

**Name of service/organisation:**

## **Riding for the Disabled – Wakefield RDA**

**Description:** Wakefield Riding for the Disabled Association (Wakefield RDA) is a Company Limited by Guarantee and a Charity that provides horse riding for people with disabilities to improve their general health and well-being. We also provide training and qualifications in horse care and riding for young people.

Wakefield RDA was established in 1990 and riding activities are based at Pennine Community, a Specialist FE Residential College for young people with learning disabilities. Students at Pennine Community work alongside RDA to learn horse care, help with stable duties and enjoy riding sessions.

Some people benefit from riding in a group, others from a private session. Group sessions promote social skills and are great fun; the rider learns the skill of riding a pony whilst improving balance, co-ordination and general fitness. Many good friendships are made here.

Individual therapy sessions for physically disabled children provide physiotherapy from the back of the pony. The movement of the pony imitates the movement of the child's pelvis when walking and encourages normal muscle tone. This is carried out under the advice of a qualified physiotherapist.

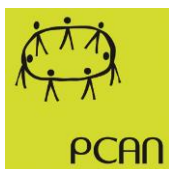
**Intended client group:** Our clients include small children (from age 3), young people and adults with a wide range of physical and learning disabilities, mental health and behavioral problems.

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**Website:** [www.wrda.org.uk](http://www.wrda.org.uk)

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Pennine Community, Wood Lane, Chapelthorpe  
Wakefield, West Yorkshire WF4 3JL



**ACTIVITIES & LEISURE**

**PCAN Pages**

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

Website [www.pcankirklees.org](http://www.pcankirklees.org) Call 07754 102336 Email [info@pcankirklees.org](mailto:info@pcankirklees.org)