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Mr Baey Yam Keng (4th from left) interacting with our beneficiary and family at RDA Centre after the Walk

UNICORN WALK-A-WHEELATHON

UNICORN WALK-A-WHEELATHON – some 700 people took part in our Unicorn Walk-A-Wheelathon on 29 Sep 2019. Senior Parliamentary Secretary for Culture, Community and Youth & Transport, Mr Baey Yam Keng flagged off the Walk.

The ~3.5km route took participants along the “Unicorn Trail” including the heritage road on Mount Pleasant. After the Walk, everyone enjoyed a Charity Carnival with pony and tractor rides, stable tours, activities and food stalls held in conjunction with *World Animal Day*.

The event raised more than \$55,000!

CHARITY TRANSPARENCY AWARD

CHARITY TRANSPARENCY 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, which was closely aligned to the Code of Governance for Charities and Institutions of a Public Character.

This year, about 950 charities which met the Award’s criteria were assessed for the Charity Transparency Awards - RDA Singapore was among one of the 18 medium charities selected to win the Award. The Awards Presentation Ceremony was held on 3 Dec 2019, at The Grand Ballroom, One Farrer Hotel.

This was the third consecutive year that we were recognised for exemplary transparency and disclosure practices!



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





THE RDA TIMES

NEW VISION & MISSION

In 2019, working with volunteer consultants from Talent Trust - the RDA Committee reviewed and updated our Vision, Mission and Strategic Plan. We look forward to the continued support from our volunteers, donors and partners, journeying hand-in-hand with us, towards a more inclusive community for persons with disabilities.

OUR VISION

*TOGETHER, TOWARDS A MORE INCLUSIVE COMMUNITY
INSPIRING HOPE AND IMPROVING LIVES OF PERSONS WITH DISABILITIES*

OUR MISSION

*ENABLING AND EMPOWERING MINDS, BODIES AND LIVES
THROUGH WORKING WITH HORSES*

RDA PROGRAM UPDATES

During the last financial year, 428 persons with disabilities benefitted from our Program, compared to 381 beneficiaries in the previous year (~12% increase in our program outreach).

OUTCOMES AND RESULTS ACHIEVED DURING THE YEAR

98%	<i>of our special needs beneficiaries achieved improvement in psycho-social functioning</i>
96%	<i>of our special needs beneficiaries achieved improvement in physical motor functioning</i>
95%	<i>of the beneficiaries' parents and caregivers rated our program useful</i>
97%	<i>of the beneficiaries' teachers and therapists rated our program useful</i>

RIDERS SPONSORSHIP



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 Therapeutic Horse-Riding Program. We provide this Program absolutely **FREE**.

SPONSOR A BATCH OF 12 SPECIAL NEEDS RIDERS (X 10 SESSIONS): \$12,000

We are looking for sponsors to help us off-set the costs of running our program for persons with disabilities. *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: 62500176 or email: mail@rdasingapore.org.sg



THE RDA TIMES

NEW THERAPY HORSES

Last year, we welcomed 5 new Therapy Horses to support our Program Expansion. These additional horses also allowed us to increase our riders' weight limit to 60kg (from previous 50kg limit), enabling us to expand our reach to help more young persons, adults and seniors with disabilities.



BORN: 2010 · GIRL · BAY · 15 HH

COLIFA



BORN: 2013 · MARE · BLACK · 14.1HH

FREDA



BORN: 1997 · GELDING · LEOPARD · 15.1 HH

MAOH



BORN: 2009 · MARE · BLACK · 15HH

PRISCILLA



BORN: 2013 · GELDING · PIEBALD · 14.2HH

RHINO

NEVER TOO YOUNG TO MAKE A DIFFERENCE

11 years old Megan showed that you are never too young to make a difference - here's her story:

"My name is Megan Ding. I am a Grade 5 student at Saint Joseph Institution International Elementary School. In my school, we learn, from a very young age, to be compassionate global citizens through a commitment to service. We learn to practise values like kindness toward one another.

Building on these values, I recently organised a charity slime sale in school to raise money for RDA. I adore horses, I love horse riding, and I enjoy helping others. There's no better suited charity for me than RDA!"

With the help of her best friend, Samantha Yap - the charity slime sale in August 2019 raised \$300 for RDA Singapore.

CALLING YOUTHS 15 TO 25 YEARS OLD - JOIN THE CITI-YMCA YOUTH FOR CAUSES 2020 MOVEMENT, TO MAKE A DIFFERENCE:
<https://youthforcauses.com/>



Thankfully, our slime was a hit! We sold out the tubs within 15 minutes of the two sale sessions! The charity slime sale took up a lot of my time and efforts, but it was all worth it! I am very happy that I was able to raise money for RDA. ~ Megan Ding (left)

CHARITY MOVIE 2020

MOVIE: **WONDER WOMAN 1984**

DATE: **4 JUNE 2020 (THURSDAY)**

TIME: **6.50PM (T.B.C.)**

(TICKETS CAN BE COLLECTED FROM 6PM)

CINEMA: **GOLDEN VILLAGE - PLAZA SINGAPURA**
68 ORCHARD ROAD #07-01 S(238839)



EVERY DONATION OF \$50 WOULD ENTITLE YOU TO 1 MOVIE TICKET (inclusive soft-drink & pop-corn; and eligible for 2.5times tax-deduction). For enquiry, please contact us - Tel: 6250-0176 or email: mail@rdasingapore.org.sg



THE RDA TIMES

NEW PILOT PROGRAM



"Activities involving directing the horse, on the ground, beside, or astride the horse, can build empowerment and self-efficacy. Relationship-building activities such as grooming and groundwork activities have been associated with building self-awareness and well-being."
 ~ Study conducted by researchers at Colorado State University

We are piloting a new **EQUINE-ASSISTED ACTIVITIES (EAA) PROGRAM** - the interactive non-riding based EAA Program would mostly be performed next to, not on top of, the horse. Sessions would include a number of beneficial equine activities such as observing, handling, grooming, groundwork, and structured challenging exercises focused on the beneficiary's needs and goals.

The new EAA Program would benefit persons with disabilities, especially those currently not served under our existing riding Program (e.g. beneficiaries above the weight limit or medically not suitable for riding). SPED Schools & organisations serving persons with disabilities, that are interested to join and find out more about our new Program, please contact us: mail@rdasingapore.org.sg

SINGAPORE NATIONAL PARA GAMES 2019



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

Co-organised with the Singapore Disability Sports Council (SDSC), RDA hosted the annual para-equestrian competition on 14 Sep 2019 under the **SINGAPORE NATIONAL PARA GAMES (SNPG)** umbrella.

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.

This year's para-equestrian event saw a 28% increase in the number of competitors participating compared to last year's edition - with 23 riders competing in 3 events - 90% of competitors were participating in their first ever equestrian competition!

THANK YOU VOLUNTEERS

RDA relies extensively on volunteers to run our program for persons with disabilities. Our volunteers come from all walks of life, some are homemakers, retirees, working adults and students. They also come from different cultural background, bringing with them different life experiences. Thus making volunteering at RDA truly an enriching and unique experience! Please visit our website for more information about volunteering with us: <http://rdasingapore.org/be-a-volunteer>, or you could contact our Volunteer Coordinator - Tel: 62500176 or email: volunteer@rdasingapore.org.sg

RESULTS FROM OUR VOLUNTEERS SURVEY

100%	found their volunteering experience with RDA Singapore to be meaningful and rewarding
96%	expressed that they received the necessary information and guidance needed
100%	felt that they are part of the team helping to fulfil the mission of RDA Singapore
99%	expressed that they would like to continue volunteering with RDA Singapore
100%	expressed that they would recommend friends & relatives to volunteer with RDA Singapore