



# Newsletter

SUMMER 2019



## Introduction from Chairman

What great year we have had!

Congratulations to all of the riders who went to the National Championships this month. You did an amazing job, not only putting in some great performances, but also representing us here at Team

Cotswold! A big thank you to all the coaches, volunteers and family that helped you get there! If you haven't been before, put it in your diary for next year. It's a great weekend event and really friendly as you will see from the photos later in this newsletter.

The end of another year brings a lot of happy memories but also some sad news.

Judy Johnstone, our treasurer, trustee and former chairman, has decided to step down from the Board of Trustees. She has been a tower of strength to Claire, myself and the Board over the last few years, helping us navigate through some difficult times. Always there with some sound advice, never afraid to tell us when she thought we had missed the point, and working tirelessly for the success of CRDA, she will be greatly missed. On your behalf I have thanked her for all she has done and have reminded her that there will always be a cup of tea, a warm welcome and an arena full of friends waiting here for her.

Tony Smith, our Company Secretary, has also reluctantly decided to step down due to his many other commitments. I am grateful for all his hard work and cheerful support to the Board, and we wish him well. It is an absolutely key role and we are in the process of searching for a replacement.

Anthony Phillips has been co-opted to the Board as our new treasurer. He has a wealth of commercial finance experience and is a great addition to the team.

At our last Board meeting, we also co-opted Lindsay Baker as a new Trustee with special responsibility for communications. She worked as a local/national radio journalist for many years and we look forward to her expert help in getting our message out to the wider community.

All these changes will be confirmed at the AGM in September, so please come along to meet the new team and say goodbye to some old friends! If you would like to know more about joining the Board as a Trustee, give me a call as we do have a vacancy to fill.

I would also like to thank Gill Mould for all the work she does behind the scenes with our newsletters, social media and mailshots. We have many unsung heroes in this organisation, and she is one of them.

One final congratulations must go to Claire Jenkins. She has been invited to join the Board of RDA UK as a Trustee in addition to her role as General Manager here at CRDA. This is well-deserved recognition of the work she has done with us and the contribution she has to make on the national stage. The Board were delighted to support her appointment.

I hope you all have a relaxing and restorative summer break.

Best Wishes

Duncan Smith - Chairman

## What's Inside

### Latest News

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## Success at the RDA National Championships

What a fantastic time we had at the RDA National Championships held at Hartpury College in July. This is RDA's flagship annual event which brings together hundreds of participants of all ages and abilities (200 amazing horses and 500 competitors) from across the UK competing in carriage driving, countryside challenge, dressage, show-jumping, vaulting, and showing.

This year marks the 50th anniversary of RDA – and 25 years of the Championships being held at Hartpury College. The Championships have grown bigger than the Paralympics and Para World Championships combined, which is incredible.

Cotswold RDA was represented by Lee, Annabelle, Millie, Niamh and Victoria. Just to get to the National Championships is an amazing achievement by our riders, let alone all getting placed, and we are incredibly proud of them. We would also like to say a big thank you to over 40 family members, volunteers and staff who came to support our fantastic team and cheer on our inspiring riders.

We must also say thank you to RDA UK for making this incredible event happen. And last, but certainly not least, to *Bob* for being such a superstar!

### The results:-

Annabelle 1st Countryside Challenge Junior with sidewalker

Millie 3rd Countryside Challenge Junior with sidewalker

Niamh 7th Countryside Challenge junior with leader

Victoria 1st Dressage freestyle to music and 1st Dressage grade 2.

Lee entered two different classes in the dressage categories 1 – 6 both scores were over 70%. An incredible achievement! Results were 8th out of 17 and 3rd out of 9

# Racing Together with The Jockey Club and The Jockey Club Catering team



As many of you know, The Jockey Club and The Jockey Club Catering team are huge supporters of Cotswold RDA, so we were delighted to welcome 20 members of staff who gave us a few hours of their time as part of a week-long initiative for the whole racing industry to make an impact in the community by doing some voluntary work.

They all really enjoyed their time with us and helped by poo picking, fixing a gutter, serving tea at a Tea with a Pony session, as well as side walking. It was brilliant! The team knew a bit about what we do and they really did engage with just how special our work is. They all offered to help in the future and the online rota (see our volunteer section for more information about this) will be a fantastic tool for them to see when they could pop in to help with the odd lesson or Tea with a Pony!

You can read more about what they thought of their time with us at:

[www.racingtogether.co.uk/cheltenham-racecourse-volunteered-20-staff-to-help-out-at-cotswold-riding-for-the-disabled-over-the-course-of-three-days-as-part-of-their-commitment-to-racing-together-community-day-manager-claire-j/?fbclid=IwAR10d](http://www.racingtogether.co.uk/cheltenham-racecourse-volunteered-20-staff-to-help-out-at-cotswold-riding-for-the-disabled-over-the-course-of-three-days-as-part-of-their-commitment-to-racing-together-community-day-manager-claire-j/?fbclid=IwAR10d)

We are thrilled to be a partner charity for The Countryside Day in 2021 at the Cheltenham November meeting. This event raises in the region of £100,000 which we expect will be split roughly 60/40 between The Countryside Alliance and Cotswold RDA. It is a televised event and we are working on some creative ideas for the race day to include one of our musical rides. Please do let Claire know of any other suggestions.

# Remembering two very special ladies!

## Nora Ward

In February this year we heard the sad news that long-serving volunteer Hanora Ward (known to most as Nora) had passed away. Nora was a keen rider for much of her life and started volunteering to pass on her love of horses to others. She began by helping out as a side walker and progressed over the years to teaching classes. She was always especially fond of our youngest riders. She would spend many hours devising interesting and challenging mounted games that would keep them entertained but also teach them new skills. In total, Nora volunteered with us for more than 20 years and in that time she made a tremendous contribution to our riders' progress and enjoyment.



## Jo Wahlberg

Jo (née Brown) was a Tuesday volunteer for over three decades, starting with us in 1979 after retiring from Cheltenham General Hospital as a theatre nurse. She had always loved horses and the difference that they could make. She was a diligent worker with exemplary standards in tack cleaning which is something she continued to do right up to 2012.



Our deepest sympathies go to the families and friends of Nora and Jo for their sad loss.

Nora and Jo both wanted to support our work with donations and, together, their funeral service collections, including gift aid and match funding by an employer, raised over £4,000, which will support the costs of over 400 group lessons for our riders. More details about how you can support Cotswold RDA with a legacy are available on our website. [www.cotswoldrda.org.uk/donate/](http://www.cotswoldrda.org.uk/donate/)

**COMING SOON:** Watch out for our new Website due to launch in September.



## Sunrise Rotary spring a surprise award!

In June our very own Claire Jenkins received a special award from the biggest charity organisation in the world – Rotary International.

Tony Smith from Sunrise Rotary said "In 2016 Cotswold RDA was the chosen charity for Sunrise and we worked closely with Claire and Cotswold RDA. We were delighted to have one of our ponies, Toffee, join us for our Santa Fun Run in Pittville Park. That year, with some of the money raised from the Santa Fun Run and Last Night of the Proms, we bought shirts with Cotswold RDA/Sunrise logos for the riders to wear when competing.

A Paul Harris Fellow is the highest award that a club can give to an individual who has worked tirelessly in the local community. We felt that Claire fitted this criteria and in fact, surpassed it".

The award was presented to Claire by the District Governor, Joan Goldsmith. Needless to say, we are all incredibly proud that Claire and Cotswold RDA have been recognised by this wonderful organisation.

## Tune into BBC Countryfile (28 July) for an RDA hour long special feature

BBC Countryfile is honouring RDA in its 50th anniversary year with a programme dedicated to our work. The episode, which airs on Sunday 28 July, includes an interview by with RDA's President, Her Royal Highness The Princess Royal, conducted by broadcasting legend and long-time Countryfile presenter John Craven.



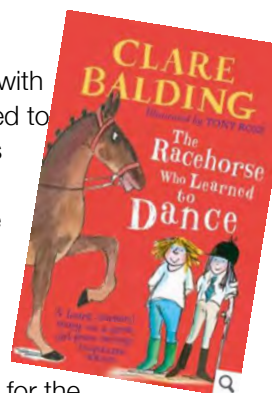
## Our Kitty appears on Good Morning Britain sofa!



We are so incredibly proud of this young lady. Kitty appeared on ITV's Good Morning Britain show in June alongside Clare Balding who was there to launch her brand new book *The Racehorse who Learned to Dance*.

The new book is all about a young girl with a disability who learns to ride. Kitty, who has cerebral palsy, was asked by GMB presenters Kate Garraway and Ben Shephard how she benefited from riding with RDA. Her first response was that it helped her feel like a normal child, so she can be part of something with friends who have disabilities like her. She said she didn't like physio but that riding itself is great physio and a fun way to do her exercises. Asked if she had a favourite horse she named Bruno. Kate and Ben went on to ask Kitty how important it was to have a character in Clare's new book who has a disability. Kitty told her that most able-bodied people don't understand what's going on in disabled people's heads - they just think it is OK they're disabled and that they'll get through.

Clare said that she had had a long chat with Kitty about the book and what she related to in it. Clare went on to explain that she is fascinated with the relationship between humans and horses and wanted to write about challenges, friendship, and teamwork.



Kitty is such an incredible ambassador not just for Cotswold RDA but for Riding for the Disabled across the country. We hope that, having seen Kitty, many others will be encouraged to join their local RDA, and also to read Clare's new book.

# Measuring achievement with the Outcomes Tracker

How do you measure achievement? That is a question that we get asked a lot, particularly by potential donors and our volunteers and coaches, but most importantly by our riders, who need to know they are getting the best possible experience when they ride with us. The answer can be found in the "Outcomes Tracker. Some of you may already be aware of how this contributes to what we do, but we'd like to share with you some of the background and explain how it works.

Six years ago RDA UK recognized the need to measure and show the benefits of riding in a simple but effective way. The need to prove outcomes in education as well as to report back to our funders was increasing. All of us who are involved in RDA know that the benefits for our riders are life-enhancing (and in many cases, life-changing!) but demonstrating this in an easy and understandable format was the challenge.

The result was the Outcomes Tracker. It provides a simple way to measure the magic that is RDA and is used throughout the RDA family up and down the country. Our volunteer coaches "track" their pupils at the start of term against six key objectives, shown here to the right, and then, after consultation with the volunteers and staff who have worked with that particular rider during that period, they will be "tracked" again against the same set of

objectives at the end of term/year. This information is then entered into a computer program specifically designed to produce a colourful rosette-style certificate, which has the start and endpoint shown as a spidergram. This is presented to each rider to celebrate his or her achievements with us. You can see from the example (left) that the inner grey line shows the start point, whilst the black outer line shows progress over the course of a year.

Achievement doesn't stop there. Our riders can still work towards achieving the standards of riding that earn certificates from Grade 1 to 4, Bronze, Silver and Gold, as well as the Endeavour award that can be awarded for any special achievement.

## Communication

1. **No** attempt to communicate by any means.
2. **Attempts** to communicate, positively or negatively, by any means.
3. **Communication** is basic, quite limited but consistent and with clear intention.
4. **Able** to communicate and respond to communication from others.
5. **Communicates** own wants, needs and experience freely.

## Confidence

1. **Lacks** confidence, won't try to engage, blocks coach.
2. **Willing** to have a go, with guidance and support.
3. **Trying** to learn, needs lots of reminding and support.
4. **Doing well**, benefits from reminding and support.
5. **Realistic** and confident in their abilities.

## Enjoyment

1. **Reluctant** to get on pony.
2. **Showing** signs of enjoyment e.g. smiling, laughing, relaxing.
3. **Looks** forward to sessions; keen to ride on arrival.
4. **Positive** about own experience, people and ponies at sessions and when not at RDA.
5. **Riding** is a favoured activity.

## Relationships

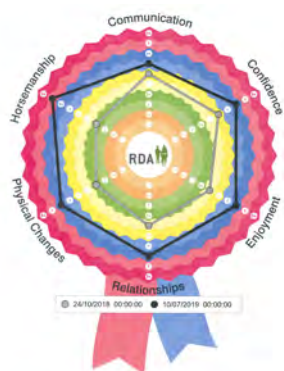
1. **Not** interested in other people or ponies, no interaction.
2. **Interested**, wants contact with people and/or pony.
3. **Responds** well to contact from others, initiates contact with people and/or pony.
4. **Takes** others, including pony, into account, tries to cooperate.
5. **Will** encourage or help others, shows appreciation of help, enjoys relating.

## Physical changes

1. **Able** to stay placed in sitting position with assistance at leg from two side-helpers at walk.
2. **Able** to stay in a balanced position at walk while supporting self.
3. **Able** to sit independently at walk e.g. hands free or holding reins.
4. **Able** to ride independently at walk.
5. **Able** to stay in a balanced position independently at trot.

## Horsemanship

1. **No** knowledge of how to relate to or communicate with pony using riding aids.
2. **Shows** understanding of how to relate to or communicate with pony using riding aids.
3. Implementing communication with pony using riding aids when prompted.
4. **Implementing** communication with pony using riding aids with little or no prompting.
5. **Riding** with sensitivity to and control of pony.





## Summer fun! Join in our riding activities

We are really delighted that we can offer holiday riding activities for our fourth year, thanks to continued funding from Children in Need.



Thank you to all our volunteers who have signed up to help our riders to have fun in the sun!

We have a range of riding activities in the mornings of 27, 28 and 29 August. These include our popular:

- groom, tack and ride,
- treasure hunts
- as well as traditional group riding lessons.

Almost all our group riding lessons have sold out but there may be opportunities to have a 1:1 lesson – call us on 01242 584420.

## Cottesbrooke RDA Holiday

This is something completely new for us as we look forward to welcoming Cottesbrooke RDA from Northamptonshire on 29 and 30 July.

The group has arranged a residential trip to the Cotswolds and will be bringing twelve riders plus family members who will be joining us for two mornings when we will provide stable management and a hack/lesson/gymkhana. They will head off each afternoon to enjoy other holiday activities that they have arranged separately.

This is an interesting trial and similar to one that was conceived many decades ago. We are looking forward to seeing how this goes and to consider how we could offer this for other groups. Cottesbrooke RDA has needed very little support in signposting them to accommodation and other activities. From our point of view, it could be a very useful revenue stream and, because the group is bringing along some of its own volunteers, it is easier to deliver operationally.

## Roll up, roll up for a Giffords Circus treat



### Tea with a Pony

for people living with dementia and other disabilities

Our popular Tea with a Pony is going from strength to strength with over a dozen bookings throughout August for groups from care homes and families, to join us for tea, cake and to spend some time with one of our ponies.

We are still looking for a few volunteers during August to help us to serve tea and cake and to host these very special sessions where memories are revisited and new memories made.

Call us on 01242 584420 or email us [info@cotswoldrda.org.uk](mailto:info@cotswoldrda.org.uk) for more details.



Riders, families, and carers from several RDA groups including Cotswold RDA and Watershed RDA were treated to a magical behind-the-scenes peek at Giffords Circus at the end of May. Everyone watched the Donnert family train its beautiful horses and generally had a fabulous time.

Huge thanks to Nell Gifford and her team for inviting us and making us so welcome. With luck, there will be other opportunities to visit the circus soon – keep an eye on our Events section on our website and Facebook page.

# Horse care awards



At Cotswold RDA our riders can work towards many different levels of horse care, so we are thrilled that Charlie (pictured above with Natalie, a coach who is helping us on Thursdays) has just passed her Grade 3 horse care! Well done, Charlie, we are all very proud of you.



## It's not just riding, it is about the family support!

We all know the benefits that RDA bring to riders with additional needs and Niamh is definitely experiencing all those benefits, however I want to speak of the support that Cotswold RDA bring to us as a family. Having a child with additional needs is often a lonely and isolating experience. Society so often excludes you when your child is different or struggles in everyday environments. This isn't a crusade of expecting the world to adjust to our children's needs, merely stating facts in that the world is a tricky place to navigate when your perceptions of the world around you leave you overwhelmed.

Cotswold RDA is a place of acceptance and inclusion where, as a family, we all experience a sense of belonging. We all feel the warm welcome from the staff and volunteers when we arrive at the centre.

Niamh recently competed at the National Championships, where a fellow parent presented all the junior competitors with a handmade crocheted unicorn for their success in qualifying for the finals!! I am in awe of the love and kindness that went into these unicorns, life is hard sometimes, yet this Mum took the time to make the unicorns for the juniors, in celebration of their achievements.

We are a member of Team Cotswold and are incredibly proud to be able to say that.

Carol (Niamh's Mum)

## 2019 / 2020 calendar

### TERM 1 (2019)

Monday 9 September – Thursday 24 October

### Term 2 (2019)

Sunday 3 November – Thursday 12 December

Closed for racing Friday 15 to Sunday 17 November

### Term 3 (2020)

Monday 6 January to Friday 14 February

### Term 4 (2020)

Sunday 23 February to Friday 3 April

Closed for Gold Cup from Friday 6 March to Monday 16 March. We reopen on Tuesday 17 March

### Term 5 (2020)

Sunday 19 April to Friday 22 May

### Term 6 (2020)

Sunday 31 May to Sunday 19 July

# Embracing technology!

## With our brand new online volunteer rota



This September sees possibly one of the boldest technological steps forward we have taken for a long time as we introduce a new way of working with our volunteers - a new online volunteer rota system.

Our volunteers have long been telling us that it would be great to have a system that lets them quickly and easily volunteer if they have any extra time, but also enables them to let us know when they are on holiday or may not be able to volunteer for their regular day. For us, it is about knowing how many volunteers we have on any one day - it is vital that we have enough volunteers to operate safely. So the search for a solution began.

Needless to say, we did a lot of background research to find a rota system that was well recognised within the industry but also easy to use, as so many systems today are complicated. Finding something that was quick and easy was our primary aim.

Our search settled on a rota system that has been developed by a company called Three Rings. They have a proven track record in the charities industry and their system is used by many of the big national charities including Macmillan, Cats Protection and the Samaritans, so we are in good company.



*“Quickly and easily add yourself to a shift or remove yourself from a shift”*



*“Choose to view your shifts as a list”*

Any system is only as good as the data in it, so our first task was to make sure that our volunteer information was correct. All our existing volunteers will have received an email from us recently asking them to complete a short online form. That information will be uploaded into the system ready for September when we will be having a full training session. If you are a regular volunteer and haven't received an email or have not been able to sign up yet, please click on the link below to sign up as soon as you can!

Volunteers that extra help is needed. Volunteers will also be able to access the system from home or view on their phone or tablet so that they can manage their time with us.

If you would like to know more about our online volunteer rota, please contact Jane on 01242 584420 or email [jane@cotswoldrda.org.uk](mailto:jane@cotswoldrda.org.uk)

VISIT OUR WEBSITE TO SIGN UP TO OUR ONLINE ROTA FORM - EXISTING VOLUNTEERS ONLY

<https://www.cotswoldrda.org.uk/get-involved/>



# Keeping your hand in!



Here at Cotswold RDA, we pride ourselves on our volunteer training programme. For us, it is just as important for our volunteers to learn new skills and expand their knowledge as it is for our riders.

This September our first week back for core term time riding will see an intensive training schedule which will be backed up by additional sessions later in the year.

Our week-long training programme kicks off on:

**Monday 2 September 10.00 to 11.30**

A fun morning to include a "How NOT to" session covering leading and side walking.

**Tuesday 3 September 10.00 to 12.00**

Show Jumping training: open to coaches as well as volunteers.

**Tuesday 3 September 13.00 – 14.00**

Mounting and three stage leading.

**Wednesday 4 September 10.00 to 12.00**

Hoist use, Manual Handling, and Safeguarding.

**Wednesday 4 September 13.00 – 14.00**

Dementia awareness.

**Thursday 5 September 13.00 -14.00**

Tacking up.

**Friday 6 September 10.00 to 12.00**

Role-play scenarios to include a rider falling off, seizures and emergency evacuations.

**October half-term week commencing 28 October**

We will also have additional leading and side walking sessions during this week.

**Online training**

You can improve your skills from the comfort of your sofa by taking a tour of the online training module.

Visit [www.rda-learning.org.uk](http://www.rda-learning.org.uk) to see what is available.

## Have you thought about volunteering? Start your journey here

Volunteering is often a journey and everyone will have their own reasons for coming to volunteer with us. It is just another way that Cotswold RDA makes a difference.

One of our volunteers shared her story in her own words.

*"I raised my three autistic kids for 25 years and decided that it was time to do something for me. I looked up horses, disabilities and found Cotswold RDA on a volunteering job site. I suffer from severe anxiety as I too am autistic and decided to pop into Cotswold RDA rather than summon the courage to call.*

*I arrived at Cotswold RDA shaking like a leaf and asked about volunteering. I was made to feel very welcome and asked to pop in the next day for a training session. I am so glad that I braved that first journey!*

*I feel so peaceful at Cotswold RDA. Working with the ponies has lifted my depression. I feel at home and feel like I am one of the family. Everyone has been welcoming.*

*I get so much pleasure in seeing how much the riders improve from week to week. The first time I heard one of the riders talk to his pony after riding (after weeks of silence) brought tears to my eyes. I felt so proud of him.*

*I am now going to support Cotswold RDA in a head of day role and I am honoured that they think that I can cover such a responsible role.*

*I would love to learn to ride but need to lose some weight so I am doing a sponsored slim to help to raise funds at the same time.*

*This past year has been amazing. My confidence and mental health has vastly improved thanks to volunteering at Cotswold RDA and I look forward to many more years at Cotswold RDA".*

If you have been inspired by this story and think you would like to volunteer with us please give us a call on 01242 584420.

## QBE Foundation support

We are delighted to have a team of willing volunteers from QBE join us at Cotswold RDA for a day of volunteering in August. They have a long list of practical jobs to do including giving our indoor and outdoor arenas a lick of paint. The team who came to see us before their volunteer day has supported an application to contribute to our running costs and we are delighted to let you know that our bid for £5,000 has been successful.



# People's Postcode Lottery donation funds *Bruno* purchase

Thanks to players of the People's Postcode Lottery our beautiful pony *Bruno* (pictured here with one of our young riders) has just become a fully-fledged member of our herd. Originally on long-term loan to us, *Bruno* has shown himself to be a perfect RDA pony, and his lovely character has proved to be hugely popular with riders and volunteers alike. So when his owners' circumstances changed recently, they offered us first option to purchase him and we leapt at the



chance. But without the generous gift from the People's Postcode Lottery we may well have missed out on purchasing him. So it is a huge thank you to players of the People's Postcode Lottery from us and of course from *Bruno*.



# Pony Update

*Bruno* (featured left) was on loan to us. We have now been able to purchase him (see People's Postcode Lottery story) and he's quickly become one of our most popular ponies. He has already proved himself in competitions and performed well in dressage. He has a lovely nature and has already taken part in several "Tea With A Pony" sessions and is so sweet-natured and made friends with our older visitors, who clearly loved him.

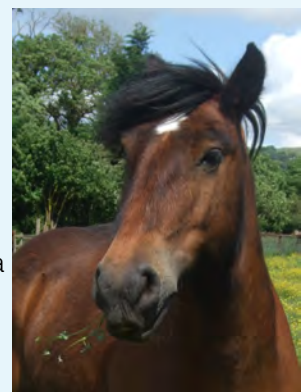
*Gaelen* (shown right with our groom Lou) is a 20-year-old chestnut gelding who joined our herd earlier this year and has settled to the work well. He is an asset as he can carry some of our adults as well as our children.



We are looking forward to greeting *Tom* who is coming to us from Wales in a few weeks' time. He is about 15hh and will be with us for a trial period, and if he fits in well he will then become one of our herd.

## Update on *Dave*

Many of you will have seen the updates on our website and Facebook about *Dave's* recovery from a very rare thrombosis in his hoof. He is making slow but steady progress and is going home at the end of July to his owner, Lois Kingscott. He has a long rehabilitation period ahead and a detailed plan to get him back to fitness. We will be keeping in close contact with Lois and will update you all about his recovery. We wish him a speedy recovery and hope to have *Dave* back with us at Cotswold RDA soon.



# Work placement students just love working with us!

We have been delighted to welcome several work placement students again this year.

They have included existing volunteers from our after-school club, pupils from local schools and several students from La Rochelle in France, continuing the contacts we have had there for the last five years. They have all really enjoyed their time with us and learned so much. We are very grateful to them for all their hard work. We would have been really stuck without them on many sessions, particularly bringing the ponies down first thing in the morning!



Lolita and Ines from La Rochelle in France pictured right. They loved hacking out, giving our ponies a much-needed break from their routine. They improved their English and learned so much about the equestrian industry.

All of our ponies will be taking a break of at least two weeks holiday during the summer. A huge thank you to all the kind people who are having them to stay and who give them that change of scene and some fun activities.

Watch our social media to see what they get up to!





## Lansdown Insurance Charity Giving. Thank you for voting for us!

### Hello from the Community Fund Raising Committee.

We are now just coming to the end of our first year and, golly, what a learning curve! We began last July by setting ourselves a target of raising £2,000 in a year and, thanks to our 'ideas girl', Sue Lawrence and her lovely contacts, we have fulfilled this remit.

It began with a Zumba afternoon last November which raised £515.10. We repeated this in June this year - pictured above (another £405.50). Next was the jam jar collection. What a corker that turned out to be. Between the four of us, about 100 jam jars went out and we raised £1,498. Then the Naunton Parish Council donated an extra £102 to round us off to a grand total of £1,600! A big thank you to all who took part in this.

Our next 'extravaganza' is a jumble sale to be held in Swindon Village hall on 9th November. For this, we would be very grateful for some extra help, both in manning on the day and for any clothes, crockery, glassware or books suitable for 'upcycling'. I will be putting out a plea at a later date! Thank you again to all those who have taken part in any of the above this year. The Committee wishes everybody a relaxing summer!

Lois Vincent

Representing Cotswold RDA, Claire Jenkins (centre) and Gill Mould (left) were presented with a cheque for £550 from Cheltenham-based Lansdown Insurance Brokers who granted a total of £15,000 to local charities at their inaugural Lansdown Giving charity luncheon at the DoubleTree Hilton Hotel, Cheltenham on 23rd May.

You may remember that we ran a campaign on social media and our website over several months asking everyone to vote for us. Out of ten local charities, we came in fifth place, which is entirely due to our amazing supporters who voted for us online. So to everyone who voted, thank you!



Thank you to the following grant-making trusts and foundations for their generous support of our work:-

- The Anders Foundation
- DG Albright Charitable Trust
- The Henry Smith Charity
- QBE Foundation

### Cheltenham Skittles League

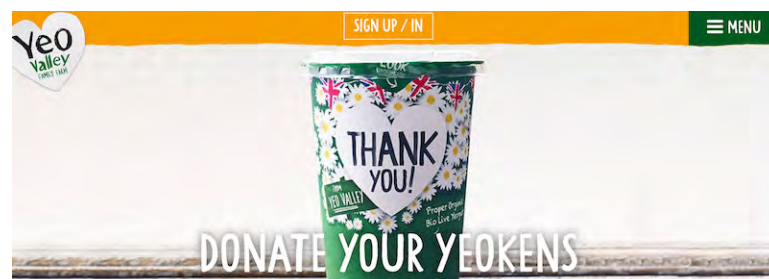
A huge thank you from Team Cotswold to everyone who plays in the Cheltenham Skittles League for their very generous donation. Pictured below with Debbie are Phil and Jerry, presenting a cheque for £300.



### Collect and donate your Yeokens

Yeo Valley allows customers to register their yeokens (found on the products) to either redeem as goodies or donate to one of their three selected charities. The charity that receives the most yeokens gets £1,500 and the other two get £1,000. So next time you are popping any Yeo Valley products in your shopping basket, register and nominate us, please!

Visit their website: [www.yeovalley.co.uk/yeokens/donate/](http://www.yeovalley.co.uk/yeokens/donate/)





## Dates for your diary

**18 August** – Join us (and a unicorn) at the Co-op Fun Day at Newlands Family Day.

**2 - 6 September**- Training week

**5 September** Co-op rider activity day – details to follow

**12 September** Board Meeting 19.00 Newlands

**25 September** AGM 19.00 Cheltenham Racecourse

**28 September** Fun Family Dog Show, CRDA

**19 October** Ceilidh near Dymock - details to follow

**15 December** Christmas Show – details to follow

**1 January** New Year's Day bucket collecting

## Social Media and other ways to help

### Dates for your diary



If you have a LinkedIn profile then you can help us spread our news. Just connect with our new Cotswold RDA LinkedIn page and share our news with your connections.

LinkedIn is a great way to communicate to new people and businesses about what we are doing and how they could get involved. So please look us up and share our news.

We are really active on all our social media platforms and regularly put up news on our Facebook page, Instagram and Twitter.

If you haven't joined us yet why not find us and start "liking" our news and share with your friends and family.



There are lots of other ways you can help support us and help raise much needed funds.

#### Give as You Live

Did you know that if you sign up for FREE to Give as you Live you can help raise money for us whenever you do your normal shopping and booking your holiday. Find out more <https://www.giveasyoulive.com/join/cotswold-riding-for-the-disabled>



#### Amazon Smile

Amazon Smile - sign up to Amazon Smile and nominate us, when you shop on Amazon they will donate 0.5% of the net price to us.



#### Amazon Wish List

We have lots of bits and pieces on our Amazon Wish List that you can buy for us - right down to a box of tea bags so that our volunteers can enjoy a lovely cuppa!



## Have you thought about becoming a member ?

Membership is more than just sending us a small annual contribution. It's about having a voice, voting at our AGM, and expressing your opinions in shaping our future. Our annual membership fee is just £10.00.

If you would like to know more about becoming a member, visit our website or give us a call on 01242 584420.

Next AGM 25 September 2019

## How to contact us :

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Trustees: Duncan Smith – Chairman, Jerry Porter – Vice Chairman, Anthony Phillips – Treasurer, Judith McNeill-Wilson, Jo Cockwill, Jules Gregory, Lindsay Baker.

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