

# VOLUNTEERS

***Volunteers need no experience whatsoever just a positive attitude and a few spare hours.***

Centres are ***always*** in need of volunteers—all training, support and insurance is provided and we guarantee a great time!

By giving your time to RDA you will be allowing people living with disabilities to access the thrill and independence that horses bring.

**See inside for more Benefits of RDA.**

Volunteering with RDA is also a great way to:

- ◆ Get your 'horsey time'
- ◆ Get involved with your community
- ◆ Get fit
- ◆ Build social networks

The roles that volunteers fill in an RDA Centre include but are not limited to:



- ◆ Leading and side walking with riders in lessons
- ◆ Grounds keeping
- ◆ Feeding/caring for horses
- ◆ Coaching
- ◆ Fundraising
- ◆ Committee membership
- ◆ Volunteer training
- ◆ Strategic planning

## **HOW YOU CAN HELP:**

- ◆ VOLUNTEER YOUR TIME
- ◆ SPREAD THE WORD
- ◆ BECOME A SPONSOR
- ◆ DONATE A HORSE
- ◆ MAKE A BEQUEST



A state-wide, not-for-profit organisation providing horse riding and related activities to over 400 Queenslanders living with disabilities.

**Your nearest Centre is:**



**[www.rdaq.org.au](http://www.rdaq.org.au)**  
**Ph: (07) 3408 6942**



18 Centres across Queensland with 450 volunteers... From Atherton to the Gemfields, Caboolture to Warwick. We can do a lot of good, but we need a <sup>lot of</sup> help!  
Find out how you can become involved!

# BENEFITS OF RDA

People with disabilities can obtain many & varied benefits from association with horses.

The rhythmic movement of the horses walk simulates, almost exactly, the movement of a human's hips at a walk, providing a walking experience for riders with limited mobility.

Other benefits include:

- ◆ Improved core strength
- ◆ Improved balance and coordination
- ◆ Sensory integration
- ◆ Increased range of movement
- ◆ Socialising and interaction
- ◆ Emotional control and self-discipline
- ◆ Sporting and competitive pathways
- ◆ And many many many more!!



From simple steps and personal benefits through to an international competition circuit and Olympic level riding, RDA is a program aimed towards total personal progression.

# CLIENTS

RDA clients come from a range of backgrounds.

Ages range from 3 to 60yrs plus, with a wide range of conditions/disabilities including but not limited to:

- ◆ Cerebral Palsy
- ◆ Downs Syndrome
- ◆ Spina Bifida
- ◆ Parkinson's
- ◆ Autistic Spectrum Disorder
- ◆ Acquired/Traumatic Brain Injury
- ◆ Genetic Syndromes.

**All clients require a medical consent form completed by an MD before commencing riding.**

Each participant who comes to RDA will develop a unique set of goals and aims. It could be hopping on, sitting up, gaining independent control of the horse, or entering a competitive pathway. Participants have support every step of the way to achieve their goals.



**An activity like RDA is unique in many ways. Few sports can provide such enormous subconscious physical therapy to its participants.**



# HORSES

RDA horses are fantastic examples of their species. They come from a huge variety of backgrounds including Pony Club, trail riding, Competition & rescued.

RDA provides many of these horses with a second career.

Generally of an older age, our horses are very well cared for and maintained, given hours of gentle exercise, feeding, rugging and affection.

Our horses are generally donated or leased to our Centres, with occasional purchases taking place.

**We are always in need of horses!**

**RDA need:**

- Horses between 11hh and 16hh (a hand is equal to 10cm)
- Ideally horses should be aged between 8 and 18 years old
- Wide and narrow horses
- Suitable, well-mannered and experienced horses with good temperaments
- Sound horses



All horses that are accepted into an RDA program must undergo a trial period (minimum 6 weeks) to make sure RDA program is suitable for them.



THANK YOU!