundaries. You have created a space to feel myself and to relax and experience the environment, peace of mind and heart and to look forward to my new goals as a woman, a mother, a grandmother, sibling and community worker.”

GET INVOLVED!



DONATION OPTIONS

- **ELECTRONIC FUNDS TRANSFER**
(SEE BANK DETAILS BELOW)
- **DONATING INTO THE MIKE BROMFIELD FUND**
(PLEASE CONTACT US FOR BANK DETAILS)
 - **GIVENGAIN:**
([HTTPS://WWW.GIVENGAIN.COM/CAUSE/5495/](https://www.givengain.com/cause/5495/))
 - **SNAP SCAN**

BANK DETAILS:
THE EQUINOX TRUST
FNB, BRANCH CODE: 204209
ACCOUNT NUMBER: 62470298706



083 278 7382 (Fiona)



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www.facebook.com/equinoxtrust



[@theequinoxtrust](https://www.instagram.com/theequinoxtrust)

CONTACT DETAILS

TRUSTEES: Sarah Garland, Fiona Bromfield, Anneke Gouws

BOARD MEMBERS: Carol Brand, Moriedah Dien