



# **BLUEPRINT BESPOKE DESIGN PORTFOLIO**

# Church Websites and Graphic Design

Providing website and graphic design to churches in the North West and country-wide. Products range from websites, sermon slides, Facebook content and more.

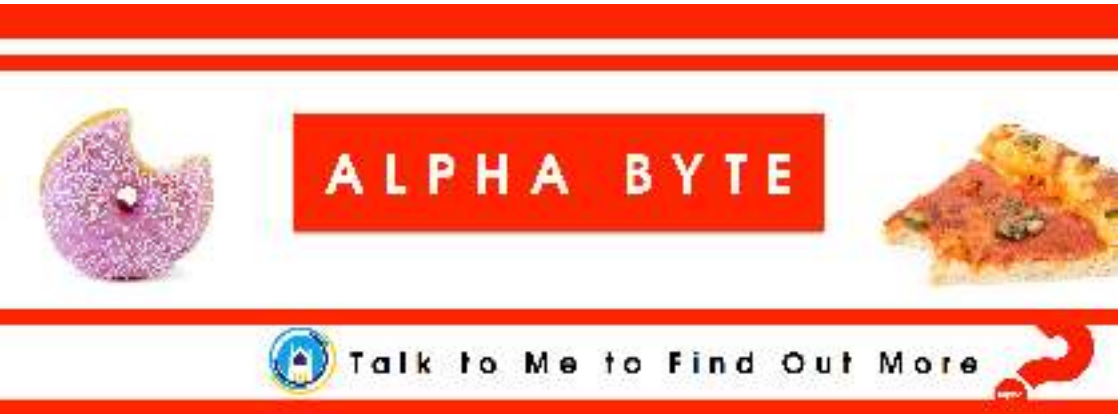


Visit our website  
to see our  
portfolio.

**Blueprint  
Bespoke**



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ALPHA BYTE





# Blueprint Bespoke: Weddings

Tailored **websites**, **graphic design**, and **technology** for your special day.

Kick your wedding into the 21<sup>st</sup> century with bespoke wedding technology just for you.

## **Websites. Graphic Design. Technology.**

Save the Dates. Service Booklets. Invitations. Place Cards. Favours. Wedding Websites. Online Map. GoPro Hire. Online RSVP.

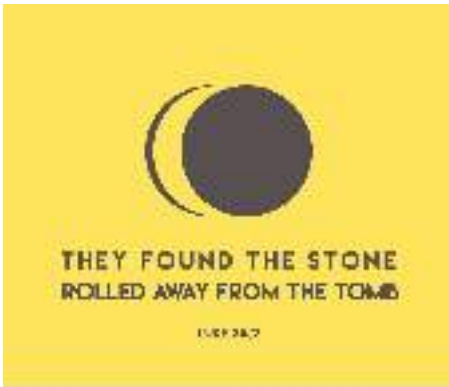
Contact me today for a free consultation about how to make your special day **even better**.



**Geraint Harries**

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# INSTAGRAMS









## ANGELA LETCHFORD

D.Sc. (Chemistry), Advanced Dip Integrative Counselling, EAGALA 1&2 Certified, ACC Accredited Counsellor, Level 4 Theology Cert Higher Ed, PG.C.E.

Angie has 30 years of experience with Horses: Breeding, Training, Showing and Riding Traditional Cobs. Angie very quickly appreciated the emotional and mental health benefits of interacting with these amazing animals.

Combining this with her 17 years of experience teaching in schools, an Advanced Diploma in Integrative Counselling, EAGALA certification in Equine Assisted Psychotherapy Skills and more recently full Accreditation with the ACC...Shekinah EAP was born.

Angie has Counsellor in a number of settings: Schools, Church, Philippi Trust and Private Practice and now has over 7 years of counselling experience encountering a wide range of presenting issues.

## GET IN TOUCH



If you've been affected by what you've read or are interested to find out more why not get in touch.

We'd love to talk about how we can help you.



SHEKINAH EAP

01524 589163

07957084122

www.shekinah-eap.co.uk

# SHEKINAH

## EAP



### LIVING THE DREAM



Shekinah EAP (Equine Assisted Psychotherapy) offers a unique opportunity to improve your emotional well-being and self-awareness in a very accessible peaceful and rural setting in the heart of Morwamba.



## SHEKINAH TRUST

Shekinah Trust offers funding assistance for those who would otherwise find Equine Assisted Psychotherapy inaccessible due to financial limits. Application forms can be downloaded from:

[www.shekinah-trust.co.uk](http://www.shekinah-trust.co.uk)

Please note: Whilst it is our hope and vision to be able to help all those who apply, the award of funding is dependent on available funds at any one time together with the completion of a satisfactory application process.



## WHAT WE OFFER

Shekinah EAP offers Equine Assisted Psychotherapy and Learning. We are open to referrals from individuals or organisations from clients with a wide range of presenting issues. We operate in a safe and supportive environment with the Horses being an integral part of the therapeutic team.

### A BIT MORE ABOUT US

Equine Assisted Psychotherapy & Learning  
People may visit us with a range of presenting issues such as:

- Disordered Eating
- Relationship difficulties
- Anxiety
- Depression
- Asperger's spectrum
- Autism
- Bereavement
- Anger Management
- Divorce issues

Equine Assisted Learning (EAL)

This is a less in-depth process whereby clients can work on self-awareness, learn about personality preferences and relationship work and also look at confidence and self-esteem issues. In lieu of this, most people would benefit from EAP or EAL.

The Therapy itself is solution focussed and fairly short term. The sessions are 75 minutes long to allow time to process verbally and also an unhurried time in the arena with the Horses!

#### Taster Courses

We offer short taster Courses for professionals or those simply fascinated by this field of work. A typical taster course will last a minimum of



Daisy



Doris

two hours. It provides an opportunity to look around the facility, ask about the professional training process and the EAGALA model and a sample EAP session. EAP really has to be experienced in order to be appreciated. A typical taster course is a minimum of two hours but can be tailored to individual or group's needs.

#### Why Horses?

Horses are prey animals who live in community with each other within a herd. They each have distinct personalities with different 'personality types' a bit like humans. They also have a hierarchy within the herd (whether wild or on a stable yard!) that is decided on a near daily basis through their interaction, play and assertiveness with each other.

The behaviour and ways of relating which they display amongst themselves and when interacting with humans can initiate opportunities for metaphorical learning for our own way of relating to others.



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