

How do I get started?

Getting started as a Herefordshire RDA volunteer is a simple process, however, there are some key steps to take:-

Volunteer Application Form

As a new volunteer you will need to complete an application form which will include providing two referees.

Disclosure Check

All applicants will be asked to complete an enhanced disclosure check. The Centre Manager will provide the forms for you to complete.

Volunteer Induction

We will invite you to undertake an induction session, take you around the facilities, meet the staff and horses, and provide you with all the necessary Health and Safety information to make your volunteering experience with us enjoyable, but also safe for everyone involved.

Your first day

You will also be assigned a "buddy" to work alongside you and help with any questions you may have.

Keeping in touch

Communication is an important part of our culture here at **Herefordshire RDA**, so we put a lot of effort into keeping you up to date and letting you know not only what's going on but also other important information you may need. Keep an eye out for our noticeboards in the school. You will automatically be added to our contact list if you provide an email address on your application.

Our commitment to you

Herefordshire RDA aspires to:-

- Create a friendly, welcoming and encouraging atmosphere
- Create a culture of respect for others based around our core values
- Be clear on what we need from you and provide support when needed
- Wherever possible we will match volunteering opportunities available - with the skills and experience based on your strengths to ensure that your involvement is both fulfilling to you and of value to us
- Listen to your feedback and opinions and take appropriate action when needed.



HELP DOESN'T **HAVE** TO BE FINANCIAL!

Herefordshire Riding for the Disabled

Holme Lacy Campus, Holme Lacy, Hereford HR2 6LL
Telephone 01432 870831. email: admin@rdahereford.org
Charity Number: 1100675 Company No: 4897295



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Learn new skills, make new friends and know that you are helping to make a difference.

Being a volunteer at Herefordshire RDA isn't just about helping with the horses.

At RDA, we provide life-changing opportunities for people with disabilities to ride and carriage drive. Our activities are specially designed for children and adults with physical and/or learning

difficulties to receive physical and psychosocial therapy, enjoyment and a chance to achieve their goals. With the support of people like you, investing a couple of hours each week, we can continue to provide these activities - and increase provision to include the people who are currently missing out.

You can contribute by leading our horses, or sidewalking during the lessons, help us fundraise or getting involved with any of the hundred and one jobs that need doing every day like cleaning, gardening, painting maintenance - the list is endless. And for those of you who like poo-picking, there's plenty of that you can do too!

Who can volunteer with RDA?

Anyone aged 12 or over can volunteer for **Herefordshire RDA**. There is no upper age limit and roles are available for all, regardless of ability and experience

What kind of help can I offer?

The majority of volunteering roles involve contact with horses: grooming and tacking up, leading and side-walking, mucking out etc. but our centres also need help with other areas such as fundraising, publicity, accounts and general maintenance. Talk to us at our Centre about the ways in which you can help.

What you can do

Volunteering can take many forms - and it's always rewarding. By

investing just a few hours of your time at our dedicated Centre on a regular or ad-hoc basis, you can make a big difference.

Whatever your Skills, you will have something to offer us - and it's not just about horses and ponies - there are plenty of other jobs that need to get done. Perhaps you're a DIY enthusiast or good at publicity and marketing. Maybe you're good with numbers or admin. Whatever you like doing there's a role for you.

Benefits for you

Many people find the experience of volunteering with **Herefordshire RDA** hugely rewarding. Volunteering is sociable and fun, and means being part of a team. Volunteering can be a

boost to your education and CV. We provide a structured training and development programme for our instructors, and we offer the UK Coaching Certificate - a nationally recognised qualification in sports coaching.

Volunteering With RDA is also recognised by the Duke of Edinburgh Awards Scheme, the Pony Club and the Young Equestrian Leaders Award.

