



New Zealand Riding for the Disabled Association Inc.

RDA March 2011
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Charities Commission
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Christchurch Earthquake

There are no words that can fully and accurately describe the impact of the Christchurch Earthquake on the people of Canterbury.

For those of you in Christchurch, we can only hazard a guess at how those moments unfolded and how you were able to face this whole new world you entered immediately afterwards.

The shock, disbelief and sorrow have been immense for those of us looking on, powerless to be able to assist, in some way or in any way.

We will always know where we were when we learned that this was not just another aftershock for you to endure. This memory will be with us all for the rest of our lives.

We were heartened by the news that our family at RDA in Christchurch was ok, the indoor arena, the horses and our volunteers had coped well. They were amongst the lucky. As the messages of support came in we were able to realise how close knit RDA is as a family and how we all wanted to support our people. We also know volunteers' personal lives have been dramatically affected and we want to be able to support you all.

RDA is a family, a strong unit with strong people. Like all close families there are times when we don't always get along. But those divisions melted away when we learned of your need. Nothing is more important than your welfare and we are all here for you.

In the coming weeks as the enormity of this earthquake fully registers with us all, the losses you will face and those outside of Christchurch will realise how closely connected we all are. The sadness of loss will be present but the spirit of community will prevail as you rebuild your lives.

To you all at the Christchurch RDA, we are here for you. If you need our help, our support, we are here. We are family.

NZRDA, February 2011.

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New Zealand Riding for the Disabled Association Inc.

Annual General Meeting

Sunday 22 May 2011

11:30 am

Napier War Memorial Conference Centre

Marine Parade

Notes:

- Remits for Rule Changes must be received by NZRDA by 9th April
- All enquiries regarding the meeting, procedure, etc should be directed to NZRDA
- 2011 is an election year for Board Members



First Words...

In life, horses are some of the best friends you'll ever have!

~unknown



News in Brief

SURVEYS

Your RDA Groups will have received three (3) surveys that we would like you to complete. These are:

1. NZRDA Annual Group Survey
2. NZRDA Satisfaction Survey
3. NZRDA Quantitative Survey.

We would like to remind you to complete these surveys and return them to us as soon as you can.

It is worth noting that we are often asked, especially by Government agencies as to the ethnicity and age of our riders. These are particularly critical figures. It is not an invasion of privacy to ask this question as no individual rider is identified in the figures that we use. Thank you to all those RDA Groups that have already completed the surveys and we will look forward to receiving the remainder as soon as you can please.

NATIONAL TRAINING SEMINAR AND AGM

On February 15th we posted material that you will need for the NZRDA National Training Seminar and AGM. In particular the forms that we sent were as follows:

1. National Training Seminar Programme Details
2. National Training Seminar Registration Form
3. Nomination Form for RDA Member to the NZRDA Board
4. Sample Resolution Form for making changes to the NZRDA Rules (Constitution)
5. Nomination Form and Information for the Riders Member on the NZRDA Board

Please make sure that you note the return dates for these.

If you didn't receive these forms then contact NZRDA and we will send them to you directly.

Just a reminder also, that in order to be able to vote at the AGM, your Group will need to have paid its' Affiliation Fees for 2011.

NZRDA LOTTERY GRANTS BOARD TRAINING

The final phase of the NZRDA Lottery Grants Board Training Programme is taking place and we hope that as many Groups as possible is making the most of this opportunity. It is unlikely we will be able to repeat this training programme again.

BP VOUCHERS

Each RDA Group will have received the BP Vouchers to be distributed to Volunteers. We would like to remind you that we need the accountability report back to us, so that in turn we can report back to BP.

KEY DATES

The following represent some Key Dates that you will need to note. These dates are up until the the NZRDA National Training Seminar and AGM

March

MAR 25 Nominations close for NZRDA National Awards. (Volunteer, Coach, Rider and horse.

April

APR 9 Resolutions/Remits from Groups received by NZRDA.

APR 20th

The following materials will be sent to RDA Groups

NZRDA Annual Report.

NZRDA AGM Agenda.

NZRDA AGM Minutes (2010).

NZRDA AGM Business papers.

May

May 1

Registrations close for the NZRDA National Training Seminar.

MAY 20

NZRDA National Training Seminar begins.

MAY 21

Final day for Nominations for Board Elections.

MAY 22

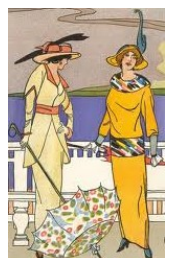
NZRDA Annual General Meeting.
NZRDA Board Meeting

ANNUAL AWARDS DINNER

21 May 2011

This years Annual Awards Dinner has the theme Art Deco, we would love to see as many as possible in fancy dress on Saturday night start planning your costumes now.

Prize for the best dressed!



Adaptive Equipment Part Three

Reins

Reins are usually adapted for each individual rider, they may be ladder reins, looped reins, or shortened reins to suit the individual rider and the horse. Adaptive reins may be useful for a rider who has loss of an arm/hand due to a congenital deformity or amputation (they may ride with an artificial limb and both ladder and looped reins can be useful). Reins can also be made thicker with padding if a rider has difficulty with gripping them.

Ladder reins prevent the reins from slipping through the riders fingers and if the reins are dropped they can be easily picked up again. However to shorten the reins the rider has to go (jump) to the next rung.



Loop reins



Ladder reins

Neck Straps

Handles may be more satisfactory for beginners, but they may assist the rider once they are trotting or going up and down hills or even jumping. They must be short enough to sit well forward on the horse's neck. Old stirrup leathers can often be used for this purpose. The best neck strap consists of a handle attached to the top of a breast plate which makes it more stable. Watch the neck strap does not slide down to the horse's ears if he puts his head down.

Therapy Pads/Sheepskins

Cloths/therapy pads/sheepskins are used in therapeutic riding. They can be used with or without floppy/fixed handle surcingles. The choice of either a saddle or therapy pad depends on why the rider is riding, the specifics of their condition and what you are working on (individual goals).



Therapy pads/sheepskins can be more comfortable for the rider and reduce pressure problems. They require the rider to be more focused, having to work harder to maintain their balance. There is an increased feeling of horse's movement through the pad, increase in proprioception. The heat of the horse provides relaxation of muscles and decreasing tone. With the therapy pad/blanket there is more choice of rider positions therefore more potential for therapeutic riding. They are however less stable than a saddle with stirrups and may increase anxiety for some of our riders

It also needs to be remembered that the rider may also have a preference. Continual reassessment and re-evaluation of goals is necessary to validate your choice of adaptive equipment.



Volunteer Books

When you attend an NZRDA Volunteer Training Course, you will receive one of these new books. This book has been produced as an information source for new and prospective volunteers, as a companion to the NZRDA Volunteer Training Course and a resource book for unit standard 17037. It is to be used in conjunction with the NZRDA Resource Manual, NZRDA Health and Safety Manual and the NZRDA Lotteries Grants Board Training Programme Manual.



New Plymouth Group RDA – A Letter of Thanks



I am writing to pass on my sincere thanks and appreciation for the NP branch of the Riding for the Disabled.

My daughter Caitlin has a rare auto immune disorder and she has been waiting for a liver transplant.

When Caitlin began at RDA in New Plymouth she was a shy, timid and somewhat frightened little girl. She has been very ill at times, and through the fact that she has had some really unpleasant things done to her, she was very mistrusting towards people.

Caitlin was partnered up with Shandy, a now 30 year old Arab, and the two of them have a bond that changed her life.

I would like to pass on my thanks and acknowledgement to the team there, particularly Joy who has partnered Caitlin, and the friendship that was formed. Thanks also to Dale, and the remainder of the team.

Late last year Shandy was retired from RDA and was to go back to her original owners. My heart sank, this pony had changed my daughter's life in ways I simply cannot describe. I wondered how Caitlin would cope and for that matter, how this beautiful old pony would cope without her too, this bond they had was truly amazing.

But there is a god. The original owners offered Shandy to us, and since Dec, Shandy has been "Our" pony. We found grazing and through the help and determination of others, I have quickly learnt how to care for her. She has put on weight and now, not only Caitlin aged 12, but my other daughter Briana 13, are riding her most days. Even galloping bareback in the paddock. Their confidence is through the roof and dear Shandy follows them like a dog. She is special and we love her dearly.

The difference that a pony can make in a sick child's life when they are facing a potentially fatal illness is amazing. This little pony has given me back my smiling, carefree daughter. All thanks to The New Plymouth Branch of the RDA.

Please pass on my sincere thanks, to both the NP Branch and also RDA on a national level.

You are truly angels.

Tracey Blake

Stratford

Whangarei Group RDA Open Day

Whangarei Group RDA are having their Open Day on Saturday 26th March at the Centre, Barge Park, Maunu Road, Maunu, Whangarei. Hours from 9am - 3pm. The Centre is open to the public and we are doing demonstrations to show everyone what we do here and how we do it, stalls, food, of course and some fun events. Entry is free and so we are hoping everyone far and wide will call in and see us.

Rotorua District Group RDA



Hokie Pokie wearing his new summer cover.

Well 2010 wasn't a great year for our RDA, we lost 2 of our Life Members, Bryan Marshall, who was our President for quite a few years and also President of the NZRDA, Bryan passed away in November and Massey Ihaia in December. We valued the input of both of these Life Members.

On a brighter note we have at last managed to lease another block of land at Ngongotaha and plans are in place to build a new building with staff rooms, toilets and office along with a new arena. This is going to take time but with the airport extending the runway it has become imperative to move our operations away from the airport.

We have 10 horses & ponies and have 61 riders coming over 4 days, so things are full on, we employ 5 staff plus a Physiotherapist. We hosted a NZ Lottery Training Weekend and we were very happy with everyone's comments and certainly learned a lot, we are having a Medical Clinic during March so things are all go.

We had a donation for summer covers from Lions District 202L Lions Club.



Christchurch Group RDA

Three days in the life of a very honest versatile little RDA horse



ChCh RDA's little grey mare Mystery had her Christmas holiday shortened when she was called on to perform for Invercargill para rider, Mike Hamill at the Para equestrian Dressage Nationals held at Mcleans Island on the 4th and 5th February.

During the holidays Mystery was being cared for by ChCh RDA Coach, Sheree Hubber. Sheree spent time beach riding, schooling and hacking with Mystery. She also did some Andrew McLean work with her.

Mike arrived the day before the competition, and after his saddle was checked for fit he had two practice rides to remind Mystery that dressage meant she should stay in a round frame and bend around corners!.

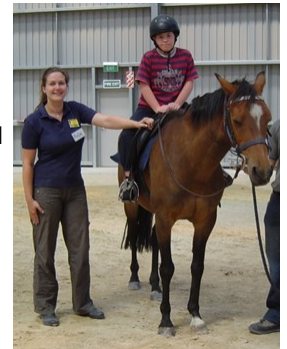
Next morning Kylie Taylor washed, plaited and added a little make-up to make her black points stand out – so polished was she that ChCh RDA's secretary who walked past did not recognise her! The team of Jenny Nicol and Jackie introduced her to the sights and sounds of a big dressage day and assisted Mike with mounting. After checking out the water jump next to the para warm up area, Mystery safely and calmly listened to Mikes instructions as he completed his walk test. Though not quite managing to stay in a nice round frame for the test the pair scored a respectable 59%. Next day the team were more relaxed with Mystery and Mike completing a calm kind test. A third ribbon and plaits out Mystery was floated back to meet her ChCh RDA equine friends who were just back from their respective holidays. Well done and thanks little grey mare.

Anja Hess Sponsored for Outward Bound Course

The Christchurch Group of Riding for Disabled is delighted that Anja Hess, who is a valued volunteer and committee member was recently accepted to attend the Outward Bound "Discovery" Course, in April.

Anja has been lucky enough to be sponsored by the Rotary Club of Riccarton and is incredibly grateful for their support in giving her the opportunity to develop her potential not only in a leadership capacity but in all areas of her life.

We look forward to hearing about Anja's adventures on her return!



NZRDA Outward Bound Scholarships

We were amazed to see how many people applied for the Scholarships that were offered to us from Outward Bound this year. Due to high demand Outward Bound were very generous in offering us 2 more places on the Discovery 40+ course. In total we were given six places on the courses, six places for the Discovery Course 40 years plus, and one for the Classic course 18 - 26 years. Congratulations to the six people that were selected for the Outward Bound Scholarships 2011.

We wish them all luck and look forward to hearing their stories when they return.

Napier Group RDA

If you are heading to the Horse of the Year being held at Hastings A & P showgrounds from 15 - 20 March 2011 make sure you go and visit the Napier Group RDA site, even buy a raffle ticket!

**NZRDA/Lotteries Grants Board Training Calendar**

Reminder: you need to send two volunteers to each of the five workshops. Please contact your nearest RDA Training Team member if you have not yet been contacted by them. You are not limited to two volunteers you can send more people, but you will have to pay \$115 per day (GST Incl). If the participant can not attend at the last minute you need to send another volunteer in their place. You can also attend the workshops in other regions, if for some reason you can not make the local workshop. Workshops start at 9:30am and finish at 3:30pm.

All NZRDA Member Groups will receive two manual covers. When your two volunteers have attended the workshops they will receive a booklet from each workshop, these are to be inserted into the manual covers to create a Training Manual. These Training Manuals are to remain the property of the RDA Group.

Please remember to send registration forms back BEFORE the closing dates.

Dates for workshops that have been booked as at February 2011.

Region	Groups	Lead- ing	Sidewalking	Mounting/ Dismounting	Medical	RDA Horse	Trainers
1	Bay of Islands, Kaitaia, Whangarei Host Groups Kaitaia and Whangarei	12/02	13/02	04/12	05/12	12/03	Maxine Cates Yvonne Hooper
2	Ambury Park, Auckland Eastern Suburbs, Greenhithe, Henderson, North Shore, South Auckland, Totara Park. Host Group Ambury Park	29/09	05/10	01/04 Host Totara Park	18/03 Host- North Shore	12/03	Debbie Freeman Anne Chamberlin
3	Cambridge, Central King Country, Te Aroha, Te Awamutu, Waikato, Hamilton.	01/02	02/02	18/10	04/04 Host Te Awamutu	15/11 Host Waikato	Dna Wells
4	Eastern Bay of Plenty, South Wai- kato, Taupo, Tauranga, Rotorua Host Group Rotorua	13/11	14/11	28/03	26/03	14/03	Roslein Wilkes- Leonie Annette
5	Central Taranaki, New Plymouth, Wanganui, Hawera Host Group Hawera	11/09	09/10	11/12	05/02	19/03	Marilyn Surgenor Sonya Reid
6	Manawatu, Levin, Wairarapa, Taranaki, Hutt Valley, Wellington Host Group Hutt Valley	11/02	12/02	05/10	05/03	14/10	Colleen Wright Chris Futter Sian BissonPam Harwood
7	Gisborne, Napier, Hastings. Host Group Napier	25/02	26/02	13/11	14/11	27/02	Colleen Wright Chris Futter- Jenny Nicol
8	Golden Bay, Marlborough, Motueka, Richmond, Whakatu Host Group Marlborough	23/08	09/10	10/10	24/08	08/04 Whakatu	Roslien Wilkes Pam Harwood Vicky Melville
9	Christchurch, Geraldine, Mid Canterbury, Timaru, North Otago, North Canterbury, Westwood Stables, Sandow, West Coast. Host Group Christchurch	20/03	19/03	16/10	05/10	06/10	Jenny Nicol Effie Deans Vicky Melville
10	Central Otago, Clutha, Dunedin, Eastern Southland, Southland, Waikouaiti, Northern Southland, Wanaka.	30/10	20/11 Host Dunedin	21/11 Host Dunedin	05/03 Host Southland	31/10	Maxine Hooper Effie Deans Vicky Melville



NZRDA Coach Development Course 2011

Throughout the country RDA Groups have an ongoing problem with a lack of qualified and trained coaches for its riding programmes. It is well recognised that there is a shortage of volunteers in sporting and service organisations within NZ. People lead busy lives and there is a shortage of hours that people can give to voluntary organisations. Therefore it is necessary to find different ways to encourage and train coaches to a suitable standard. Since time has been identified as a barrier to volunteers training, providing an intensive course to qualify coaches to the RDA Coach level may be one method that appeals to our RDA personnel.

This course is for any RDA Coach who wants to fast track their training qualifications, kick start their qualifications and/or complete their qualification, either the Assistant RDA Coach or RDA Coach. The unit standards covered will be targeted to the individual plus the new additional unit standards as associated with the two qualifications National Certificate in Equine RDA Assistant and RDA Coach.

Course:

An eight day residential course is to be based at Hutt Valley Group RDA, County Lane, Silverstream, Upper Hutt. This Group has the appropriate facilities, including an indoor arena, modern classroom, suitable horses and accommodation available close by.

This type of course will:

- Enable coaches to take on increased responsibilities in their own RDA Group.
- Provide coaches with recognised transferable skills/qualifications and experience.
- Update existing skills.
- Help to fast track coaches into the next coaching/management level.
- Provide ongoing support and mentoring of coaches.
- Provide peer group support and inter group network opportunities.
- Increase understanding of the needs of equestrians with disabilities.

The cost for such a course will be \$100 per person per day plus GST. This includes morning and afternoon tea and lunch.

Participants are responsible for their own accommodation, breakfast and evening meal. There is a range of accommodation close by (5 minute walk) including backpacker style to quality motel rooms. Approximate cost of these range from \$30.00-\$55.00 per person per night (based on a shared room basis).

HVRDA is close to all public transport and food outlets.

NZRDA is calling for Expressions of Interest from Coaches and RDA Groups. If you have a desire to attend this type of course please contact NZRDA no later than March 20th 2011.

Colleen Wright

National Training Coordinator

Ph 04 234 6090

Email: training@rda.org.nz

Hastings Group RDA



On Sunday 30th January 2011 Hastings Group Riding for the Disabled celebrated the official opening of their new clubroom, the Barry Simmons Building with supporters and friends. The ribbon was cut by His Worship the Mayor Laurence Yule and our Patron Ann Bary after speeches by our President Murray Revell and Laurence Yule. This project would not have been possible without our Project Manager Barry Simmons and the generous help and support of Charitable Trusts and local businesses who gave funding, time, expertise and goods. The volunteers and riders are looking forward to an exciting and fulfilling year of achievement from their new base.





Awareness Week 24th - 30th April 2011

Collection Day Friday 29th April

The following resources will be available to all Groups for Awareness week:

Resource letters:

- Awareness Week Information
- Call for Volunteers to Groups
- Collectors Letter
- Community Site Application Letter
- Council Permission Letter
- Press Release



- Stickers
- Posters

Please let NZRDA know what you require prior to 16 March 2011.

0800 4 NZRDA

admin@rda.org.nz

Websites we Love...



American Association of Equine Practitioners

www.aeep.org

Bad Joke Corner....



Did you hear about the apple tree that wouldn't stop crying?

People were always picking on it.

FRDI/HETI XIV Congress of Therapeutic Riding, Horses in Education and Therapy, Athens Greece April 24-27 2012



In 1983 therapeutic riding came to Greece, at the Varibobi Riding Club, thanks to the initiative and work of Aideen Lewis. In 1992 Therapeutic Riding Association of Greece (TRAG) was established.

At the celebration of 20 years of TRAG we invite everybody in Athens, on April 2012, to join forces and to promote the idea of Therapeutic Horse Riding.

Basics & Beyond CanTRA's 2011, Canada National Conference June 3, 4, & 5, 2011

Hosted by The Joyriders TRA, Prince Edward Island

This conference will offer valuable tools to provide excellence in a challenging field.

We are preparing an outstanding team of conference speakers who are experts in equine health and management and professionals in the fields of Physiotherapy, Hippotherapy, Speech-Language Disorders, Music Therapy and more.



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