

WHO WE HELP



RDA helps those in our community who are living with challenges, including:

- Emotional, learning or social difficulties
- Intellectual disabilities
- Traumatic brain injury
- Visual or hearing impairment
- Cerebral Palsy
- Stroke
- Down Syndrome
- Epilepsy
- Spina bifida
- Paraplegia
- Multiple Sclerosis
- Muscular dystrophy
- ASD and ADHD

CONTACT US

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**Marlborough Group
NZRDA**

**CELEBRATING
50 YEARS OF CARING
1972 - 2022**

Marlborough RDA is a voluntary organisation providing Equine Therapy to those in our region living with challenges



If you or someone you know could benefit from our RDA programmes, please contact us



Like us



Where Horses are Heros

WHAT WE DO

Unpacking the Magic

Good health involves being able to participate in important life activities and roles.

Improving health outcomes for people who experience disability involves helping them to learn to live well, despite their difficulties, in the context of their home, school and communities.

Improvements in health outcomes occur more consistently when the person is able to be involved in real-life contexts.

Therapeutic Horse Riding

can be a **leisure activity** that contributes to improving the rider's wellbeing and health



is **accessible** for children and youth with a range of physical, social or behavioural challenges

is provided in a space and a way that builds on a rider's **capacities and strengths**, rather than their difficulties



provides riders with **new opportunities** to view themselves in more positive ways

contributes to a rider **learning** to move, succeed, connect and adapt



contributes to the development and growth of the rider's **self-concept**

allows for a new and emerging view of self to be **translated** into other home, school and community contexts



contributes to improvements in the child or youth's ability to **participate** in important life activities and roles



HOW WE HELP



We train carefully selected horses to become unique educators, who together with our qualified coaches and volunteers help our riders to improve:

- **strength, balance and flexibility**
- **posture and muscle tone**
- **confidence and self esteem**
- **self-discipline**
- **communication**
- **social skills**
- **independence**
- **perception and spatial awareness**

HOW YOU CAN HELP

Our local community has been helping us to help others for 50 years. Are you able to help?

Become a Volunteer

Whatever your skills there are many ways you can help us make a difference and benefit from being part of the team

Become a Friend of RDA

Receive regular newsletters and invites to events

Individual Friend of RDA - \$20

Corporate or Family - \$35

Make a Donation

Support us by making a donation

Donations of \$5 & above are tax deductible

Sponsor a Horse

Help us to care for our horses - different levels of sponsorship are available

Sponsorship contributes towards feed, farrier, vet and training

Corporate Advertising

Advertise your company and show your support to a local charity.

Advertising boards are available for placement in our indoor arena

Membership & Donations can be paid into the following bank account
Marlborough Riding for the Disabled
03-1355-0501108-00

Email: admin@mrda.org.nz

We will send you a receipt

Reaching More Riders

Changing More Lives

You Can Make a Difference

