

Visit our website for fundraising pack ➡

Other ways to support us

- Join our team of bucket collectors on selected race days throughout the Autumn/Winter season
- Help us by volunteering in our charity shops
- Fundraise for us via sponsorship for your sporting or daring endeavours such as fun runs, half marathons, wing-walking and more
- Put the fun into fundraising with a quiz night!

How to find us



We are located at Cheltenham Racecourse. For detailed directions on how to find us please visit our website:
www.cotswoldrda.org.uk/contact-us

Cotswold Riding for the Disabled Association

Cheltenham Racecourse, Prestbury Park, Cheltenham GL50 4SH
t. 01242 584420 e. info@cotswoldrda.org.uk
www.cotswoldrda.org.uk

Patron: Natasha Baker MBE

Vice Presidents: Edward Gillespie OBE and Judy Johnstone

Cotswold Riding for the Disabled Association is a charity registered in England & Wales (No. 1160676). Registered address: Cotswold Riding for the Disabled, Prestbury Park Racecourse, Cheltenham, GL50 4SH



Cotswold
RDA It's what you can do that counts
Riding for the Disabled Association

WE NEED YOUR HELP



Image credit and thanks to Cheltenham Ladies' College

Become a volunteer and make a difference.

The priceless gift of a volunteer's time will enhance the lives of children and adults living with a disability.

Here's how you can help us as a volunteer

Volunteer induction and training are provided (you don't have to be 'horsey'!), and a coach or a groom is always on hand.

In the arena

- Many riders need 1 leader and 2 side-walkers, with your help we can reduce our waiting list and bring more smiles into our arena!
- Side-walking involves walking alongside the rider, to support and give them confidence. It is a very rewarding role! If you are already confident around horses, or would like to learn, you can become a pony leader too. We provide volunteer training throughout the year so there is always an opportunity to learn something new.
- Support 'Tea with a Pony' in warmer months. This involves greeting and hosting clients with tea and cake, and is a lovely way to support us without too much physical activity.

With our pony herd

- Enjoy an early morning walk to our pony fields to help our grooms catch the ponies at 8am. Then help groom and tack up the ponies ready for the first lesson of the day at 10am.

Lessons run 6 days a week, offering many opportunities to volunteer for a few hours or a whole day:

Monday:	9am to 6pm	Thursday:	9am to 6pm
Tuesday:	9am to 6pm	Friday:	9am to 3:30pm
Wednesday:	9am to 3:30pm	Saturday:	8:30am to 3:30pm

(Please note, all volunteers require full DBS checks at the cost of £12 and the minimum age to volunteer with us is 12.)



Why volunteer?

- Make new friends & have fun • Learn new skills •
- Improve mental & physical health • Feel good by helping others •
- Build your confidence by doing something different •