

Name of service/organisation:

Riding for the Disabled – Middleton Park Equestrian Centre

Description: Our Horses and Ponies provide therapy, a sense of achievement, and enjoyment to people with disabilities. We provide riding and Carriage Driving lessons to people with all disabilities.

Middleton Park: Our aim is to introduce and provide a fun, sporting activity, and or career opportunities on behalf of the Riding for the Disabled Association.

Equestrianism has an elitist image which is dispelled by Middleton Park Equestrian Centre. The Centre provides activities for the community at affordable prices, with concessionary rates available, depending on individual circumstances.

An enrolment form needs to be signed by a person in the medical profession and parent/guardian. The rider will then be invited to the centre and be assessed. This gives the rider the opportunity to be introduced to the horse and helps us assess their co-ordination and balance.

Carriage driving has been an important part of RDA since 1975 and there are now almost **100** groups involved giving opportunities to over **1000** drivers.

RDA Carriage Driving is open to all members of RDA and is particularly useful for people who can no longer ride due to disability or prefer a different kind of challenge.

Carriage Driving offers many of the same benefits as riding: improved co-ordination, improved muscle power, improved balance, relaxation through rhythmic movement, being out in the open air. Some of the non-physical benefits include decision making, making friends, achievement, self-confidence, having fun!

For more information and prices please contact us or visit our website.

Intended client group: Children from age 4, young people and adults with a wide range of physical and learning disabilities, mental health and behavioural problems.

Phone number: 0113 277 1962

Email address: info@mpec-rda.co.uk



ACTIVITIES & LEISURE

PCAN Pages

Really useful information for parents of children with additional needs in Kirklees

Website www.pcankirklees.org Call 07754 102336 Email info@pcankirklees.org

Website: www.mpec-rda.co.uk

Address: Middleton Park Equestrian Centre, Middleton Grove, Leeds,
LS11 5TZ



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