

A COMMUNITY PARTNERSHIP WITH



NZRDA
New Zealand Riding for the Disabled



Patron: H.R.H Princess Anne

Who we are

New Zealand Riding for the Disabled is a charitable organisation that provides opportunities for anyone with a disability to enjoy safe, healthy, stimulating, therapeutic Horse riding and horse-related activities in New Zealand.

Since 1962, Riding for the Disabled in New Zealand has helped to change the lives of tens of thousands of children and adults for the better, improving their quality of life by providing regular therapeutic activity specifically tailored to each Rider's needs.



FAST FACTS

3,200
INDIVIDUAL
RIDERS



429
TRAINED
RDA HORSES



91,000
RIDING
SESSIONS

1,791
VOLUNTEERS
HELPING



56
RDA
GROUPS

NZRDA's core purpose is to provide interaction with horses to develop increased ability, independence and self-esteem for children and adults with physical, intellectual, emotional and social challenges.

An RDA programme is used to develop, increase and improve:

- **Physical abilities**
- **Psychological abilities**
- **Social abilities**
- **Recreational / sport / vocational abilities**

Benefits of Riding

Riders attend RDA riding sessions to achieve specific goals or outcomes, whether it is therapeutic, education or sporting / recreational.

Riding develops, improves and promotes:

- **Balance and co-ordination, posture and muscle tone**
- **Concentration, self-discipline and self-worth**
- **Perception and spatial awareness**
- **Communication and social skills**
- **Independence and decision making skills**





Jordan (Auckland)

12 year old Jordan was born with cerebral palsy, which makes it hard for him to control his muscle movements. As a result, Jordan is unable to talk or walk independently, and only has limited use of his limbs.

Despite this, Jordan is like any other boy. He loves life, has a great sense of humour and is passionate about music, his picture books and animals - particularly horses.

Jordan joined the RDA Riding Programme at age 10, following surgery on his hip which had negatively impacted his strength. After eight weeks in bed, he could no longer sit straight in his wheelchair or hold his head up, despite intensive therapy following the surgery.

During his first ride at RDA, Jordan barely managed to complete two laps of the arena, but despite the hard work he loved the experience.

In the sessions that followed, the goal was to strengthen Jordan's neck and upper body and improve his posture, and as the weeks went by his rides became longer as he grew stronger.

Two years later and thanks to RDA, Jordan is now able to sit straight and weight bear again, which has had a huge impact on his quality of life.



Danielle (Christchurch)

Danielle, 7, rides every Friday at Christchurch Group RDA, where she looks forward to riding on 'Blokey'. Danielle suffers from Selective Mutism, a childhood anxiety disorder characterized by a child's inability to speak and communicate effectively in select social settings.

In Danielle's case she is managing her condition - thanks in part to her regular therapeutic riding sessions at Christchurch RDA.

Danielle's mother, Sonya, says that she has seen her daughter's confidence and social skills grow in the past year, as Danielle has also been tasked with the grooming, saddle and preparation of her Horse prior to her riding session in addition to the riding itself.

Fast forward to today, and Danielle has made great strides in her verbal communication. She will now clearly say 'walk on' and other commands to her Horse, as well as talk to her family, friends and the RDA Volunteers.

Her family is excited to see Danielle continue to grow into a confident and self-assured person.

Read more stories about our Riders at:

www.rda.org.nz/riderstories.htm



- **Employee Engagement:** Exciting volunteering and fundraising opportunities are available for your staff.
- **Brand Profile** via the NZRDA website, social media and E-Newsletter platforms.
- **Partnership Acknowledgments** via NZRDA's online and printed media channels. NZRDA can also promote the partnership across its Volunteers and Rider network (as well as their friends and families) around the country.
- **Partnership Support:** Great relationships are built on communication and common agreed objectives, so we will provide support and regular updates to keep you up to date with how the relationship is working.

Vision: To deliver safe and effective programmes in more local communities to benefit more Riders.





**NZRDA Ambassador
- Melanie Kerr**

My commitment to Riding for the Disabled is reinforced every time I step through the gates at North Shore Branch where I volunteer.

Here you will see the very best of human nature. You will see smiles and laughter shared. The joy of succeeding when milestones are reached.

You will see bravery, strength, courage and perseverance exhibited by our riders.

You will see victories, large and small.

You may catch a glimpse of tears, tears of joy and gratitude when a parent or caregiver is caught off guard, overwhelmed at a riders triumph.

You will see tireless dedication displayed by our many volunteers and you will see our precious ponies patiently providing much need therapy to our beautiful riders.

The therapy provided by Riding for the Disabled is invaluable.

The progress made by our riders is measurable.

The lives that are enhanced are priceless.

I encourage you to take a look. You never know, it may just be your life that is changed!



Thank you

Thank you for taking the time to read this document and for considering NZRDA as a partner for your organisation.

We hope to be able to work together with you to continue making a difference in the community, to change lives and positively impact the lives of people who need our help.

Contact Details

For more information or to discuss a partnership with NZRDA, please contact:

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