



Riding for the Disabled Association

RDA is a national organisation with over 500 member groups and more than 30,000 riders and carriage drivers. The overall aim is to enable people with disabilities to ride or carriage drive to benefit their health and wellbeing.

Locally, Dovecote Farm RDA Group is based at the Equestrian Centre in Orston. We are entirely voluntary, and currently operate during term time only, helping children with learning difficulties enjoy the benefits that come from riding and contact with horses. Our volunteers are all individuals – some older, some younger, male and female, riders and non-riders alike. I hope I can say on their behalf that they all get satisfaction from seeing our riders' progress, however small, pride at giving something back to society, and camaraderie from being part of a small team.

We are always on the look-out for more volunteers to help with our weekly lessons, leading the ponies or side-walking with the riders – all that is needed is a cheerful disposition and enough energy to walk round in circles for an hour at a time - with a bit of jogging thrown in! If you think you might like to join us, would like to know more or come over and watch a session then we would love to hear from you. You can call our chair person, **Diane Farthing**, on **0115 933 4297**, or get details from www.northmidlandsrda.org.uk/nottinghamshire.html

Gill Lewis

RDA volunteer since 2005