


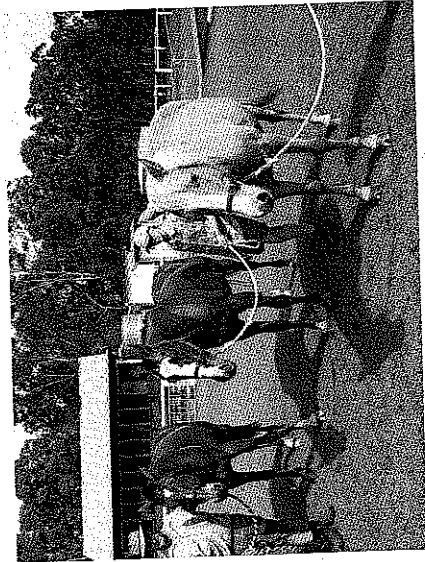
Who to contact?

 Riding for Disabled Association
Maryborough Inc.
79 Bidwill Road (PO Box 957)
MARYBOROUGH QLD 4650

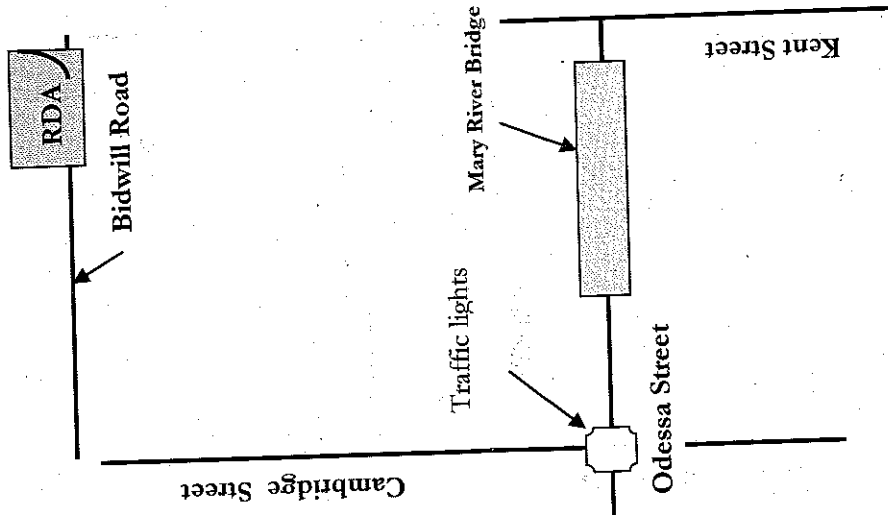
Phone/Fax: (07) 4122 4312
A/H: (07) 4121 3880
(Tuesday office hours)

When to see us in action:

Each Tuesday: 8.00 am – 1.00 pm



Where to find us!

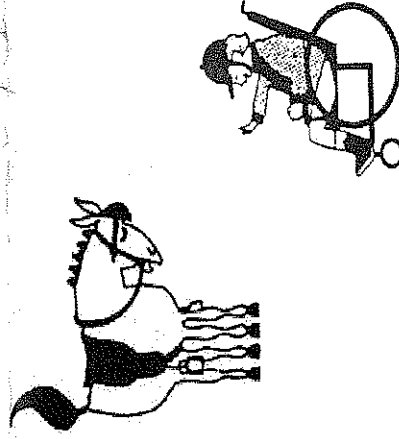


Riding for Disabled

Association

Maryborough Inc.

Please give us a chance to ride.



What is RDA?

Riding for the disabled is a world-wide movement which provides horse riding for people with disabilities.

Over 140 groups operate throughout the States and Territories of Australia, giving people of all ages the opportunity to enjoy a safe, stimulating recreational sport.

Why horse riding?

Horse riding is a unique physical exercise which can therapeutically assist people with a wide range of disabilities.

A four-legged friend enables enjoyment of the smells, sights and sounds of a bush trail and affords a pleasurable exercise, which aids:

- ☺ co-ordination and balance
- ☺ stimulates the mind and circulation
- ☺ improves muscle tone and muscle relaxation, and
- ☺ psychologically enables the rider to feel independent.

Who benefits from horse riding?

People from a wide range of disability groups are catered for in RDA programs. These include people with intellectual disabilities or injury resulting from accidents, cerebral palsy, spina bifida, muscular dystrophy, multiple sclerosis, thalidomide, blind, deaf, autistic, specific learning difficulties, and amputees.

What is achieved at RDA?

Confidence is achieved or strengthened by the discipline of learning to ride and control a horse. In the case of cerebral palsy, riding is an extension of physiotherapy treatment. Symmetry of the body is helped by the necessity to sit evenly on the horse.

The rhythmic motion of the horse helps relax spastic muscles. Improvement in hand function is motivated by the need to acquire the skill of using the reins.

What does RDA need?

Volunteer Helpers

RDA is an organization of volunteers. Without its voluntary instructors and helpers no group could operate.

Maryborough group is in need of volunteers on a weekly basis. We have

over 20 riders weekly. No extensive horse knowledge is necessary and helper training days are held. Helpers gain great satisfaction in associating with the riders and sharing their achievements.

Support at fund-raising days

If you can help in any way at all, please contact us during office hours each Tuesday morning (from 8.00 am) on the number listed below.

 4122 4312