



Henderson  
New Zealand Riding for the Disabled

## Newsletter

Edition 33: April 2014

### Calendar

Term one begins on Monday 10<sup>th</sup> February until Tuesday 15<sup>th</sup> April.

Term two starts on Monday 5<sup>th</sup> May until Tuesday 1st July.

No riding in Term three.

Term four begins Monday 13<sup>th</sup> October until 9<sup>th</sup> December

National Training Seminar 24-25<sup>th</sup> May

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### The year of the horse RDA children's book

Next month NZRDA have released *Who can help Theo?* This is a fun and educational storybook for children aged 3-10.

It tells the story of Theo, a retired race horse who loves people and wants a new job - but not just any job. Theo goes on an exciting adventure, visiting his animal friends and learning about what they do – can they help Theo find his dream job?

The 24 page storybook will serve as a valuable education, profile and fundraising tool for all our RDA Groups, teaching the reader about Riding for the Disabled as part of the fun and engaging story.

Illustrators Dusty & Lulu have done an incredible job with designing the artwork, and Marlborough Group RDA's Belinda Jackson has helped to write a fantastic and memorable story that both children and adults will love.



The storybook will be sold for **\$14.95 each**. Profits from each storybook will be used to help Riding for the Disabled Groups around New Zealand run their vital Riding Sessions for children and adults living with disabilities.

Please buy from Henderson RDA as we get \$5 per book. This will make great a present for children. A copy of the book will be available at the 'office' at RDA next week. Contact us if you would like to order/buy a copy.

### The annual visit of a group of special needs students from Kakogawa, Japan.



The visit is organised by Auckland City Council and the Kakogawa International Association, who fund the trip for eight students to visit Henderson RDA and experience horse riding for the first time. Henderson has been providing riding for these students for many years. "It is usually the highlight of their week-long stay in New Zealand, and everyone at our RDA Groups enjoys the experience too. It is a real pleasure to host these students each year."



All the children enjoy a few circuits of the main RDA arena, as well as a gentle trek of the grounds and time getting to know the horses.

Even though the Kakogawa contingent does not speak a lot of English, both parties are able to communicate with each other through signs and smiles.

## Volunteer for May



This is Diane and Lacey. Diane is currently leading her on Tuesday rallies. Diane has been riding horses since she was 8 years old, and still has a horse called Skip but she no longer rides. She originally came to Henderson RDA 32 years ago when her daughter started school but left to go to work. She rejoined a year ago when she retired. Diane is a very active person, she tramps, gardens, kayaks, cycles, does exercise classes and has four grandchildren.

She originally joined RDA as a side walker but has done the leading course and now leads a horse full time. She loves to see the benefit the children gain through their riding and knows how good the movement of the horse is for their bodies. In May 2015 Diane is looking forward to doing an exercise routine at the Royal Albert Hall. Her group, which is mainly seniors, do 'moving yoga to music'. Good luck with that Diane.

## National Training Seminar for Coaches and Presidents.

This seminar is coming up on the weekend of 24<sup>th</sup> May and it will be attended on behalf of Henderson RDA by Norma, Shirley, Annie, Glynis, Emma and Sandra.

## RDA Volunteers enjoy another ride, this time at Muriwai .



Volunteers had a wonderful hour's horse trek at Muriwai beach this month on some wonderful safe horses, those who came on the trek Julie, Norma, Glenys, Delphine, Emma, Peter, Lee, Kate, Colleen, Diane, Hannah and Bex.

Many thanks for Glenys for organizing it and also to Nette at [www.aboutriding.co.nz](http://www.aboutriding.co.nz) for fantastic riding along the beach and through the forest. Volunteers enjoyed a shared picnic afterwards.

## Rider for May

Casper experiences the chance to see himself in the mirror on Decima during his riding session. The mirror provides a great opportunity for him to do some exercises and stretches and to see how he looks sitting up on the horse. Casper has cerebral palsy and when he was a toddler the Home Care team from Waitakere Hospital recommended to his mum Jane that she look at using horse riding for therapy for him. Because his hips are dislocated sitting astride is great therapy as the horse helps to push his legs apart and engage the hips.



Casper is big brother to Felix, and has an older sister Olive. He enjoys his swimming lessons. Jane says the water is his 'happy place'. Casper loves books and spends many hours flicking through his favourite titles. He also enjoys watching Blues Clues, a TV programme designed to combined concepts from child development and early-childhood education with innovative animation and production techniques that helped their viewers learn. Casper attends Carlson School in Three Kings, which has meant a lot of driving for Jane. Next year she is looking at having him closer to home to a school in Massey. Jane says when she sees him sitting astride his horse she is so proud of what he can achieve.

## What else is happening in 2014 at NZRDA

1. The **NZRDA Horse of the Year** competition
2. Launching an interactive **education platform** on the NZRDA website for children
3. Running an expanded version of the popular **Gingerbread Horse Campaign**
4. Celebrating **NZRDA Awareness Week**, and the Horse's birthday on 1st August



## Trading table.

If you have any fresh produce to donate to the RDA table please bring it along and help support RDA.

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