

## FUNDRAISING TARGETS

Fundraising is an essential part of the management of the Centre. We are a completely self-funding charitable organisation, we have to ensure the financial stability of the organisation and the continuation of the work that is carried out here. A massive £90,000 per year is required to keep the Centre running and we need your help to “make it happen!”.

**If you would like to support [Herefordshire RDA](#), there are a number of ways that you can assist us.**

## HORSE SPONSORSHIP

Each horse and pony can be sponsored to help fund their upkeep. This can be with individual sponsorship or a group sponsorship. Please come and visit our Centre, meet our herd and choose one of our wonderful characters to support. All the details are on our website.

## DONATIONS AND LEGACIES

This can be made via a cheque to the Centre, via the “My Donate” button on our website or through a direct transfer/standing order to our bank account. 100% of all monies come directly to the charity and are directly used to provide the essential therapy and training. All cheques payable to [Herefordshire RDA](#) (we do not receive it if it is sent to RDA National).

## FUNDRAISING EVENTS

Our team are very willing to help at any fundraising event you may wish to put on in aid of [Herefordshire RDA](#). Coffee Mornings, Whist Drives, Dinner Events, Pub Quizzes etc are popular ways of raising funds to support us.



## CENTRE EVENTS

The Staff and Volunteers at the Centre organise a number of events at the Centre to help raise funds for us. Table Top Sales, Music Events, Pony Popping etc are amongst our plans for this year. All our events are advertised on our website and on our notice board at the Centre. If you would like more details, please contact us at the Centre.

## Donation Form

Please complete and return to [Herefordshire RDA](#)

**Personal details** (please complete in block capitals)

Title:	First Name:
Surname:	
Address:	
Post Code:	

To (Your Bank):	
Account Holding Branch:	
Account Name:	
Account Number:	Sort Code:
Payment Ref: Surname	

Please set up the following Standing Order: £ \_\_\_\_\_ per month

Please specify start date at least one month from today:

Signed: \_\_\_\_\_ Date \_\_\_\_\_

Please pay: [Herefordshire Riding For The Disabled](#)

### Gift Aid Declaration - Please complete this if you are a Tax Payer

If you are a tax payer, you can make your donation worth more with Gift Aid. For every pound you give to us, we can get an extra 25p from HMRC. All you need to do is check the statement below and tick the box. To qualify for Gift Aid, what you pay in income tax, or capital gains tax must at least equal the amount we will claim in the tax year.

I declare all gifts of money that I've made to [Herefordshire Riding For The Disabled](#) and all that I give from the date of this declaration are Gift Aid donations.

Please notify us if you want to cancel this declaration, change your name or home address or no longer pay sufficient tax on your income and/or capital gains.

*giftaid it*

## Herefordshire Riding for the Disabled

Holme Lacy Campus, Holme Lacy, Hereford HR2 6LL  
Telephone 01432 870831. email: [info@rdahereford.org](mailto:info@rdahereford.org)  
Charity Number: 1100675 Company No: 4897295



# IT'S WHAT YOU CAN DO THAT COUNTS!

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**Herefordshire Riding For The Disabled** is dedicated to improving the quality of life for disabled people – from very young children to older adults in their retirement.



### ALL THROUGH THE MAGIC OF EQUINE THERAPY

Our riding and carriage driving sessions aim to improve mobility, provide mental and physical stimulation with the opportunity to open up new horizons.

### All of this, plus a large dose of enjoyment and fun!

At **Herefordshire RDA** we believe it's what you CAN do that counts. Our horses and ponies provide therapy, achievement and enjoyment to people with a variety of mental and physical disabilities.

**Herefordshire RDA** has a well-established leadership team which ensures good governance, management and the operations of the organization. Evaluation and

monitoring of our activities, horses and humans is essential and this is overseen by a Board of Trustees and Patrons including Jesse Norman MP, Clive Richards OBE, DL, Richard Claridge and Lady Slynn.

### HIPPOTHERAPY

**Herefordshire RDA** accepts referrals from doctors and physiotherapists.

Our riders are also able to self-refer or to join us simply for pleasure should they wish. We offer activities for all age groups and wherever possible, to people with any disability.

The cornerstone activity at **Herefordshire RDA** is hippotherapy. Hippotherapy is a physical, occupational and speech-language therapy treatment that uses the magic of the horse and its unique movement. Specially trained physiotherapists evaluate each potential patient on an individual basis.

Hippotherapy has an immense impact on people suffering from many varied physical disabilities and challenges. Hippotherapy literally means “treatment with the help of the horse”. Whilst sitting astride a horse, the 4-time rhythm of the horse walk actually mimics the pelvic action of our 2-time walk and as a result, is so invaluable in encouraging flexibility and supporting the action of the lymphatic system.



### WHAT IS RDA ALL ABOUT?

The simple pleasure of being with horses is the building block of all our RDA activities. From that starting point everything else flows – be that freedom of movement, gaining confidence, building relationships, receiving life enhancing physiotherapy or achieving personal goals.

Equine movement provides multidimensional movement, which is variable, rhythmic and repetitive. The horse provides a dynamic base of support, making it an excellent tool for increasing core strength and control. Riding also improves balance and it significantly builds overall postural strength and endurance.

RDA rider Lauren explains “horse riding is a form of physical exercise which I really enjoy. – it doesn't feel like exercise at all because I do it to have fun! Who wants to sit on a bouncy ball in a physiotherapy room when you can sit on a horse!”



### RIDING THERAPY

Some of our riders have made the most amazing progression and RDA National host regional and national competitions to allow these riders to compete in a variety of disciplines against other disabled people. It is an amazing way of meeting other people with a common purpose and have great fun. Everyone dresses for the occasion and often there are celebrities who will come and present the rosettes to the competitors The

Centre staff and willing volunteers arrive at about 5am to preen and prune the ponies to perfection and to transport them safely to the venue where they will compete in the dressage, the countryside challenge and the best turned out

### CARRIAGE DRIVING

Carriage Driving is a very popular activity with our clients, especially those who are no longer physically able to sit astride a horse. Our specially adapted carriage accommodates a wheelchair driver and a trained whip. Two sets of reins are attached to the bit allowing the client to “have control” with the safety of the second set of reins to assist. The carriage driving is very weather permissible and is great fun and very challenging. This often involves copious amounts of tea and cake!



### PRIZE GIVING

We hold an annual prize giving event to celebrate the incredible efforts our riders and drivers have made and to congratulate them on achieving their internal RDA proficiency grades. This is often made much more fun when a local dignitary presents the awards and the camera is out!



### VOLUNTEERING

We are always in need of volunteers. Not only to help with our riders whilst they are on the horse, but to help keep the premises in good working order, and in keeping our horses in tip-top condition. The social aspect of being involved in **Herefordshire RDA** is invaluable to many of our riders, volunteers and staff. Having a common goal and surroundings where you are made to feel welcome and where communication and social wellbeing is encouraged and is paramount to the ethos which we carry.

Volunteering is such an important part of how the Centre is run and how we keep our riders and drivers safe and having fun.

Each rider requires a leader and up to two side walkers so a lesson with three riders could require up to 12 volunteers and staff to “make it happen”.

### PUBLIC APPEARANCES

We were even privileged enough to be invited to parade in front of the Queen and thousands of spectators at the Diamond Jubilee Celebrations.

