



17th May 2024

Dear Volunteers,

We hope everyone is enjoying the sunny weather! There's lots to cover in this week's newsletter, from a huge Badminton thank you and the exciting upcoming events we have planned for National Volunteer's Week, to an update on the 2024/25 Membership & Insurance Renewals and Handbooks.

RDA Events

RDA at Badminton Horse Trials – a huge thank you!



Last week, Team RDA came together for an amazing few days at Badminton Horse Trials. We would like to say a huge thank you to Rachel Vaughan-Johns, Regional Chair Mid-West, and Frances Lochrane from the South Region for their help in planning the event and their support throughout; as well as Saxon, Royal Forest of Dean, Chipping Norton, Wellow, Hanford, Cotswold, Mount Pleasant, Vale of Glamorgan, and Patchwork RDA Groups whose

coaches and volunteers gave their time and expertise to help welcome visitors to our stand and give them a fantastic RDA experience, and raise awareness of RDA's life enriching work.

Across the five days, we hosted talks by Olympic Gold Medallist Tom McEwen; a course walk led by 5* Event Rider Bill Levett; a sell-out book signing by Clare Balding; co-hosted a supporter reception with The Worshipful Company of Saddlers; as well as giving hundreds of members of the public a ride on our beloved mechanical horse Charley.

A huge thank you to everyone for getting stuck in and help spreading the magic of RDA through passion and enthusiasm and to everyone who came to say hello!

Our next event is Parallel Windsor, a fully inclusive family festival with accessible challenge events, details of how to get involved and raise funds for your Group are further below.

RDA Fancy Dress at Royal Windsor Horse Show



Top left, Lambourn RDA as 'My Fair Lady', top right, Gaddesdon Place as 'The Devil Rides Out', bottom left, Wellow RDA as 'Wizard of Oz' and bottom right, The Horse Rangers Association as 'Shrek'.

At Royal Windsor Horse Show, RDA Groups united to enter the Annual RDA Fancy Dress Competition, kindly sponsored by the Lions Club of Windsor. This year the theme was films and the competitors did not hold back!

There was lots of variety, with Gaddesdon Place dressed as the Devil Rides Out, Wellow RDA as the Wizard of Oz and Lambourn RDA donned their fanciest frocks to go as a scene from 'My Fair Lady'. The winners of the riding category were The Horse Rangers Association, for their magical take on Shrek, and Brook Cottage Farm in the driving category.

A huge congratulations and well done to all of the riders, drivers and volunteers who took part and to everyone else, we hope you're feeling inspired for next year's competition! This is a great opportunity to get involved in something a bit different to usual sessions, save the date in your diary as the organisers would love to see as many entries as possible.

Fundraising Opportunity

Take part in Parallel Windsor – 7th July 2024, Great Windsor Park

RDA have partnered with [Parallel Windsor](#) for 2024, where we have FREE spaces for the RDA community and family. This is a great opportunity to **set a challenge and raise funds for your Group** in a fun and inclusive environment.

Volunteers, participants and families can choose between a 100m, 1K, 5K, 10K or a SuperSensory 1K – these events are not a race, those who take part can walk, push or run - there are no cut off times.

Everyone who takes part will get a medal, t-shirt and goody bag.

To get a feel for the event, watch the [highlights of 2023 here](#). To join the RDA Team and get your free place, email Emily, Fundraising Officer, on ecoleman@rda.org.uk

Coaching

Coaching Awards – Nominations are OPEN!

A gentle reminder that nominations for the 2024 RDA Coaching Awards are still open! There are five award categories open, and the nomination form can be found on [MyRDA here](#).

Nominations close 6th of June 2024.

If you require the nomination form in a different format, please contact coaching@rda.org.uk

Volunteering

Celebrate National Volunteer's Week with us! – 3rd to 9th June 2024

On Monday 3rd June at 6-7pm, we are bringing our community together by hosting an online event exclusively for RDA Volunteers and everyone is invited to get involved.

Our new CEO Michael Bishop will be shining a spotlight on Millie Boo Smith, para dressage rider, disability advocate for Cerebral Palsy and bilateral hearing loss, and Young RDA Volunteer.

Michael and Millie will be sharing their stories on how volunteers and volunteering has impacted them and their lives.

This session will be hosted by our new Volunteering Team as we kick off a week-long celebration of the incredible individuals and teams behind the scenes of RDA.

[Click here to book your place](#) and [click here find out more](#) about what's on in Volunteer's Week visit MyRDA.

Volunteer Stories

Thank you so much for all the RDA volunteer stories which have been shared so far, please do get involved by sharing your story through this [short online form](#).

Don't forget to also encourage others to share their stories too, by printing out and displaying our new poster at your group.

We look forward to celebrating the impact you and your volunteers have on participants, parents, carers and each other.

More information and a downloadable version of the poster can be found on the [Volunteers Week 2024 section on MyRDA](#).



The Big Help Out 2024, 7 – 9th June 2024

What better way to end volunteer week than a celebration of new volunteers? Why not host an open morning? Coffee morning in the local area?

We encourage groups to register and advertise their volunteering opportunities which you can do so on the Big Help Out Website

More details can be found on [The Big Help Out 2024 section of MyRDA](#).

Any queries on the above get in touch with our Volunteer Team on Volunteer@rda.org.uk

Volunteer Training

Free online Volunteer Training opportunities

Don't miss these upcoming online webinars hosted by Getting On Board, Volunteero and The Diversity Trust, these sessions are **FREE** for anyone to join!

- Monday 6th June: 6 - 7 pm: Getting On Board Trustee Learning: 'What is a Trustee and how do I become one?'
- Tuesday 4th June: 11 – 12pm: Getting On Board Trustee Learning: Board diversity clinic with CEO Penny Wilson
- Tuesday 11th June: 4 – 5pm: Getting On Board: Trustee Learning Programme: Fundraising In-Tray - Live Q&A
- Wednesday 12th June: 1 – 2pm: The Diversity Trust Lunch & Learn Session: Autism & Neurodiversity In The Workplace
- Wednesday 12th June: 5:30 - 6:30 pm: Getting On Board Trustee Learning: The Onboarding: induction training for newly appointed Trustees

Event details and sign-up can be found on [MyRDA](#) as well as further training opportunities.

Safeguarding Courses

Do you need to update your safeguarding training? There is a schedule of virtual course dates available to book here: [Events \(myrda.org.uk\)](#)

Courses are free for RDA volunteers and coaches to attend. Places are limited, so please book on in advance. If you are subsequently unable to attend, email National Office to cancel your place.

Group Support

Membership and Insurance Renewals 2024/25

We planned to have sent out Membership and Insurance renewal invoices before now. However the process has been delayed due to a technical system issue, and we are working to resolve this as soon as possible. We apologise for the delay and will advise as soon as this has been resolved.

In the meantime, please be assured that insurance cover is in place, and all documentation can be found on the Howdens microsite under the [Policy and Documents Hub tab](#).

2024 Annual Return

The Annual Return for the period April 2023- March 2024 will go live next week, and close mid-July. We are currently updating My RDA with the full list of questions and guidance, and these will be available online by the end of this week. We will email a survey link to the Primary Group Contact for their group to complete.

As a reminder the Annual Return is our Member census (part of the membership agreement) and every Group should take part. It provides an overview of the network status as a whole, and evidence and insights that inform RDA UK and National office, highlighting where support is most needed, as well as making the case to potential funders of the national reach of RDA.

As per last year, further help and support will be available through groupsupport@rda.org.uk.

Coming soon, the 2024 Handbook!

The 2024 Handbooks are being printed and will be arriving on doorsteps soon! Group copies have been sent to your Group Primary Contact's address. Extra copies will be available to order from Group Orders.

Vote for Equi-Power Central as Small Scottish Charity of the Year

A huge congratulations to Equi-Power Central RDA for being finalist in the Scottish Charity Awards for 2024.

To win, they need your help and every vote counts! [Click the link here](#) and scroll down to click the yellow button at the bottom of the page to vote. Voting closes on Friday 24th May.

In memory

It is with great sadness that RDA UK has learned of the recent passing of RDA volunteer Sally Woodhouse. Sally dedicated a lot of time to RDA, volunteering with both Green Cottage RDA and latterly the Hanford Group and was a former Southwest Regional Chair. Sally will be fondly remembered as a very encouraging and supportive member of the RDA family.

This email has been sent to:

Regional Coaches, Regional Reps, Regional Treasurers and Secretaries, Coach Developers, County Chairs, County Coaches, County Reps, Group Chairs and Primary Group contacts.

Please share this information with your Group and network where appropriate.

Need quick access to MyRDA, click [HERE](#).

Best wishes,

Molly Knox

Communications Coordinator

Riding for the Disabled Association



Registered Charity No. 244108 and SCO39473 (Scotland)

Stay in touch with RDA

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