

Malvern Hills RDA

+ Your Successes



It's what you can do that counts

Issue 1 July 2014

Welcome to the first edition of "Your Successes", a quarterly newsletter designed to provide an update on the progress of our Malvern Hills Riding for Disabled group.

I have only been in post for a few months and have already been overwhelmed by the dedication and commitment that you all demonstrate, which is why this newsletter is called 'Your Successes' to celebrate your achievements.

We have a real responsibility in delivering our top 3 goals for our riders:

1. Developing and supporting opportunities for their therapy.
2. Developing and supporting opportunities for their achievement.
3. Enabling their physical activity and enjoyment.

To put this another way you are these **people's life line!** WOW that is HUGE. Yet it is true and based on fact. For instance

- 80% grow in confidence,
- 75% improve their communication skills,
- 80% build relationships, and
- 80% demonstrate positive physical changes.

Now can you understand why I am so proud of all of you and what you have achieved. THANK YOU.

To help build on this, what can I do to help you achieve more? Please call me direct on 01886 832348 or email chairman@rda-malvern hills.org.uk

Best wishes

Dionne Oliver
Malvern Hills Riding for Disabled Chairman

Recognition Awards

We would like to recognise your efforts more and want to know which:

1. rider has improved the most and conquered their challenge?
2. volunteer has stood out for going the extra mile and what did they do?

Please email trustees@rda-malvern hills.org.uk to tell us your thoughts.

We would also welcome innovative thoughts on how we could reward them with our limited funds. Hence what do you suggest that is 'free' but makes that person feel on top of the world!



Diary dates

- ◆ 22 Oct, Worcester Racecourse— Bucket collection
We still have contact Dionne if you can help.
- ◆ 18- 20 July, Hartpury College— RDA National Championships
FREE entry for all

Your story

Would you like to contribute a piece to this newsletter?

Simply email to Dionne Oliver, chairman@rda-malvern hills.org.uk

Find out more

To find out more about how you can make a contribution please visit our website <http://www.rda-malvern hills.org.uk/>

Malvern Hills RDA + Your Successes

Did you know?



Calling all those who have creative flair

The picture on the left was produced by the talented Judith Grover who drew her son Calum when he was riding Conker during a lesson with Nikki Hawkins at Guinness Park Farm. To find out more you can contact Judith direct on judithgrover@tiscali.co.uk.

This beautiful piece of art is now being sought after by our County Chair to put on the main RDA website and newsletters.

If any of you have some pictures of our RDA sessions or members please let us know, perhaps we could produce a calendar that we could sell or even sell these pictures as cards to raise funds.

“ If you think you are too small to have an impact, try going to bed with a mosquito in the room ”

Anita Roddick
Founder, The Body Shop

Fundraising—Quick wins

We would love to hear your views on what we could do to raise funds to keep us going.

Ideas so far have been an auction lunch (now planned for Summer 2015), bucket collection after our sponsored race at Worcester Racecourse 22nd Oct 2014 and potentially a fun ride (dates TBC).

However, as you can imagine these take lots of time and effort to plan and organise, which is why want to hear your thoughts. Remember the little things can add up and if we all work together and share the work we might be able to raise more than we think.

Perhaps you could do a cake sale at your work or have a friend who enjoys running and is taking part in a race whereby they could get sponsorship to raise money for our cause.

There is never a silly answer only a silly question! So please don't be shy with your ideas.



Malvern Hills RDA + Your Successes

Gala Awards



We have a great opportunity to celebrate those who have excelled this year and this is your chance to have your say. The RDA are asking people to submit their nominations for the following:

- Brilliant Idea – sponsored by Automotive Insulation
 - Business Partnership -sponsored by BETA
 - Vet of the Year - sponsored by Merial
 - Horse or Pony of the Year - sponsored by Snuggy Hoods
 - Most Improved Participant – sponsored by Childs Farm
- THE CLOSING DATE FOR THE ABOVE APPLICATIONS IS 31 July 2014**

Nominations are also open for RDA Volunteer of the Year

- Volunteer of the Year Nomination form 2014- sponsored by EJB Events

THE CLOSING DATE FOR VOLUNTEER OF THE YEAR IS 30 June 2014

please go to [Gala nominations](#) and submit online.

Health and Safety



Health and Safety is a major element of our groups operating principles and we are committed to keeping you all safe. To help us help you please make sure you wear sensible footwear, tops with sleeves, gloves and hard hats as recommended during your green card training.

If you have a near miss or see anything that we can improve please tell us.

Your ideas



It is vitally important that we listen and continue to make improvements in all areas of what we do. We hope that you will seek us out to tell us your ideas to help us move forward!

Do you have ideas on where we can improve?

To get started your idea should have

- ◆ A defined, bounded problem
- ◆ A well thought out solution
- ◆ The benefit the solution will bring

Of course, if you identify a problem and are struggling to find a solution, please still let us know so that we can help you identify a solution and put it into practice.

Contacts

Please email your trustees if there is anything you want clarifying or to find out more.

Dionne
chairman@rda-malvern hills.org.uk
Brian
treasurer@rda-malvern hills.org.uk
Angela
secretary@rda-malvern hills.org.uk
Hugh
webmaster@rda-malvern hills.org.uk

