



NZRDA

NZ Riding for the Disabled Association



New Zealand Riding for the Disabled Association (NZRDA) (CC38921) is a registered charity with a vision to improve the health and wellbeing of people experiencing disability through therapeutic horse riding.

Recently celebrating its 60th anniversary, NZRDA's history stretches all the way back to Hawke's Bay in 1962. Today it's made up of over 50 groups located across the country, from Kaitaia in the north, all the way down to Invercargill in the south.

Each year, the charity supports around 3,000 children and adults at riding sessions, supervised by a team of coaches, therapists and volunteers.

Programmes are tailored to provide education, recreation, physical therapy and emotional enrichment for people living with physical,

intellectual, emotional and social challenges.

Having qualified coaches and passionate volunteers is essential for service delivery. Last year, almost 100 trainees enrolled in coaching qualifications through NZQA recognised training programmes – a record high for the charity.

In 2021, volunteers assisted with over 43,000 riding sessions and this will only increase as the country re-adjusts to life with COVID-19.

“It's about being part of something much bigger than ourselves, contributing our time and skills to an outcome that is so rewarding. Spending time with riders, horses, the great outdoors and like-minded people instils feelings of belonging and self-worth” – NZRDA volunteer

Positive outcomes and inspiring stories from volunteers and riders feature prominently on the NZRDA's website, helping the charity with its vision. That vision is to reach more riders and change more lives.

Stories from riders:

“In October 2015 I fell while jumping my young horse and sustained a spinal cord injury which has left me a T4/5 paraplegic. Three years later I now ride independently, no longer needing my side walkers or leader, and I have just started trotting on my own. I will always be grateful to my local RDA for allowing me to return to riding.”

– **Anne, adult rider**

“Sarah is always last at school, but she is the only kid in her class that can ride a pony. All the other kids want to ride like Sarah”

– **A young rider**

To read other stories or to find out more about New Zealand Riding for the Disabled Association (CC38921) check out their [website](#) or search them on the [Charities Register](#).