



Riding for the Disabled Association
Incorporating Carriage Driving

It's what you can
do that counts

West Cumbria Group

Registered Charity Number 1074113



Newsletter 2018-2019

First of all, thanks for your generous support of our RDA group in the past. All our riders love coming to RDA & without the generosity of people like you we would not be able to operate. Fund raising is an ongoing process and we have raised over £1000 this year via events and from donations/grants. Our Chairperson and Treasurer have been giving talks to various WIs across the region in an attempt to raise our profile and enlist more volunteers, so if you know anyone with some time on their hands please send them our way!

We are continuing to offer pony riding to about 30 primary school children a week from across our area, providing opportunities for improving communication, confidence, self-esteem, balance and co-ordination whilst having fun. Currently schools bring riders to our sessions from Whitehaven, Workington, Plumbland, Maryport and Cockermouth, and all students receive certificates and rosettes to confirm their success and achievement. It was the 50th Anniversary of RDA this year so the riders received lovely golden rosettes to mark the occasion.

We are still operating from two venues, Watch Hill (near Aspatria) and Whitehaven. The lovely new mounting block at Whitehaven is working very well.



An unexpected benefit of Whitehaven is that we can take larger, heavier riders than we could before. As always, the ponies do their best for our riders and help to improve their communication and self-confidence.

We have had some bad weather this year so the riders at Whitehaven have done quite a bit of grooming and picking out horses hooves etc. Luckily they all seemed to enjoy that!

Favoured activities are still trotting, playing games and doing races. Both ponies and helpers get a bit enthusiastic when racing, as well as the riders of course!



All in all it has been a busy but successful year and we are all geared up to start again in September.

If anybody knows of any businesses or other organisations who might be willing to sponsor schools for riding please let us know by contacting:

Thelma on 07759 020775
or Fran on 07826 481639
or Susan on 07711 916329

Thanks again for your support and all the best for 2019-2020.