



THE RDA TIMES

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JOTA



ISSUE 1 – QUARTER 1 2016

THE E-NEWSLETTER OF RIDING FOR THE DISABLED ASSOCIATION OF SINGAPORE (RDA)

RDA SALUTES OUR HEROES

"A HERO IS AN ORDINARY INDIVIDUAL
WHO FINDS THE STRENGTH TO
PERSEVERE AND ENDURE IN SPITE
OF OVERWHELMING OBSTACLES."

Christopher Reeve



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10th National Disability League CONGRATULATIONS TO ALL OUR PARA-HEROES



Co-organised by RDA and the Singapore Disability Sports Council, the equestrian competition of the **10TH NATIONAL DISABILITY LEAGUE (NDL)** was held on 19 Sep 2015, and saw the participation of 24 young para-athletes across a total of 6 events. Of the 24, eight riders were competing for their very first time.

Gracing the event were former national para-athlete, Raja Singh, and national para-equestrian Maximillian Tan. Max, who is an alumnus and beneficiary of the RDA programme, was all praises for the level of competition, he offered this piece of advice for the younger athletes: "Always have fun in what you do, be it training or competing. That's the most important thing."

"BONDING" @ RDA CHARITY MOVIE NIGHT

A full-house **CHARITY MOVIE NIGHT** was held on 05 Nov 2015 which saw hundreds of RDA supporters and donors came watch the premiere screening of the highly anticipated James Bond movie – SPECTRE at Shaw House. The event raised \$52,000.

True blue Bond fans dressed up for the occasion; guest were armed with popcorn and soda in hand ready to be thrilled – *shaken, not stirred.*



RDA AT THE RACES RACING FOR A GOOD CAUSE

RDA AT THE RACES was held on 6 Dec 2015 at Singapore Turf Club. This annual event, saw 2 named race to honour our sponsors and partners: Care & Share and The British Club Singapore.

RDA Cup 2015 was the highlight of the day with British High Commissioner to Singapore – His Excellency Scott Wightman presenting the trophies to the winners.

The event raised \$106,000, thank you to our supporters!



His Excellency Scott Wightman (2nd from left) and Mrs Wightman with RDA Honorary Chairman, Mr Eugene Yong (4th from left)



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WHAT'S NEW AT RDA?

NEW AFTERNOON SESSIONS: We've added 120 new sessions per term by adding one slot each on Wednesday and Thursday. RDA targets to add up to four more sessions per week by the end of the year—So, we will need volunteers!

NIGHT RIDER: A permanent addition to our services in 2015 and held on Thursday nights! Do you have time after work to volunteer at our Night Rider Program? Let us know!

NEW RDA VIDEO: Thank you to the many who helped with our new corporate video! But, there are so many stories than we could fit in the video! Watch all of them on our Youtube channel, @RDAsgp. Also, if you have an RDA story to share, please tell us!

ONE OF OUR MANY HEROES: our horses & ponies play a huge role in providing our unique horse-riding therapy. In the last quarter of 2015, two new therapy horses were welcomed to the RDA family:

Louis Vuitton



Louis is friendly and loves children, he stands at 13.3 hands high. Louis is a bay gelding born in 2005 and is a New Forest Pony.

Fun fact: Louis has a white sock on his hind leg, the easy way to tell him apart from Shamus!

Jota



This sweet bay coloured mare loves humans! She stands 15.2 hands high and has a cute white stripe down her face ending with a snip at her nose. Jota was born in 2001 and is a Criollo cross breed.

Fun Fact: Jota used to play polo.

Total RDA Horses:

21

Male: 10

Female: 11



Yearly, it costs RDA an average of \$1.2 million to run our therapeutic and rehabilitative horse-riding programme, operate our facilities, and maintain our therapy horses.

If you are interested in sponsoring one of our therapy horses, please contact Karen at 6250 0176. Thank you. We ride on your support!



Riding for the Disabled Association of Singapore

We Ride on Your Support!

Who is RDA?

Riding for the Disabled Association of Singapore (RDA Singapore) is the only registered charity in Singapore which provide free therapeutic and rehabilitative horse-riding for children and adults with disabilities. Over the past 33 years, we have helped over 6000 beneficiaries.

What we do?

We provide horse-riding therapy (hippotherapy) to those with special needs. Hippotherapy has proven to help those with physical disability like cerebral palsy with improved muscle tone, motor functions and coordination. For those with learning disability like autism, we have seen improved social skills and better sensory sensitivity.

Unlike most therapies conducted in clinical or hospital setting, we bring our riders out for 'jungle walk' to a nearby forested trail. For many of our riders with physical disabilities, going into a forest is almost impossible on a wheelchair or walking aid. But they can do so with ease on a horse-back.

Over the years, we have seen some of our riders advancing beyond therapy riding to competition level and even to the Paralympics! Two of our riders, Gemma Foo and Maximillian Tan represented Singapore in the 2012 London Paralympics started their riding sessions here at RDA Singapore.

Can I or my child sign up for the hippotherapy session?

If you or your child is 6 years old or older, weigh no more than 60kg (132lb) and have a physical, intellectual or learning disability, you can register with us via www.rdasingsapore.org/Equine-Assisted-Therapy/RDA-Singapore

How can I help RDA Singapore?

We are currently looking for partners. With your support, we can continue to provide the free therapeutic and rehabilitative horse-riding to more with disabilities!

If you wish to donate online, please visit www.giving.sg/riding-for-the-disabled-association-of-singapore

If you wish to volunteer, please visit www.rdasingsapore.org/Support-Us/Be-A-Volunteer

Riding for the Disabled Association of Singapore (UEN No.: S82SS0081H)

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