



THE RDA TIMES

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THE E-NEWSLETTER OF RIDING FOR THE DISABLED ASSOCIATION OF SINGAPORE

INAUGURAL INCLUSION WALK-A-WHEELATHON



RDA CHARITY MOVIE - a magical evening at the movies for a fantastic cause - giving hope and changing lives of children and adults with disabilities. On 15 Nov 2018, the fund-raiser welcomed some 500 RDA beneficiaries & families, partners & donors to Golden Village Plaza Singapura for a premiere day screening of *Fantastic Beasts: The Crimes of Grindelwald*.

The successful event raised more than \$50,000!

INCLUSION WALK-A-WHEELATHON – over 600 people took part in our inaugural Inclusion Walk-A-Wheelathon on 30 Sep 2018. There was great buzz and excitement to have everyone together exploring the area, and Mr Chee Hong Tat, Senior Minister of State, Ministry of Trade and Industry & Ministry of Education, flagged off the Walk.

The ~3km route took participants along the “Equestrian Trail” including a heritage trail on Mount Pleasant. After the Walk, everyone enjoyed a Charity Carnival with pony and tractor rides, activities, food stalls, plus a dog adoption drive held in conjunction with *World Animal Day*.

The event raised more than \$50,000!

RDA CHARITY MOVIE

WHO WILL CHANGE THE FUTURE?



CHARITY TRANSPARENCY AWARD

RDA Singapore was humbled and honoured to once again receive the **CHARITY TRANSPARENCY AWARD** (CTA) - we are among 15 medium sized charities recognised for exemplary disclosure and transparency practices. This is the second consecutive year that we won the award!

All registered charities - on meeting the Award's eligibility criteria - would automatically be assessed on nine areas of disclosure, recommended under the Charity Transparency Framework (CTF), which is closely aligned to the Code of Governance for Charities and Institutions of a Public Character (IPCs).

The Awards Presentation Ceremony was held on 29 Nov 2018, at Flower Field Hall, Gardens by The Bay.



Mr Simon Leong, RDA Chairman (right) receiving the Award from Dr Ang Hak Seng, Commissioner of Charities



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RDA PROGRAM UPDATES

During the last financial year, we served 381 beneficiaries - 208 riders from SPED Schools & VWOs and 173 individual riders, meeting the NCSS - Enhanced Program Evaluation System's annual target of 380 beneficiaries.

98%	OF OUR BENEFICIARIES ACHIEVED BASIC IMPROVEMENT IN PSYCHO-SOCIAL FUNCTIONING
84%	OF OUR BENEFICIARIES ACHIEVED ADVANCE IMPROVEMENT IN PSYCHO-SOCIAL FUNCTIONING
96%	OF OUR BENEFICIARIES ACHIEVED BASIC IMPROVEMENT IN PHYSICAL MOTOR FUNCTIONING
84%	OF OUR BENEFICIARIES ACHIEVED ADVANCE IMPROVEMENT IN PHYSICAL MOTOR FUNCTIONING
95%	OF PARENTS/CAREGIVERS FOUND THE PROGRAM USEFUL
97%	OF TEACHERS/THERAPISTS FOUND THE PROGRAM USEFUL

Every year, some 20 SPED schools & VWOs ride with RDA Singapore. Each batch consists of 12 riders with special needs who undergo a 10-week therapy program. We provide this therapy absolutely **FREE**.

We are looking for sponsors to help us off-set the costs of running our therapy program. **SPONSOR A BATCH OF 12 RIDERS (X 10 SESSIONS): \$12,000**
The Sponsorship is entitled to 2.5 times tax-deduction!

If you, a friend, or an organisation would be interested in supporting RDA Singapore, please contact us - Tel: 6250-0176 or email: mail@rdasingapore.org.sg

RIDERS SPONSORSHIP



WELCOME TO RDA

Our horses & ponies play a huge role in providing our unique therapeutic horse-riding program to children and adults with disabilities - let's welcome our new "therapists" to the RDA family:



Consentida

Donated to RDA after a successful trial. Her good nature is totally ironic to her name, which means overindulged in the context of spoiled brat in Spanish. Consentida is a bay mare, 15.1hh, and she's born in 2005.



Maoh

A past "volunteer" in the therapy program, we're happy to welcome the donation of Maoh to his new home with the RDA family! This 15hh leopard coated gelding is a charming frenchman. His breed is Selle Francais, and he was born in 2002.



Istria

Donated to RDA after a successful trial. Her broad back and clear paces are great for therapeutic riding. This ethereal beauty also belongs to the famed Lipizzaner breed, right from Austria! Istria is a grey mare, 15hh, born in 2000.

HORSE SPONSORSHIP

Sponsoring a horse or pony is \$12,000 per annum. You may be pleased to know that Horse Sponsorship is entitled to 2.5 times tax-deduction! If you / know someone or organisation that may be interested to support RDA Singapore, please contact us - Tel: 6250-0176 or email: mail@rdasingapore.org.sg



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RDA OUTCOMES TRACKER

In 2018, a pilot trial of the **RDA OUTCOMES TRACKER** was expanded to all sessions.

The Tracker is a simple to use holistic tool, to track and provide evidence of the changes and therapeutic outcomes that are delivered through riding. The Tracker shows at a glance where and how much change has taken place during a period of riding. Change is measured in six different areas. These areas are **Communication, Confidence, Enjoyment, Relationships, Physical Changes** and **Horsemanship**.

Insights from the Tracker can help identify future targets and goals – with RDA instructors and volunteers able to tailor lessons and activities accordingly. The results can then be shared with family, carers, schools, etc. - not only providing the opportunity for a rider to share their achievements but also for others to build on any therapeutic changes outside RDA sessions.

Working with the Tracker encourages volunteers to be more observant and engage more closely with riders. It also encourages volunteers to feel included and gives them a sense of purpose and value

Results from the pilot trial, out of 198 beneficiaries (that completed a 10weeks program):

- **80%** showed a greater willingness and ability to Communicate
- **82%** displayed greater Confidence
- **87%** experienced more Enjoyment
- **84%** showed improved Relationship building skills
- **84%** demonstrated Physical improvement
- **79%** demonstrated advances in Horsemanship



CHARITY MOVIES PROMO



DATE: 7 MARCH 2019 (THURSDAY)
TIME: 6.45PM (TBC)
VENUE: GOLDEN VILLAGE PLAZA SINGAPURA



DATE: 25 APRIL 2019 (THURSDAY)
TIME: 6.45PM (TBC)
VENUE: GOLDEN VILLAGE PLAZA SINGAPURA

EVERY DONATION OF \$50 WOULD ENTITLE YOU TO 1 MOVIE TICKET (inclusive soft-drink & pop-corn; and eligible for 2.5times tax-deduction)

MARVEL-OUS "DOUBLE BILL SPECIAL": CATCH TWO MOVIES @ \$88 (instead of \$50 per ticket)

For enquiry, please contact us - Tel: 6250-0176 or email: mail@rdasingapore.org.sg



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RDA COMMITTEE 2018/2020



RIDING FOR THE
DISABLED
ASSOCIATION
SINGAPORE

The Annual General Meeting was held on 24 Sep 2018. The following members were elected to the **RDA COMMITTEE** for the 2018/2020 term:

Chairman:	Mr Simon Leong
Vice-Chairman:	Mr Justin Boyd
Honorary Treasurer:	Mr James Brownlie
Honorary Secretary:	Ms Cindy Quek
Committee Members:	
Ms Daphne Ong	Ms Emma Jarman-Jones
Ms Jessamine Ihrcke	Mrs Julie Ovidi
Ms Lin Zhi An	Mrs Sian Gillies
Mrs Supriya Sen	Ms Wanda Wang

THANK YOU MR EUGENE YONG KON YOON !

"RDA is about helping people with disabilities to improve themselves, to achieve their potential. It's satisfying to do what I do because it does help people to fulfil their lives. I'm not a volunteer in the sense that I physically do the work, but I contribute in my own way."

A big thank you to **MR EUGENE YONG KON YOON**, who stepped down as RDA Chairman on 24 Sep 2018, after serving more than 20 years with the charity.



SINGAPORE NATIONAL PARA GAMES 2018



Group photo of riders & families, volunteers and staff after the SNPG Prizes Presentation Ceremony

Co-organised by the Singapore Disability Sports Council (SDSC), RDA hosted the annual para-equestrian competition on 8 Sep 2018 as part of the **SINGAPORE NATIONAL PARA GAMES** (SNPG). The competition included 18 para-riders (with 8 that were taking part for the first time) competing in 4 events.

SNPG is a multi-sport tournament for persons with disabilities, to participate recreationally and competitively. It creates greater awareness of disability sports and is an avenue to identify athletes who can represent Singapore at regional and international competitions.

THANK YOU VOLUNTEERS

VOLUNTEERS APPRECIATION LUNCH was held after the SNPG competition - Long Service Awards with special Tokens of Appreciation were presented to volunteers who served 5 years, 10 years and 15 years with RDA. Thank you very much to our wonderful volunteers!

RDA relies extensively on volunteers to help run our free of charge horse-riding therapy program, If you are interested in volunteering with us, please contact our Volunteer Coordinator at: Tel: 6250-0176 or email: volunteer@rdasingapore.org.sg



Volunteers were all smiles while getting ready to "attack" the buffet line