

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



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Spring Newsletter 2017

Another RDA year is almost complete, and what a year it has been!

We want to thank all our valuable volunteers, and supporters for making it possible!

This year our Centre has been able to run 4 weekly classes, catering for 20 riders each week, which has been very exciting!

We'd like to say a huge thank you to all our Coaches, Assistant Coaches and Trainee Coaches for all their hard work in organising and running our classes –there is so much that goes on behind the scenes. Thank you!! RDA Couldn't possibly run without you!



We've continued to run two classes on a Tuesday morning this year which has been great. We've had many returning riders and also a few new riders join our classes.

We were thrilled to be able to add a second Saturday class to our class schedule this year and welcome many new riders to join our Centre.

We've had the opportunity to explore many new games and activities including musical statues, water games, and even basketball!

Everyone's been having a blast and each of our riders are making great progress week by week.

Looking forward to enjoying the rest of the riding year!



Sponsors, Supporters and Fundraisers!

Major Sponsor:

Dapto Leagues Club

On Saturday 16th September, the Dapto Leagues Club Community Partnership Committee visited our Centre to come and watch one of our classes and see RDA Illawarra in action.

Dapto Leagues club have been a long time major sponsor of our Centre through their Club Grants Scheme and we are extremely grateful for their ongoing financial support.

Dapto Leagues Club has helped support many projects over the years and have also supported us to finance everyday necessities of our centre including purchasing horse feed, covering veterinary costs, Grounds and Surrounds equipment and much, much more!

Thank you Dapto Leagues Club for your generous support!



The Good Guys “Doing Good Day ”



In July this year RDA Illawarra was nominated for The Good Guys Warrawong “Doing Good Day” and we won an awesome coffee machine for fundraising!

We’re so excited to have been a part of this great program.

A huge thank you to The Good Guys Warrawong for supporting our Centre.

Check out their website at www.thegoodguys.com.au

Horse Gear Sale

RDA Illawarra's second Horse Gear Sale Fundraiser was held in May 2017.

We'd like to say a huge thank you to everyone who donated towards the sale and to everyone who came down to grab a bargain and help to support our Centre!



Also a huge thank you to:

“Close to my Heart Horse Hair Bracelets”

“Simply Luxe Homewares and Gifts” and

“Jamie’s Handmade Pens”

for donating our amazing raffle prizes.



The sale helped to raise much needed funds for our Centre, and we are truly grateful for everyone’s support.

Grill'd Shellharbour

Local Matter Program



In February this year our Centre won first prize in Grill'd Shellharbour's Local Matters Program and received \$300!

Thank you to the public for voting for us!!

Also as part of the local matters program, Grill'd Shellharbour chose our organisation to send five of their employees to volunteer with us for a day. We greatly appreciated their help and hope they enjoyed their experience with us.



To find out more about Grill'd Local Matters Program go to www.grilld.com.au

Wollongong Central "Your Community, Your Choice" Program



RDA Illawarra was the July winner for Wollongong Central's "Your Community, Your Choice award"!

We're extremely grateful for our prize of a \$250 Wollongong Central Gift card which will greatly support our Centre.

Bunning's Sausage Sizzle

In July this year RDA Illawarra had the opportunity to hold a Bunnings Sausage Sizzle at Bunnings Shellharbour. We had glorious weather and it turned out to be a fantastic day!

A huge thank you to our awesome volunteers who pitched in on the day and behind the scenes to make it possible.

Also a special thank you to our Fundraising Co-ordinator Maddi, and her team for getting everything organised.

We would also like to say an enormous thank you to Woolworths Warilla for their generous donations of all the sausages, bread, onions and sauces needed for the fundraiser.

We also greatly appreciate the contributions of gift cards from Woolworths at Stockland Shellharbour, Stoney Range, and Kiama which was used to purchase drinks for our fundraiser.

Also thank you to Dapto Rugby Leagues Club for their generous donations of a variety of drinks towards this sausage sizzle. Because of the generous support from the above mentioned, all our food and drinks were donated; therefore, 100% of the money raised on the day went towards the running of the Centre!

It was certainly a great success and we're looking forward to doing it again in 2018.



Featured Rider

Cayden's Story



How long has Cayden been riding at RDA Illawarra?

Cayden started riding at RDA in 2015.

What horse does Cayden ride?

Cayden is currently riding Chloe. She is a beautiful white pony.

What is Cayden's favourite RDA activity?

Cayden absolutely loves the trail rides and trotting down the lane makes him giggle so much!



What does Cayden love best about his time at RDA?

Loves being part of a group, loves the gang that he rides with...they are all awesome!

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

Horse riding has taught him to be patient, helps him regulate and be calm, he has learnt to participate in the group activities.



What is something Cayden has learnt from his experience at RDA?

Some of the many achievements he has mastered are: Independently collecting and returning his helmet, waiting patiently for the horses to get ready, participating in group exercises/activities, and adjusting to different volunteers and horses.

Cayden has become very comfortable around horses...he just casually strolls up and jumps right on.

What changes have you seen in Cayden since he began horse riding at RDA?

Cayden has become more sociable, more confident, and his physical strength has improved.

"Horse riding has become such an enjoyable part of Cayden's life. Being part that environment has bought him so much happiness. He finishes his sessions with a huge smile, blows a kiss to everyone and often has a little giggle on the journey back home."

Cayden was the RDA Illawarra 2016 Rider of the Year!



A bit about Cayden...

Who is your favourite horse?

Very difficult to choose one! Loves the gentle nature of Chloe, Little Min's trots always gave him a laugh, and misses Barney...being up so high was awesome. Loves them all.

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

Loves the placid nature of Chloe

What is your favourite colour?

Green

What are some things you like to do?

Loves swimming, roller blading, rock climbing, fast carnival rides (the scarier the better), loves jumping, loves balancing objects...and even himself, loves being cheeky...

What is your favourite animal?

Horses

Do you have any pets?

We don't have any pets

What month is your birthday?

October

What is your favourite food?

Corn Chips



Supporting the Local Community

Pepperpot and Spice

Local author Philippa Cleall has just published her brand new children's book "Pepperpot and Spice."

All the profits of this book are being donated to RDA Illawarra Centre and we are extremely grateful for Philippa's generous support.

"Pepperpot and Spice" was launched on September 16th at the Kiama Classic Family Fun Bike Ride and was a great success!

Thanks to Philippa's generous support, we have been able to purchase some awesome new class equipment from "Starfish Education" in Kiama!

It's great to be able to support each other within our local community.

Check out the pics below!



A special thanks to Kirstie and Erin at Starfish Education for their fantastic help and support.

Check out their website at www.starfisheducation.com.au

If you would like to find out more about "Pepperpot and Spice" and Philippa's other books, check out her website at www.philippacleall.com.au



Young Volunteers

WHAT DO YOU LOVE MOST ABOUT VOLUNTEERING AT RDA ILLAWARRA?

Ariel –Age: 14

I love being able to help make a difference in someone's life, as well as being around the horses!

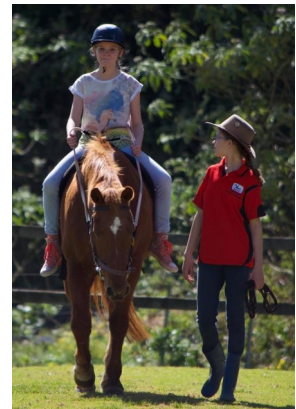
Caitlin –Age: 13

I really enjoy working with the horses and preparing them for classes. I also enjoy interacting with all of the volunteers and riders.



Georgia –Age: 16

I love most about volunteering at RDA the horse and outdoor environment. I also love seeing our riders with disabilities enjoy my passion as much as I do and watching them grow.



Naomi –Age: 13

Volunteering at RDA means an opportunity to make new friends and spend time with the amazing RDA horses. But most importantly it means helping my community and helping people with disabilities



Hannah –Age: 15

I love volunteering at RDA as I enjoy spending time with the wonderful people there. I am also keen on giving back to the community as I have been given so much myself. I am consistently learning about horses which I thoroughly enjoy as well as the calming vibe they give.



Milly –Age: 13

I love being around the horses, getting to groom them and learn how to care for them. I also love that I'm learning how to interact with people of all different abilities. I've learnt how to communicate with those that struggle to speak and only make sounds to communicate and I'm even learning some sign language. I get so much out of my time at RDA as I get to help others, while I'm learning about the animal I love.



Jessica –Age: 16

Besides the horses, what I love most about volunteering at RDA Illawarra would be being able to communicate and connect with the riders.



Cayla –Age: 12

What I love the most about in RDA is helping people through the thing I love the most: I love helping people and I love how I get to be around horses while doing so! You learn horsemanship and get a better understanding of what it's like for others. I also enjoy the people around me; the volunteers at RDA are so kind and a group of fun people to be around.

Ruth –Age: 15

RDA is a place where you can be with people with the same values and interests as you, and you can help others as a part of that. It feels good to help others.



Volunteer Fun Facts!

Things you never knew about our volunteers!

Alicia

Volunteer/President



What is your favourite..?

Colour: Red and Purple

Animal: Our Labrador, Smudge

Food: Chocolate!

Type of Music: My favourite music band is Casting Crowns

What do you prefer?

Pizza or hamburger: Pizza

Cats or dogs: Dogs

Summer or Winter: Winter, especially when its raining and you get to stay warm and cosy inside

What are your hobbies? Photography, reading, organising

What are three names you go by? Alicia, Ali, Mum

What is your favourite sport? Jamie's cricket and NRL State of Origin GO THE BLUES!!!

Who is your favourite RDA horse? Lil Min – because she taught me that small in size does not mean small in personality!!

What month is your birthday? November

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

Maddi

Volunteer/Fundraising Coordinator



What is your favourite..?

Colour: Green! Preferably Lime!

Animal: I love all animals, but my favourite is a Horse (of course!)

Food: Garlic Prawns

Type of Music: Anything by Good Charlotte (Punk Rock)

What do you prefer?

Pizza or hamburger: Hamburger

Cats or dogs: Why not both?! If I have to choose Dogs- can't go past Man's (or woman's) best friend!

Summer or Winter: Winter. I love snuggling up on the lounge to get warm!

What are your hobbies? RDA! Horse riding, working on cars

What are three names you go by? Maddi, Maddison & Princess

What is your favourite sport? I enjoy watching any equestrian sport

Who is your favourite RDA horse? Who can choose!! I love them all equally, but, if I must choose one, it would be Billy!

What month is your birthday? September

If you could travel anywhere in the world where would you go? I wouldn't choose one place, I would want to travel the entire globe!

SAVE THE DATE!

Christmas Party 2017!

It's almost that time of year again... Christmas party time!

All riders, volunteers, sponsors and supporters (and their families) are invited to join us at our

2017 Christmas Party! SEE YOU THERE!

Date: 9th December 2017

Time: 10am—2pm

Where: RDA Illawarra: 29 Mt Brandon Rd, Jerrara

RSVP: 2nd December 2017 to Kirsten at

secretaryrdaillawarra29@gmail.com Or 0409 193 325



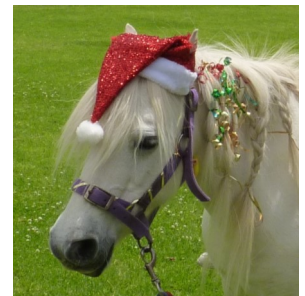
Help Us Build Our Sponsor-A-Horse Program!

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, or are interested in finding out more about horse sponsorship, please contact the Centre or email us at sponsorahorserdaillawarra29@gmail.com.

Sponsorship starts from as little as \$10 a month and makes a great present.

We also have great opportunities for Corporate sponsorships! If your business would like to find out more about Corporate Horse Sponsorship, please contact us at the email above. We look forward to hearing from you!



Our of our invaluable RDA horses, Chloe

Chloe and her friends would like to thank their past and present sponsors for their invaluable support!

A special thank you to our current sponsors:

Nikki, Jan, Maddi, Tracey, Tonia C, Tonia N, Akira, Wendy and Taylor, Ella, Justine and Luke

Corporate Sponsorships: Emergence Yoga Kiama

DONATIONS

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

Carl Winkler Farrier, Close to my Heart Horse Hair Bracelets, Simply Luxe, Jamie's Handmade Pens, Shellharbour Industrial Distributors, The Good Guys Warrarong, Grill'd Shellharbour, Philippa Cleall: Coastal Herd Tales, Wollongong Central, Woolworths Stockland Shellharbour, Woolworths Stoney Range, Woolworths Warilla, Woolworths Kiama, Dapto Rugby Leagues Club, Stewart Electrical Services, Perry's Timber and fencing, Kiama Council, Jan Ropolo

GRANTS

We are so grateful and appreciative to the following clubs for their generous donations through the club grants schemes. The financial contributions from these clubs are paramount to the continual operations of our Centre:

Dapto Leagues Club Grant,
Windang Club Grant
Shellharbour Club Grant

Stay tuned for the next newsletter for more info about these awesome grants!

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