

Volunteering changes everything

There's so much to love about becoming a HorsePower volunteer. Our horses. The children, young people, adults and families we support. But most of all, you'll love the priceless, life-changing transformations our participants will make with your help.

When you join our extended human and equine family, you'll help people grow. You'll see faces light up. You'll enable people to become stronger – physically, emotionally, socially – and live healthier, happier lives.

Lives defined not by their disabilities, but by new skills, abilities and opportunities.



Our programs improve strength, mobility, coordination, balance and posture, as well as social skills, confidence and decision-making.



Our purpose

To empower people living with diversabilities to develop new skills, discover new abilities and define the life they want to live.

Find out more

Visit horsepower.org.au to learn more about our programs and find your nearest HorsePower centre. All of our centres are run by volunteers, and your local team can tell you more about the volunteer roles available near you.

Alternatively, get in touch. We'd love to hear from you.

- Call us on **(08) 9296 4655**
- Email us at admin@horsepower.org.au



HorsePower
Horses, health and happiness

Volunteer and transform lives.
Including yours.



Give a little time. Get so much back in return.

At HorsePower, we harness the therapeutic power of horses to transform the physical health and emotional wellbeing for people with diversabilities.

For children and adults living with disabilities.
For people dealing with mental health issues.
In fact, for anyone who's looking to get out there, get involved in something special and get more out of life.

Everyone's welcome, everyone benefits

From improving physical and cognitive abilities, to nurturing confidence, life skills and independence, the therapeutic benefits of walking, riding, driving and caring for horses are transformative.

Our growing community and our therapeutic, recreational and educational programs change lives and unlock hidden potential. And not just for the people and families we support.

How does it work?

As a volunteer, you'll receive all the training and support you need to join our team of accredited coaches and four-legged team members in delivering a range of programs and activities.

All designed to complement conventional therapies. All tailored to help individual clients fulfil their goals and define the life they want to live.

What do you need?

Experience with horses isn't necessary. In fact, you don't even have to work with our horses - we have a wide range of support roles available.

All you need is a little time - as little as an hour a week - along with a desire to learn, have fun and make a difference.

Our core programs

Horse riding
Vaulting
Hippotherapy
Carriage driving
Walking with horses

Research shows that the three-dimensional movement of horse riding provides significant therapeutic benefits.

Are you a riding coach or a physio, occupational or speech therapist?

Join our team in transforming the lives of people living with disabilities and mental health issues.

What you'll get out of it

New skills. New friends. And the endless smiles and laughter that define life at our centres across WA.

Nothing beats seeing someone with a disability or mental health issue realise they can achieve more than they thought possible.

