

# East Antrim Riding for the Disabled Association (RDA) Annual Report

Year Ending: 31st December 2023

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## Section 1: General Information

- **Charity Name:** East Antrim Riding for the Disabled Association (RDA)
- **Registered Charity Number:** 104491

## Section 2: Objectives and Activities

**Mission Statement:** East Antrim RDA is dedicated to providing therapeutic riding opportunities for individuals with physical, emotional, and learning disabilities. Our aim is to improve the lives of our participants through equestrian activities that promote health, well-being, and personal achievement.

### Primary Activities:

1. **Therapeutic Riding Lessons:** We offer weekly riding lessons tailored to the needs of our participants.
2. **Competitive Riding:** We support and train riders to participate in local and national competitions.
3. **Educational Programs:** We conduct workshops and training sessions for volunteers on equine care and adaptive riding techniques.
4. **Community Engagement:** We organize community events to raise awareness and support for our programs.

## Section 3: Achievements and Performance

### Key Achievements:

- **Participation:** This year, we had a total of 56 participants with a variety of disabilities.
- **Competition Success:** Our riders participated in and won several medals at the RDA Regional Championships.

### Impact:

- **Physical Health:** Participants showed significant improvements in balance, coordination, and muscle strength.
- **Mental Health:** Riders demonstrated increased confidence, reduced anxiety, and enhanced social skills.
- **Community Integration:** Our programs fostered a sense of community, bringing together participants, families, and local supporters.

## Section 4: Structure, Governance, and Management

**Governing Document:** East Antrim RDA is governed by a constitution.

**Board of Trustees:** The board is composed of 6 trustees who meet 4 times a year to oversee the strategic direction and financial management of the charity.

**Volunteers:** We are supported by a dedicated team of 20 volunteers. Training and development programs are in place to ensure all team members are equipped to deliver high-quality services.

**Risk Management:** We conduct regular risk assessments to identify and mitigate potential risks.

**Conclusion:** East Antrim RDA remains committed to empowering individuals with disabilities through the therapeutic power of horses. We are grateful for the continued support of our donors, volunteers, and community partners, and we look forward to another year of making a positive impact.