



Mission Statement and Outcomes **Bale's Buddies Therapy Dogs Community Outreach**

Bale's Buddies Therapy Dogs Community Outreach aims to support members of the local community through tailored therapy dog wellbeing sessions. We aim to reduce stress, improve self-esteem and build a sense of connection through interaction with our therapy dogs, fostering positive wellbeing and contributing to improved mental health.

We understand that everyone's needs are different, and that is why we tailor each session according to the individual or group's specific requirements. Our therapy dog teams are trained to work with people of all ages and backgrounds, and we strive to make our sessions accessible to everyone.

Outcomes

Outcomes are measured through feedback and visual assessment of the interaction with our therapy dogs. The following outcomes are expected following interaction with a therapy dog:

- Improvement in self-esteem and increased feelings of happiness.
- Reduction of stress.
- Reduction of feelings of loneliness and isolation.
- Promote relaxation, helping to alleviate anxiety and tension.

To ensure these outcomes are being met, the Wellbeing practitioner records an overview of each session and the activities carried out. The Director and Wellbeing practitioner review these records on a regular basis to ensure the service meets the expectations and needs of the client/s.

In addition to this, feedback forms are sent to clients so that they can provide their feedback and insight into the service they receive. This enables us to continuously improve our service and meet the needs and expectations of the people that we work with.