

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Postcode \_\_\_\_\_

Email \_\_\_\_\_

Birthday \_\_\_\_\_

If this is for a gift please enter recipient's details below

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Postcode \_\_\_\_\_

Email \_\_\_\_\_

Birthday \_\_\_\_\_

Please tick **Gift Aid**

and sign below if you are a UK taxpayer and want Tweeddale RDA to reclaim tax from HMRC

Signature \_\_\_\_\_

Scottish charity no. SC002853

Riding provides non weight bearing exercise that helps muscles and joints.

The horse's rhythmic movement provides stimulation for the rider.

Riding helps muscle strength coordination and balance.

Working with the horses helps increase confidence and bonding with the horse is a big part of the experience.



*It's what you CAN do that counts!*

Providing Therapy, Achievement and Enjoyment!



Help us by sponsoring a pony for yourself or as a gift.

## Help our riders by sponsoring a pony

For over 25 years Tweeddale RDA has been providing riding for adults and children with disabilities.

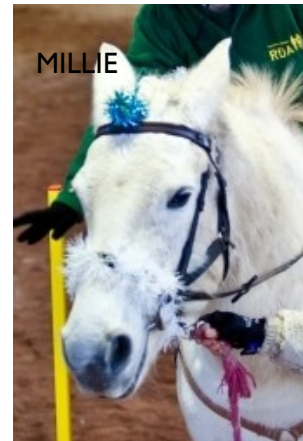
We have rides on a Monday and a Saturday in term time and we try to continue riding in the summer holidays.

The riders come mainly from local schools or are referred by health professionals.

People with a wide range of difficulties can benefit from horse riding

Everyone working for Tweeddale RDA is a volunteer including our instructresses and our pony team who look after our most valuable asset - **OUR PONIES!**

Your donation will help pay for food, tack, treatment when they are ill, shoeing and other expenses.



**SU** is 23 years old but still loves RDA games!

**MILLIE** is a lovely gentle pony and a huge asset

**BOBBIE** is new to RDA but is a very calm pony and good for more disabled riders

**LOTTIE** is our youngest pony at only 6years

I would like to sponsor

.....

(my favourite pony)

for 12months for £15

(or save £10 -£50 for all four! )

Sponsors will receive

- ◆ A thank you letter with picture of their horse
- ◆ A small gift
- ◆ Regular updates
- ◆ An invitation to visit

Please complete form overleaf and return with a cheque for £15 made payable to Tweeddale RDA to

Susan Rodger

Manseknowe

Greenside Peebles

EH458JA

E-mail [susandr@fsmail.net](mailto:susandr@fsmail.net)