

Port Macquarie Express newspaper feature

Riding for the Disabled program a joy for all involved

RIDING For the Disabled centre operates Tuesday mornings during school terms at the Wauchope Showground covered arena.

Volunteers are needed to join our friendly team to assist with our programme of providing horse riding activities to children and adults with varying disabilities from our local community.

Riders from ACES have been coming along to our RDA Centre for many years.

Quite a number of the

riders have been attending through primary and high schools.

Horse riding is a great form of exercise and rehabilitation and is a healthy outdoor activity while the riders enjoy a wonderful relationship with the horses and social interaction with other riders and volunteers.

It gives the riders a sense of achievement while learning new skills and enhances their abilities.

Interested parties are

welcome to come along and see the centre in operation.

There are many ways you can assist with our RDA programme such as leading horses and side walking with riders, setting up and maintaining equipment and fundraising activities. Experience with horses is not a requirement, training and support is provided.

For more information contact RDA secretary Denise Wagner on 6586 3047.



Helping hand: Jill Saric and Peter Coeh from ACES and Kevin Waldron from RDA assist Mitchell O'Brien having a ball



Giddy-up: Denise Wagner and Robert Pike from the RDA with rider Blake Fuller. Right, Josh Oakden enjoying a quiet ride.

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