

LANARK COUNTY

Therapeutic Riding Program

TR Heroes
April 2019

Featuring the People and Horses Who Make a Difference



April's TR Hero, Sue Browning, grew up in a family living with disability. She also had a serious love for horses. So when her father's physiotherapist suggested he might benefit from therapeutic riding, fourteen year old Sue jumped at the opportunity to go with him. "He took one look at the horse and said: 'nope, I'm not getting on that horse.' But I asked if I could volunteer." Sue said: "Dad never did ride, but every Sunday he drove me to the TR centre so I could volunteer." So began a long career helping horses to help people.

Sue Browning has volunteered with other TR centres in Canada, but she has been a volunteer horse handler and side walker with the Lanark County Therapeutic Riding Program (LCTRP) for more than 14 years. Some of those years her sons Michael and Jared volunteered with her and in 2009 Sue and her sons shared the LCTRP Volunteer of the Year award. This year Syrus, one of the program's horses, is spending his winter vacation at her farm.

Sue is pretty humble about her volunteer work with the TR program. She says: "I don't really feel like I give that much to the program, but I come away with so much. I have seen a nervous child smile and giggle when a horse lowers its head to breathe softly on her face, and I have seen the anxiety melt away from an adult suffering from PTSD just from the touch of a horse. It's not me; it's the magic of the therapeutic horses."

If you ask Sue why she continues to volunteer with the program she says: "I absolutely believe in this program and its benefits. Whether you are a rider, a volunteer, an instructor or a program supporter, this program changes lives."

Do you want to feel the magic? Please consider volunteering with the Lanark County Therapeutic Riding Program. It may change your life too. Join us for an information, orientation session at TR's new home: Fox Hollow Farm 4655 Appleton Side Rd, Almonte on Thursday April 25th at 4:00 pm.

The Lanark County Therapeutic Riding Program provides individuals with a holistic approach to therapy, rehabilitation and recreation and with the opportunity to experience the freedom of movement astride a horse. Find us at www.therapeuticriding.ca and on Facebook.