

# WEST LoTHIAN RIDING FOR THE DISABLED

Scotland · Charity number SC049451

## Details

---

Known as	WEST LoTHIAN RDA
Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2019-07-17
Register	<a href="#">View on the OSCR register</a>

## Contact

---

Address	11 Murieston Drive Livingston EH54 9AU
Website	<a href="http://www.westlothianrda.org">www.westlothianrda.org</a>

## Activities

---

**Activities:** 'It carries out activities or services itself'

**Purposes:** 'the provision of recreational facilities, or the organisation of recreational activities, with the object of improving the conditions of life for the persons for whom the facilities or activities are primarily intended', 'the relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage'

**What the charity does:** West Lothian RDA is part of a network of approximately 400 groups in the UK that offer therapeutic riding sessions for adults and young people with physical and/or learning difficulties. Our activities focus on working with horses, which provides benefits such as freedom of movement, confidence-building, and life-enhancing therapy. Participants experience improvements in muscle strength, balance, and motor skills in an outdoor environment. The RDA's inclusive environment caters to participants of all abilities, with coaches and support teams ensuring individual goals are met during sessions. Our season runs from April to October, with 10 weekly sessions lasting 30 minutes each. As a member of the National Riding for the Disabled Association, West Lothian RDA operates as an independent charity regulated by OSCR

**Beneficiaries:** 'People with disabilities or health problems'

**Objectives:** 4. The organisation's purpose is to promote the objects of the Riding for the Disabled Association incorporating Carriage Driving (Company No 5010395) a charity registered under Charity Number SC039473 ('the Company') by providing disabled people with the opportunity to ride and/or to carriage drive to benefit their health and wellbeing in the West Lothian, Falkirk and City of Edinburgh area.

## Geography

---

- **Main operating location:** West Lothian
- **Geographical spread:** More than one local authority area in Scotland

## Finances

---

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£53,183	£56,777	-	0
2024-03-31	£45,574	£45,332	-	0
2023-03-31	£34,454	£29,807	-	0
2022-03-31	£29,746	£41,924	-	0
2021-03-31	£4,131	£19,263	-	0

**WEST LOTHIAN RIDING FOR THE DISABLED**

Scotland - Charity number SC049451

---

# Accounts

---

WEST LoTHIAN RIDING FOR THE DISABLED  
UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED  
31<sup>ST</sup> MARCH 2025

Charity Number SC049451



<b>Contents</b>	<b>Page</b>
Trustee Report	3
Independent examiners report to the trustees	8
Statement of Receipts and Payments	9
Cash and Bank Balances	9
Notes to the Accounts	10

**West Lothian Riding for the Disabled  
Trustees Annual Report  
Year Ended 31<sup>st</sup> March 2025**

The trustees present their report and the unaudited financial statements of the charity for the year ended 31<sup>st</sup> March 2025.

**REFERENCE AND ADMINISTRATIVE DETAILS**

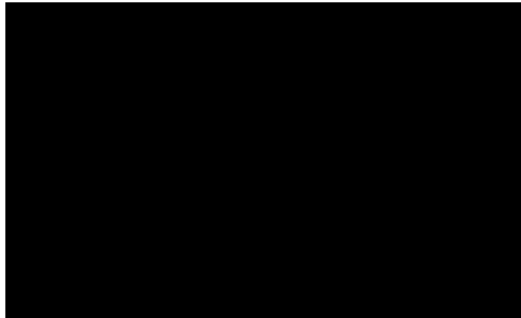
**Registered charity name**                      West Lothian Riding for The Disabled

**Charity registration number**              SC049451

**Principal address**                              37 Springfield Lea  
South Queensferry  
Edinburgh  
EH30 9XD

**THE TRUSTEES**                                      The trustees who served the charity during the period

**Trustee:**



**Retired Trustee:**

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

The Group was registered as a charity from 20 November 1998 and is governed by its written constitution. On 17<sup>th</sup> July 2019 the charity incorporated to a Scottish Charitable Incorporated Organisation (SCIO).

The Board shall have control of the organisation, its property, and funds. When complete the board shall consist of at least 3 and not more than 11 individuals, all of whom must be members of the organisation. The Board shall be composed of the following members: Chairperson, Treasurer, and Secretary. The Board or the members may appoint new trustees from individuals they believe have the necessary skills and experience to benefit the charity.

All of the trustees shall retire at each AGM but shall be eligible for re-election.

**West Lothian Riding for the Disabled**  
**Trustees Annual Report**  
**Year Ended 31<sup>st</sup> March 2025**

## **OBJECTIVES AND ACTIVITIES**

The trustees review the aims, objectives and activities of the charitable group regularly.

The trustees have referred to the Charity Commission's general guidance on public benefit when reviewing the charity's aim and objectives and in the planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

### **Our Vision**

To enhance the lives of disabled individuals through accessible horse riding opportunities.

### **Our Purpose**

To support and deliver the objectives of the Riding for the Disabled Association Incorporating Carriage Driving by offering riding experiences that promote physical, emotional, and social well-being for people with disabilities across West Lothian, Falkirk, and the City of Edinburgh.

### **Values**

- **Inclusion** – We believe everyone should have access to life-enriching activities, regardless of ability.
- **Compassion** – We provide a supportive and understanding environment for all participants.
- **Empowerment** – We strive to build confidence and independence through equine-assisted activities.
- **Community** – We work together to create a welcoming space for riders, volunteers, and families.
- **Well-being** – We are committed to improving health and happiness through therapeutic engagement with horses.

## **ACHIEVEMENTS AND PERFORMANCE**

We ran a full season of riding sessions in 2024- 2025 which raised £15,732 between April and October 2024. This was a slight decrease of £250 compared to the previous year. This was due to adverse weather and refunding for cancellation of sessions.

We ran 10 sessions a week split between two sessions on a Monday, Wednesday & Thursday evenings and four sessions on Saturday mornings giving us a capacity of 1,308 participant sessions.

We had 102 registered volunteers including 2 volunteer coaches helping us throughout the season to deliver our service. 39% of our volunteers were 18 or under. 36 of our volunteers were new to the group.

We had 50 regular weekly participants of varying ages and abilities and whilst some are capable of riding independently a number require more input and are totally dependent on our helpers and leaders. 76% of our participants were 18 or under. We welcomed 7 new participants for the season who were all under 18. As of March 2025, we had 18 participants on our waiting list.

For our participants, we offered horse riding, horse care, proficiency tests and endeavour awards. For our younger volunteers, we supported their Duke of Edinburgh Volunteering experience and Saltire awards.

We had 9 equines, who are all owned by the group, available for our participants.

**West Lothian Riding for the Disabled**  
**Trustees Annual Report**  
**Year Ended 31<sup>st</sup> March 2025**

We were successful in Grant applications with a total of £24,909 from various organisations:

Turcan and Conan	£3,000
W M Mann Foundation	£1,250
Spifox	£20,659 (ring fenced to build new feed hut)

Our Just Giving campaign pages have continued to help us fundraise through the year, especially over the winter months when we generate no income.

We have our usual outgoing expenditure for feed, vet bills and farrier. All these going are essential for the health of our horses. We purchased a new horse Libby to join the herd in 2024; this was to replace Tornak who sadly passed away in 2023.

Our other outgoing expenditure is in the form of establishment costs, land rent, maintenance of club house and replacement of our feed hut.

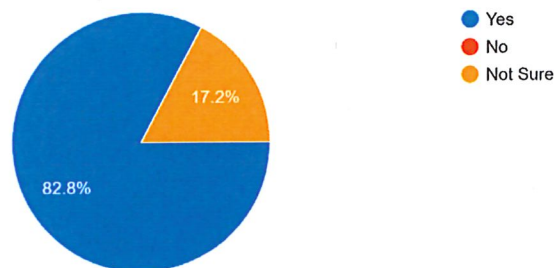
We have had great support from Tesco maintenance, who have maintained our entrance track which needs constant attention, build a new robust mounting ramp to support our participants to get on and off our horses.

Assessing the impact of our service is vital and at the end of the 2024 season we surveyed our participants, and their families who were active during the season, along with our volunteers on many aspects of being part of West Lothian RDA.

There were 29 responses in total to the participant survey and 47 to the volunteer. This is an increase in responses of 58% and 55% respectively.

We asked the participants if their RDA sessions have helped them to learn something new.

Do you think your sessions at RDA have helped you to learn something new?  
29 responses



We asked participants to tell us a bit more about what they'd learned or how their sessions had benefitted them:

- A lot of participants said that their therapeutic riding sessions had a positive effect on their wellbeing, including helping them feel more relaxed and more confident.

**West Lothian Riding for the Disabled**  
**Trustees Annual Report**  
**Year Ended 31<sup>st</sup> March 2025**

- Similarly, a lot of participants felt that their sessions had helped them develop other skills that are beneficial in other areas of life, such as listening and following instructions, staying calm, waiting, being independent and communicating with strangers.
- The sessions also had a physical benefit for participants, such as helping with coordination, balance and being more aware of their body position and muscle movements. One participant noted that their sessions were the only way to help their muscles that they had found that worked for them.
- Many of our participants said they had learned more about horses, including horse care and tacking up. They also said they had enjoyed learning to trot. These are some of the topics that participants wanted to learn more about in last year's survey.

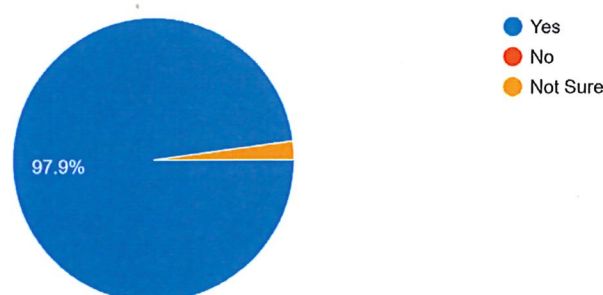
We asked our volunteers to tell us about the impact of volunteering. The responses to this question were overwhelmingly positive. Our volunteers told us that volunteering with us had a really positive impact on them across so many different areas of their life:

- Helped improve their confidence and helped them develop new skills or improve existing ones, such as their communication skills, time management and team working.
- Being outdoors and exercising improves their health, fitness and general well-being
- A number of volunteers appreciated that RDA gave them the opportunity to work and make friends with people of all ages and backgrounds. It expanded their friendship groups or helped them to feel more comfortable talking to new people
- Helps them to 'switch-off' after a busy day job and focus on something positive, or gives them a routine
- Has helped them to learn lots about horses, and feel more confident in handling or caring for them

We also asked our volunteers if volunteering had helped them learn something new.

Do you think volunteering at RDA has helped you to learn something new?

47 responses



We asked our volunteers to tell us a bit more about what they'd learned:

- "I have no previous experience of horses and can now catch, groom, tack and lead"
- "I learnt how to be more confident and more open with people I don't know"
- "I have learnt a lot about caring for horses who have injuries/health issues"
- "I've gained a deeper understanding of the therapeutic benefits of horse riding and the importance of accessibility and inclusion."

**West Lothian Riding for the Disabled**  
**Trustees Annual Report**  
**Year Ended 31<sup>st</sup> March 2025**

- "I have learned more about horse and how to tack them up. I also now tutor children and my experience at RDA helped me become a better tutor."
- "The impact riding can have on those who face challenges in their daily lives. Watching the interaction of rider and horse, rider and leader and leader and horse has taught me a lot about communication and teamwork."
- "I hadn't ridden for over 30 years, so I have learned a lot about horses in the last year. This ranges from horse care, tacking up and horse behaviours. Everyone is willing to share their experience for you to learn and there's always someone willing to lend a hand if you're not sure about something."
- "Have learnt the RDA ways with getting the horses ready, which are a bit different to what I've been used to! I've learnt there's lots of ways to enjoy horses not just riding and competing."

**FINANCIAL REVIEW**

The Financial Year ending 31<sup>st</sup> March 2025 has again been a challenging year financially. Our income (excluding gross trading income), it decreased to £30,480 from £44,736 in 2024.

We have been extremely fortunate to receive donations from parents, friends, local businesses, and other associations. £3,833. This included £300 from Captains Charities and Lloyds matching scheme £1,935. Our friends and participants also completed some fantastic fundraising activities during the year, this included Cycling challenge during January and design, creating and selling calendars, this generated income of £2,429.

**RESERVES POLICY**

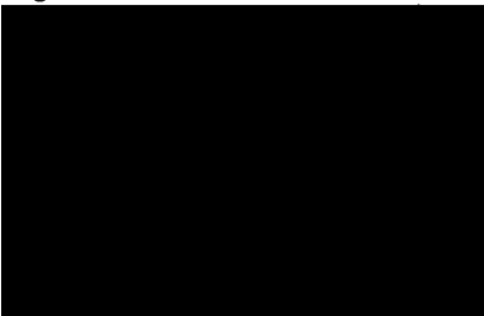
The trustees aim to maintain a sufficient level of reserves to facilitate the operations of the charity.

**PLANS FOR THE FUTURE**

In the coming year, we aim to:-

- Increase the number of session volunteers which will support our objective to reduce the waiting list and achieve our maximum capacity of 6 participants per session.
- Add additional activities for our participants – Show jumping, Countryside Challenge and ASDAN
- Bring in a new pony to increase the range of participants we can support
- Continue our program of maintenance
- Be successful in various grant funding applications to support our activities

Signed on behalf of the trustees



## Independent Examiner's Report to the Trustees of West Lothian Riding for the Disabled

I report on the accounts of the charity for the year ended 31<sup>st</sup> March 2025 which are set out on pages 9 to 11

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 (the 2005 Act) and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity's trustees consider that the audit requirements of Regulation 10(1)(d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1)(c) of the Act and to state whether particular matters have come to my attention.

### **BASIS OF INDEPENDENT EXAMINER'S STATEMENT**

My examination is carried out in accordance with the Regulation 11 of the Charities Accounts (Scotland) Regulations 2006 (as amended). An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the view given by the accounts.

### **INDEPENDENT EXAMINER'S STATEMENT**

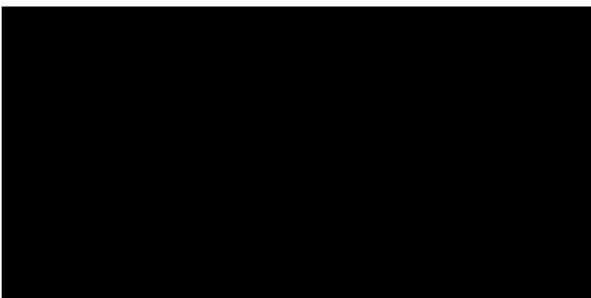
In the course of my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations; and
- to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



**West Lothian Riding for the Disabled**  
**Trustees Annual Report**  
**Year Ended 31<sup>st</sup> March 2025**

		Unrestricted	Restricted	Total Funds	Total Funds
Receipts	Note	Funds £	Funds £	2025 £	2024 £
Donations		3,833		3,834	3,640
Riding Donations		15,732		15,732	16,895
Donations towards upkeep of horses		-		-	-
Receipts from fundraising activities		4,105		4,105	2,327
Grants		4,250	20,659	24,909	13,187
Sale of horse saddle and tack		855		855	-
Other income		33		33	-
Receipts from other charitable activities		2,803		2,803	8,687
Gross trading receipts		913		913	686
<b>Total Receipts</b>		<b>32,524</b>	<b>20,659</b>	<b>53,183</b>	<b>45,422</b>
<b>Payments</b>					
Cost of raising funds	4	(216)		(216)	(216)
Charitable expenditure	5	(33,989)	(22,572)	(56,562)	(44,964)
<b>Total Payments</b>		<b>(34,205)</b>	<b>(22,572)</b>	<b>(56,777)</b>	<b>(45,180)</b>
<b>Surplus/(Deficit) for year</b>		<b>(1,681)</b>	<b>(1,913)</b>	<b>(3,594)</b>	<b>242</b>

Cash & Bank Balances  
Year End 31<sup>st</sup> March 2025

	Unrestricted	Restricted	Total Funds	Total Funds
Details	Funds £	Funds £	2025 £	2024 £
<b>Cash &amp; bank balances at start of year</b>	22,581	210	22,791	22,500
Surplus / (deficit) for the year	(3,596)	-		242
<b>Cash &amp; bank balances at end of year</b>	<b>18,987</b>	<b>210</b>	<b>19,197</b>	<b>22,742</b>

The Notes on pages 8 and 9 from an integral part of these accounts.

These financial statements were approved by the members of the committee and authorised for issue on the 24<sup>th</sup> June 2025 and are signed on their behalf by:



**West Lothian Riding for the Disabled**  
**Trustees Annual Report**  
**Year Ended 31<sup>st</sup> March 2025**

**1. Basis of Accounting**

These accounts have been prepared on the receipts and payments basis in accordance with the Charities & Trustees Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

**2. Nature and purpose of funds**

General funds are unrestricted funds which are available for use at the discretion of the Trustees, in furtherance of the general objectives of the charity, and which have not been designated for other purposes by donors.

Restricted funds relate to income received with restrictions was used to rebuild the feed hut and to purchase a container which was currently on a rental agreement. Total Cost of the project £22,572

In 2024 there was a remaining £210 restricted funds for Training cost from the last financial year

**3. Trustee's Remuneration and expenses**

No trustee received any remuneration or expenses during the current or prior year.

**4. Cost of raising funds**

	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>Total Funds 2025 £</b>	<b>Total Funds 2024 £</b>
<b>Just Giving</b>	216	-	216	216
	216	-	216	216

**West Lothian Riding for the Disabled**  
**Trustees Annual Report**  
**Year Ended 31<sup>st</sup> March 2025**

5. **Payments relating to directly to charitable activities.**

<b>Receipts</b>	<b>Unrestricted</b>	<b>Restricted</b>	<b>Total Funds</b>	<b>Total Funds</b>
	<b>Funds</b>	<b>Funds</b>	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Rent	4,000	-	4,000	4,000
Insurance & Fees	1,454	-	1,454	1,345
Coaching Sessions	-	-	-	-
Equipment	239	-	239	-
Vet, Farrier etc expenses	9,523	-	9,523	9,889
Feed	4,730	-	4,730	3,366
Establishment costs	5,325	-	5,275	2,610
Training	-	-	-	-
Horses	7,000	-	7,000	-
Sundry expenses	820	-	770	6,106
Independent Examiners fee	-	-	-	252
Just Giving	216	-	216	216
Gross trading payments	898	-	898	686
Project	22,572	-	22,572	16,710
<b>Total Payments</b>	<b>56,777</b>	<b>-</b>	<b>56,777</b>	<b>44,964</b>

6. **Incorporation**

On 17<sup>th</sup> July 2019 the former charity West Lothian & District for the Disabled Association Group Incorporating Carriage Driving, charity number SC028635, incorporated to A SCIO named West Lothian Riding for the Disabled, charity number SC049451. The former charity was wound up as a result. The charity's beneficiaries, purpose of the funds and trustees have not changed significantly.

7. The accounts have been reviewed by the independent examiner free of any charge.