CAN YOU HELP US?

VOLUNTEERING WITH RDA
HELPING HANDS

RDA
Riding for the Disabled Association
Incorporating Carriage Driving
www.rda.org.uk
Volunteering for the RDA has completely changed my life. My experiences of volunteering have improved my self-esteem and confidence. Through helping others, I have come to wholly appreciate the therapeutic value not only of horses, but also of being part of a close-knit, kind and caring community.

Riding for the Disabled Association (RDA) helps 28,000 disabled children and adults all over the UK to benefit from horse riding and carriage driving for therapy, achievement and fun. We have almost 500 groups who run RDA activities – and they all rely on volunteers.

Horses and ponies are at the heart of everything we do, making us a natural fit for volunteers who already have experience in this area. But it takes lots of helping hands to make an RDA group really successful, and there are lots of different jobs to be done – many of which don’t involve horses. If you are aged 12 or over, friendly, reliable – and want to help our clients achieve their goals – then we’d love to have you.

Most RDA groups meet at least once a week (some bigger centres are open every day) and can offer a regular volunteering session. Alternatively, if you are helping in areas such as fundraising, publicity or admin support you can be more flexible about when you give your time. Either way, we’ll be grateful for your help.

There are SO MANY ways to help RDA

GETTING INVOLVED

ERME VALLEY RDA

ELEANOR HALTON

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RDA is a fantastic way for volunteers to boost their CV, enjoy the outdoors and keep fit, but it can also offer so much more. Volunteering for the RDA has given me a purpose and a new direction in life, and I can honestly say it is the best thing I have ever done...”

What can YOU do?

- Getting horses ready
- Side-walking to assist riders in a session
- Leading ponies
- Coaching
- Fundraising
- Publicity, PR & Social Media
- Being a trustee
- Helping with admin
- Web design

TRAINING

We offer all the training you need to be able to carry out our activities with confidence, including basic practical training for RDA sessions, as well as workshops and e-learning courses in areas such as disability awareness, safeguarding, equine welfare, fundraising and more. Our Coaching Pathway is renowned the world over and we offer the UKCC sports coaching qualifications for those looking for a personal and professional challenge.

FIND THE RIGHT GROUP FOR YOU

RDA groups come in all shapes and sizes: operating on different days; offering different activities and working with any number of clients each week. You can find details of all the groups near you using the postcode search on www.rda.org.uk/rda-groups

Did you know?
If you are aged 12 or over you can volunteer with RDA

Are you a physiotherapist, occupational, or speech and language therapist?

Practising and retired professionals in these areas can support RDA coaches to make sure our activities are as beneficial to riders as possible.

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Thank You! RDA

28,000
RDA helps 28,000 disabled children and adults all over the UK
Ensuring a work/life balance; becoming involved in my local community, and a desire to learn new skills were all behind my search for a volunteer role. RDA delivers on this and so much more. I began volunteering with RDA as a sidewalker; qualified as a coach, and more recently I took on the role of Regional Chairman. Now my working life complements and informs my RDA life (and the reverse is also true). Somehow you manage to carve out the time when you can see first-hand how volunteering with RDA can make a real difference. Careful – it’s addictive!

I’ve been volunteering for RDA for about 10 years and do a whole range of different roles – from sidewalking and leading ponies, to odd jobs and maintenance around the stables. I also volunteer at RDA’s National Championships as part of the Ground Crew. It’s hard work, but an incredibly rewarding few days. The RDA group I’m with is definitely like a big family – I even met my wife there!

I started volunteering nearly five years ago. I was a bit nervous as I had never visited an RDA centre before. But everyone was really nice and explained clearly what was required of me, whether it was stable duties or assisting in the lessons. I really enjoy seeing just how much each rider gets out of interacting with the ponies. Their determination still inspires me in my own riding to this day.

Can you help?
Here’s how to contact us
Visit our website www.rda.org.uk
Email us volunteering@rda.org.uk
RDA National Office 01926 492915