

Riding for the Disabled Association (N.S.W) Illawarra Centre



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Spring Newsletter 2016

3 New Assistant Coaches!

It gives me great pleasure to announce to those of you that don't already know, we have three brand new Assistant Coaches!

As of August 9th, Kerry Southwell, Kirsten Parker and Jacqui Clarke have now graduated after all their hard work!

It's been an enormous task and these three wonderful people have stepped up and succeeded!

I'm not sure you all know how much time and effort goes into becoming an Assistant Coach and then onto being an RDA Coach.

Hours upon hours of lesson planning, teaching, delivering lessons, organising volunteer training days and so much more!

Each of these Assistant Coaches bring something different and fresh to our Illawarra centre.

I can't even begin to tell you how proud I am of their accomplishments and their dedication.

RDA Illawarra is a very lucky centre to have these three up and coming Coaches and I wish Jacqui a smooth easy assessment day on Tuesday October 18th. I'm sure she'll breeze through!

Look out 2017 because there'll be another two amazing Assistants testing for their Coach status!

It has been my absolute pleasure teaching these three wonderful people and I am sure they each will become the best possible Coach any rider could wish for.

Linda Pullen

President/Coach

Trainee Coaches Workshop –Tall Timbers Centre

Our three Trainee Coaches (now Assistant Coaches!) had an amazing opportunity to attend a private 2-day coaching workshop at the Tall Timbers Centre in July. It was absolutely incredible!

Jacqui, Kirsten and Kerry all learnt so much from this workshop and came back buzzing with lots of new ideas!

The workshop covered topics such as lesson planning, rider assessments, disabilities, risk management, class activity ideas and so much more.

Our three new Assistants came back equipped with so much new and valuable knowledge and are especially excited to begin stocking up on LOTS of new game equipment with all their new and fun game ideas!

A big thank you to Tall Timbers for hosting the workshop and especially to Nicole for the time and effort she put into the training. The time she took to really explain things and direct the workshop to their specific needs was very much appreciated!



Classes

Tuesday

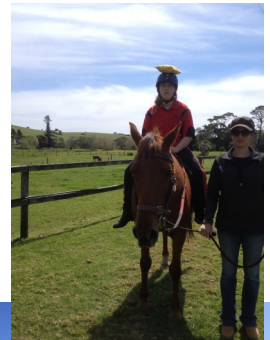
Our two classes on Tuesday's have been loads of fun! Since our three new assistants came back from their coaching workshop in July, they've been bursting with lots of new games to try out!

Each of the riders are doing amazingly and step up to whatever task is thrown at them. Our latest challenge has been neck reining, or "one-hand steering".

Everyone enjoys a gentle trail ride, but the all-time favourite still remains "What's the Time Mr Wolf?".

We can often be very tight for volunteers on a Tuesday because a lot of people have work and school commitments during the week, but we really appreciate those of you who have been able to commit regularly, and everyone who comes whenever they can. Every bit of help you give goes a long, long way! You guys are what makes this possible.

Our last Tuesday class of the year will be **1st November**.



Saturday

Saturday classes are well and truly in full swing as we head into term 4! We kicked off this Saturday class with a group of brand new riders at the end of June this year. Each week the riders continue to amaze us as they rapidly progress and excel through all these brand new tasks they are learning.

Everyone's been having a blast with all our fun new games, such as flower arranging, hot potato and many more!

We've also got an amazing new army of volunteers that come and support our Saturday classes every week. We have a large range of ages and experience, but each and every person shows great commitment and enthusiasm every time they turn up, and all help to make the classes so much fun for everyone!

We appreciate you all so much! Our Saturday classes would not be possible without you.

Our last Saturday class of the year will be **5th November**.

Support From Local Businesses

New Charity Box at “Simply Luxe”



RDA Illawarra now has a charity box at [Simply Luxe](http://www.simplyluxecom.au) Homewares and Gifts!

Thank you to the amazing people at Simply Luxe for supporting our centre and giving many others the opportunity to do the same.

Please help us support them in return by dropping into their store at Oak Flats and checking out some of their AMAZING stock. They've even got some gorgeous Equestrian Décor!

Visit their website at www.simplyluxecom.au

OR

Like them on [Facebook](https://www.facebook.com/rdaillawarra)

New Sign!

We can't be missed now, thanks to our beautiful brand new sign!

We'd like to say a huge thank you to [Simpson Signs](http://www.simpsonsigns.com.au) for making and donating this lovely new sign.

Also a big thank you to Scott for erecting the sign at our front gate.

Visit their website at www.simpsonsigns.com.au



Featured Volunteer

Linda' story



How long have you been volunteering at RDA Illawarra?

16 years

How did you get involved in RDA?

I suffered from depression and my Dr told me it would do me good to volunteer somewhere. I looked around and found RDA!

Do you have any horses or other animals of your own?

I have a quarter horse called Picador (Pix) who is on lease to RDA and a Standardbred called Chuck who lives with us on the farm.

There's also Zoe who is a 3 year old rescued greyhound and Tilly who's a whippet cross kelpie.

What do you love most about volunteering at RDA?

Hmmm....too many to single out one! I love the feeling when you see a rider achieve something that they thought they couldn't do.

Who is your favourite current RDA horse?

Big Min



What has been your favourite experience at RDA?

Again, too many!

There was a young rider once who was visually impaired with no sight at all. I was able to teach her to jump her pony over 60cm jumps completely on her own!

She would start in the trotting lane and either trot or canter and I would count her into the jump and over she'd go! Imagine that feeling she had, to be that free and doing things that many able bodied people can't do!

What kinds of things do you do in your role as a volunteer at RDA Illawarra?



All sorts! Catch and groom horses, supervise my Assistant Coaches in class, feed horses, among many other things. I'm also the President on the Committee (which means many meetings!) and am on the horse management team. Over the years I've Coached many classes, but these days I get to leave that job to the Assistants. 😊

In summer I love it if I get a chance to bath the horses, but sadly I don't have much time anymore.

What are your thoughts on volunteering in general?

I think everyone should volunteer somewhere. It gives you a great sense of achievement to know you're helping someone and expecting nothing in return. It teaches good character and morals.

Had you had any experience with horses or disabilities before you became a volunteer at RDA?

I have had a lot of experience with horses over the years. I hadn't worked with people with disabilities before. I now work in group homes with adults with disabilities.

What is one thing you have learnt throughout your volunteering experience?

Never say never!

Featured Rider

Anthea's Story

How long has Anthea been riding at RDA?

Anthea has been riding at RDA for about 4 years

What horse does Anthea ride?

Anthea is currently riding Remy

What is Anthea's favourite RDA activity?

Anthea's favourite RDA activity is trail riding.

What does Anthea love best about her time at RDA?

Anthea loves the fact that she has a special activity/sport like her siblings. It gives her a sense of achievement and she loves hanging out with her 'Pa' who takes her along.



In what ways have you seen Anthea benefit from horse riding?

Anthea has benefitted in many ways from participating in RDA. It has given her additional social connections, allowed her to partake in a sporting activity, as well as promoting the physical benefits of stretching her legs and improving her balance and core control.



What is something Anthea has learnt from her experience at RDA?

Anthea has learnt many things from riding, but I think communication skills have been a big one. She has learnt to listen to instructions and also that she has to give clear instructions/indications to the horses or she won't get the outcome she wants.

What changes have you seen in Anthea since she began horse riding at RDA?

Anthea has definitely grown in confidence since starting at RDA. Having a special interest has given her more confidence to be who she is and has opened up more conversation opportunities to share her experiences at RDA with others (many RDA experiences have been 'breaking news' at school).

"Thanks so much to all the volunteers for all you give to RDA and the difference you make to kids like Anthea. We appreciate you very much."

-Anthea's mum

A bit about Anthea...

Who is your favourite horse?

My favourite horse is Chloe

What do you love most about the horse that you ride?

I love riding Remy because I get to be up high

What is your favourite colour?

Yellow!

What are some things you like to do?

I love playing Wii, hanging out with my new dog Ellie, colouring in, singing, and anything to do with the Madagascar movies.

What is your favourite animal?

A lion (as in Alex the lion in Madagascar).

Do you have any pets?

A dog called Ellie

What month is your birthday?

My birthday is in June

What is your favourite food?

It's a toss up between sushi or wraps, but it's definitely NOT sauerkraut!



Anthea relaxing with her dog Ellie

Dentist Visit

An ENORMOUS thank you to Cameron at [Equistry Equine Dentist](#) for his amazing work on our horses and generous donation of his services.

We're also very grateful for him taking the time to answer lots of the volunteers' questions and happily explaining what he was doing, which all the volunteers really enjoyed.



Some were even brave enough to feel inside the horses' mouth!



Also an huge thank you to all our amazing dedicated volunteers who made the effort to come down to help out. We definitely needed all the hands we could get to bring in all 10 horses from the holiday paddock!



Despite the unexpected miserable drizzling weather, we still managed to enjoy a volunteer BBQ to thank all our fantastic volunteers.

Thanks Dean for lending us your barbequing expertise!



[Find Cameron at Equistry Equine Dentist on Facebook](#)



Volunteer Fun Facts!

Things you never knew about our volunteers!

Carmen

Volunteer/Secretary/Coach



What is your favourite..?

Colour: **Green**

Animal: **Horse**

Food: **Pasta**

Type of Music: **60's and 70's**

What do you prefer?

Pizza or hamburger: **LOVE pizza**

Cats or dogs: **Cats**

Summer or Winter: **Summer**

What are your hobbies? **Handcrafts**

What are three names you go by? **Mum, Nanny, Kitten**

What is your favourite sport? **Dressage**

Who is your favourite RDA horse? **Nippy**

What month is your birthday? **December**

If you could travel anywhere in the world where would you go? **Egypt**

Kerry

Volunteer/Assistant Coach



What is your favourite..?

Colour: **Blue**

Animal: **Horse**

Food: **Fish Fingers**

Type of Music: **Old Country music**

What do you prefer?

Pizza or hamburger: **Hamburger**

Cats or dogs: **Dogs (fast ones!)**

Summer or Winter: **Winter**

What are your hobbies? **Breeding race horses (Standardbreds) -hopefully fast ones!**

What are three names you go by? **Kerry, Grandad, Old Man**

What is your favourite sport? **Horse Racing**

Who is your favourite RDA horse? **Star**

What month is your birthday? **May –a long time ago!**

If you could travel anywhere in the world where would you go? **Ireland**

Upcoming Events!

End of Year Christmas Party!!!

Join us on **Saturday December 10th** for our
Christmas Party and Award Presentation.

Time: **10am-2pm**

Who's invited?

- Volunteers and their friends and family
- Riders and their friends and family
- RDA Illawarra supporters

are all welcome!

- BBQ lunch provided
- Please bring a plate of food to share (salad or dessert)
- Please R.S.V.P by Nov 30th

Email: illawarra@rdansw.org.au

Ph: Camen 0435 824 776

We look forward to seeing you all there!



DONATIONS

A huge thank you to the following for their generous donations/grants, donations in kind and product:-

Equistry Equine Dentist
Carl Winkler Farrier,
Simply Luxe,
Simpson Signs

Shellharbour Industrial Distributors,
Dapto Leagues Club Grant,
Shellharbour Workers Club Grant,
Harcourts Real Estate Company Grant.

Keep an eye out in the next newsletter to find out how these club grants have helped us to keep this centre running, enabling us to continue to offer this unique equine experience for people with disabilities.

Sincere apologies to those whose names may have not been mentioned, your donations are very much appreciated

UPCOMING...

We are excited to announce that Gareth Ward has accepted the position as the RDA Illawarra Patron!

Gareth has been extremely supportive of our centre over the past several years and we are very honoured to have him as our Patron.

Keep an eye out for more to come in the next newsletter...



Help us Build our Sponsor a Horse Program

This program is a fantastic way for people to get involved, especially those who do not have a lot of time on their hands. If you can help by distributing some of our Sponsor a Horse Program forms amongst your friends and colleagues, please contact the Centre. Sponsorship starts from as little as \$10 a month and makes a great present.

Mini and her friends would like to thank their present sponsors for their continuing support!