It's what you
can
do that counts

RDA UK ANNUAL CONFERENCE AND AGM

14th November 2018

Welcome

Sam Orde
Chair RDA UK

Welcome to Glasgow

Eva Bolander
Lord Provost of Glasgow

Disability Sport in Scotland

Stewart Harris
Chief Executive, Sport Scotland

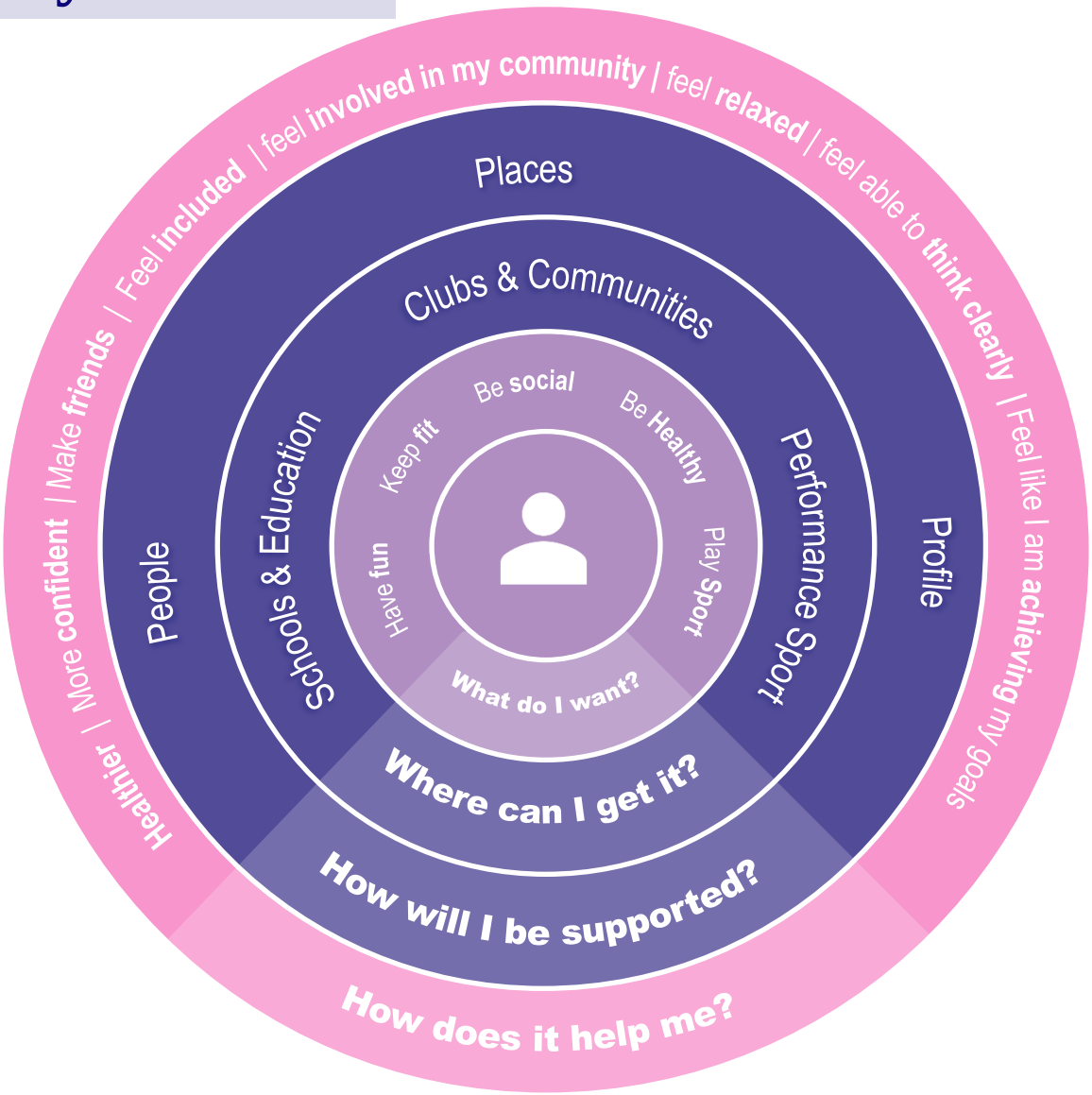
RDA

Building a world class sporting system for everyone in Scotland

Putting sport first

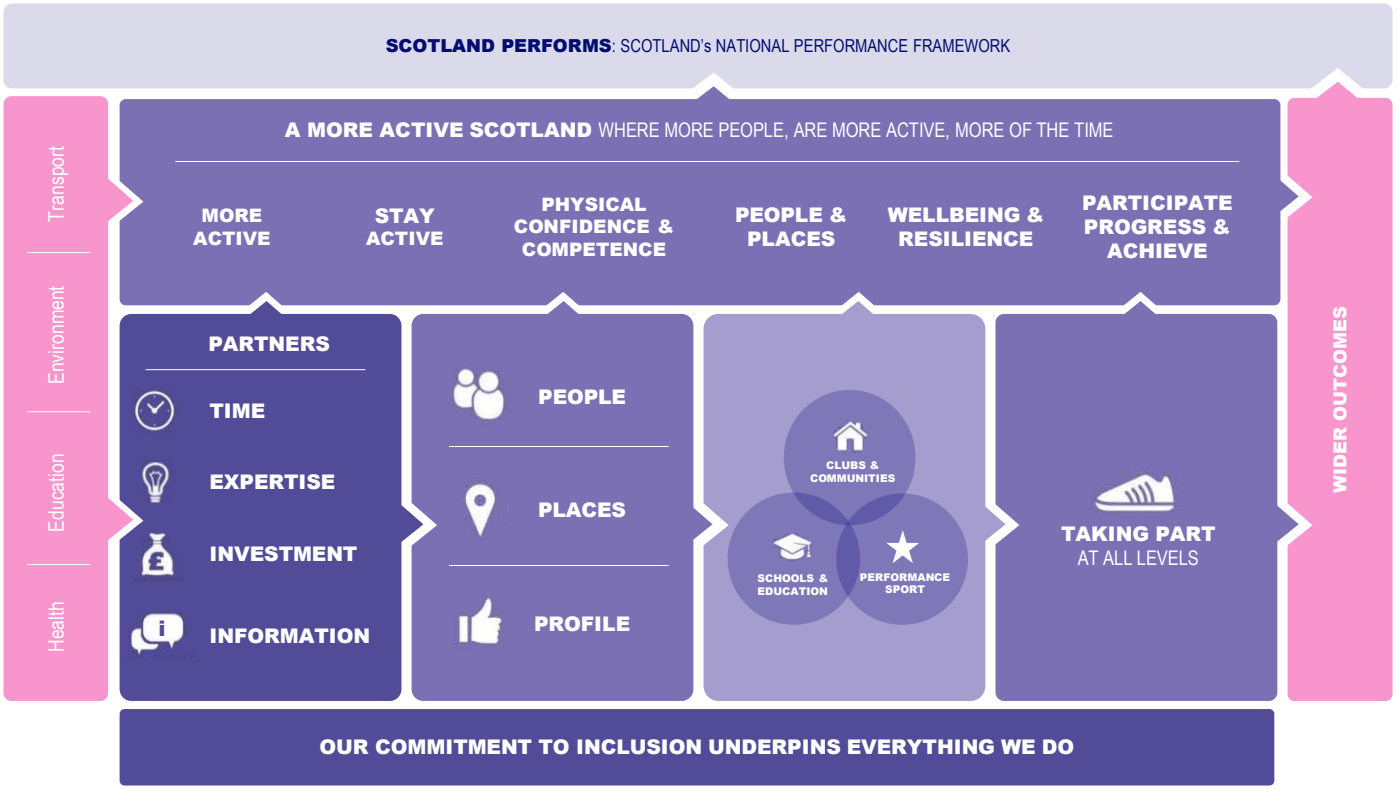
sportscotland
the national agency for sport

World class system



World class system

A WORLD CLASS **SPORTING SYSTEM** FOR ANYONE IN SCOTLAND

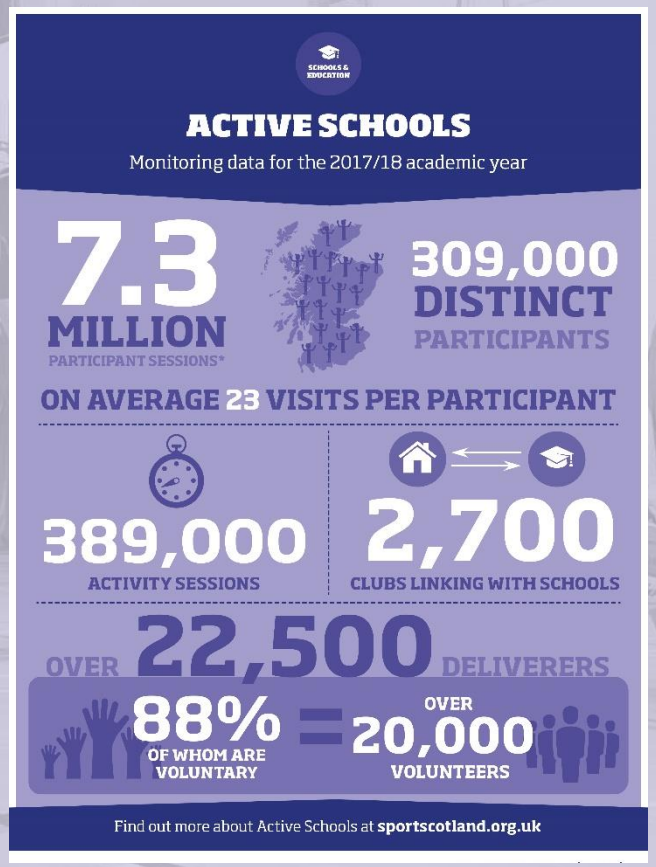


Schools and education

PARTICIPATION

PROGRESSION

Schools and education



Clubs and communities

COMMUNITY SPORT HUBS

- 192 across Scotland
- 1,303 distinct sport clubs
- 155,138 club members
- 14,917 active coaches

Performance sport

Boccia film

sportscotland's contribution

PEOPLE

PLACES

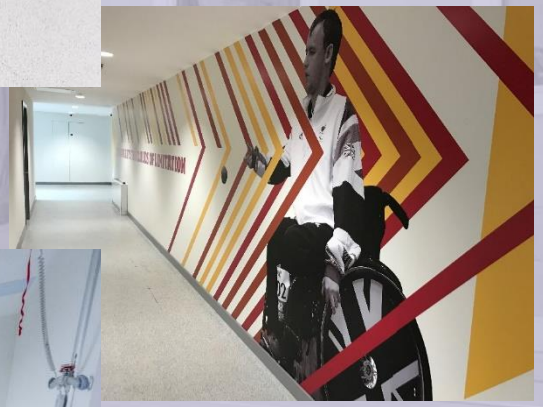
PROFILE

sportscotland's contribution

PEOPLE

PLACES

PROFILE



Martin Perry film

#PlayingOurPart 2017

sportscotland.org.uk

sportscotland
the national agency for sport

Building a world class sporting system for everyone in Scotland

Putting sport first

sportscotland
the national agency for sport

Supporting Progress

Hazel Johnstone,
Senior Programmes Manager
People's Postcode Lottery

Supporting Progress

Hazel Johnstone, Senior Programmes Manager

Health, Sport & Wellbeing, Arts, Culture & Heritage and Animal Welfare

Celebrating 5 years of support in 2019

Novamedia

NATIONALE
POSTCODE
LOTERIJ

VRIENDEN
LOTERIJ

BankGiroLoterij

SVENSKA
POSTKOD
LOTTERIET

PEOPLE'S
POSTCODE
LOTTERY

DEUTSCHE
POSTCODE
LOTTERIE

NORSK
POSTKOD
LOTTERI

PEOPLE'S
POSTCODE
LOTTERY

Playing for communities

- £10 for 10 draws paid monthly in advance
- Prizes every day and a guaranteed winner
- Subscription based, sign up one month in advance by phone or online
- 40% Prizes, 32%Charity, 28% Operational

Who are we and what do we do?

Postcode Trusts who award grants to a range of good causes

Charities supporting their own charitable purposes

Canal & River Trust · DogsTrust · War Child · Friends of the Earth · Maggie's · Young Lives vs Cancer · For Every Child in Danger unicef

DEPAUL · ramblers · Amnesty International · The Wildlife Trusts · Oxfam · Woodland Trust · Royal Voluntary Service

pdsa Help a Vet Help a Pet · actionaid · WWF · WaterAid · Plan International · Save the Children

CATS Protection · Guide Dogs · NSPCC · British Red Cross · breast cancer care · RNIB See differently

Believe in children Barnardo's · Sightsavers · Crisis Together we will end homelessness

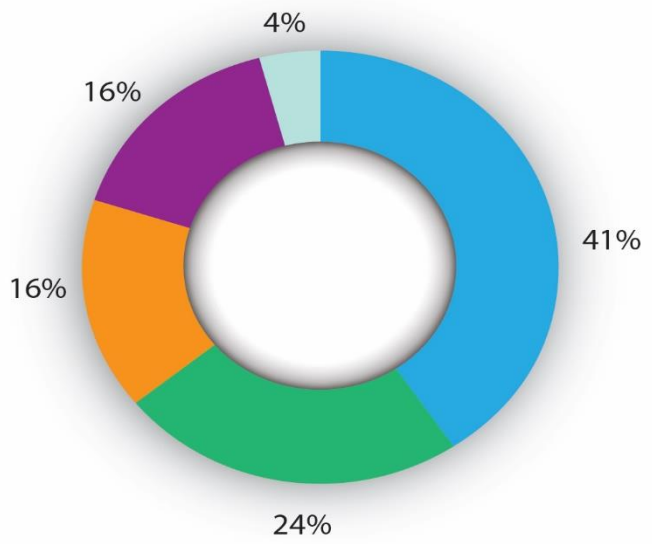
PEOPLE'S POSTCODE LOTTERY

4,000+ projects – all Postcode Areas

PEOPLE'S POSTCODE LOTTERY

Funding Focus – Charity Theme

- **Health, Sport and Wellbeing 41%**
- **Environmental Conservation & Protection 24%**
- **Arts, Culture and Heritage 16%**
- **Equality, Education and Human Rights 16%**
- **Animal Welfare 4%**



Funding principles

1. Majority flexible (unrestricted)
2. Majority long term funding
3. Partnership approach

Importance of our charities

1. **Motivation of our players**
   - Players feel good about their support for charities
   - Players don't have to choose one charity
2. **Storytelling to keep players engaged**
   - Allows meaningful conversations with our players, real connections to communities
   - They are the 'changemakers' in their area
   - Charities become an extension of PPL's communication messages
3. **Team Engagement**
   - At the core of our mission and purpose
   - Inspires and motivates the team
   - Chance to be involve internal and external teams together

Our impact

Engaging with RDA

Challenging the status quo

What our charities say about us

PPL is an organisation of free thinkers where the ‘box' does not even exist. Always beyond. They are every non-profit organisations dream partner”.

Supporting progress

Continuing support

PEOPLE'S
POSTCODE
LOTTERY

It's what you
can
do that counts

The Role of the Occupational Therapist in RDA

Rhona Harkness,
Occupational Therapist

Occupational Therapy and RDA: Developing Links

Rhona Harkness UKCCS
Highly Specialist Occupational Therapist
Advanced Sensory Integration Practitioner
Stage Three Coach in Complete Horsemanship

MindSenseAbility

Purpose and Content

- Purpose
  - To provide insight into the benefit of RDA working together with OTs
- Content
  - Commonalities linking RDA and OT
  - OT contribution to equine based therapies

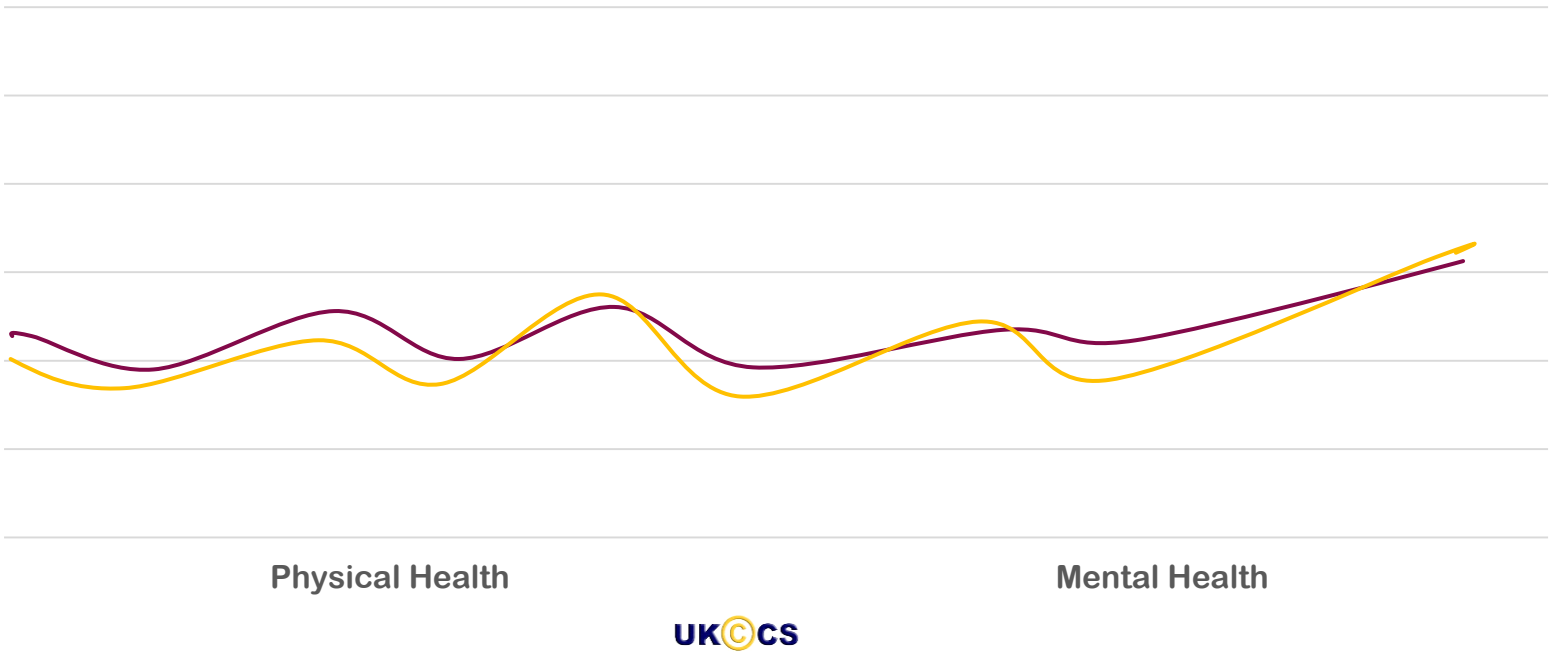
RDA and OT…commonalities….

- RDA enriches lives through horses…..OT enriches lives through occupation
  - Develop….recover….maintain…..
  - Enable and empower
  - Develop independence
  - Increase quality of life and life satisfaction

Understanding OT

- OT is a unique and diverse profession
- The entire being: holistic view

Physical and Mental Health……



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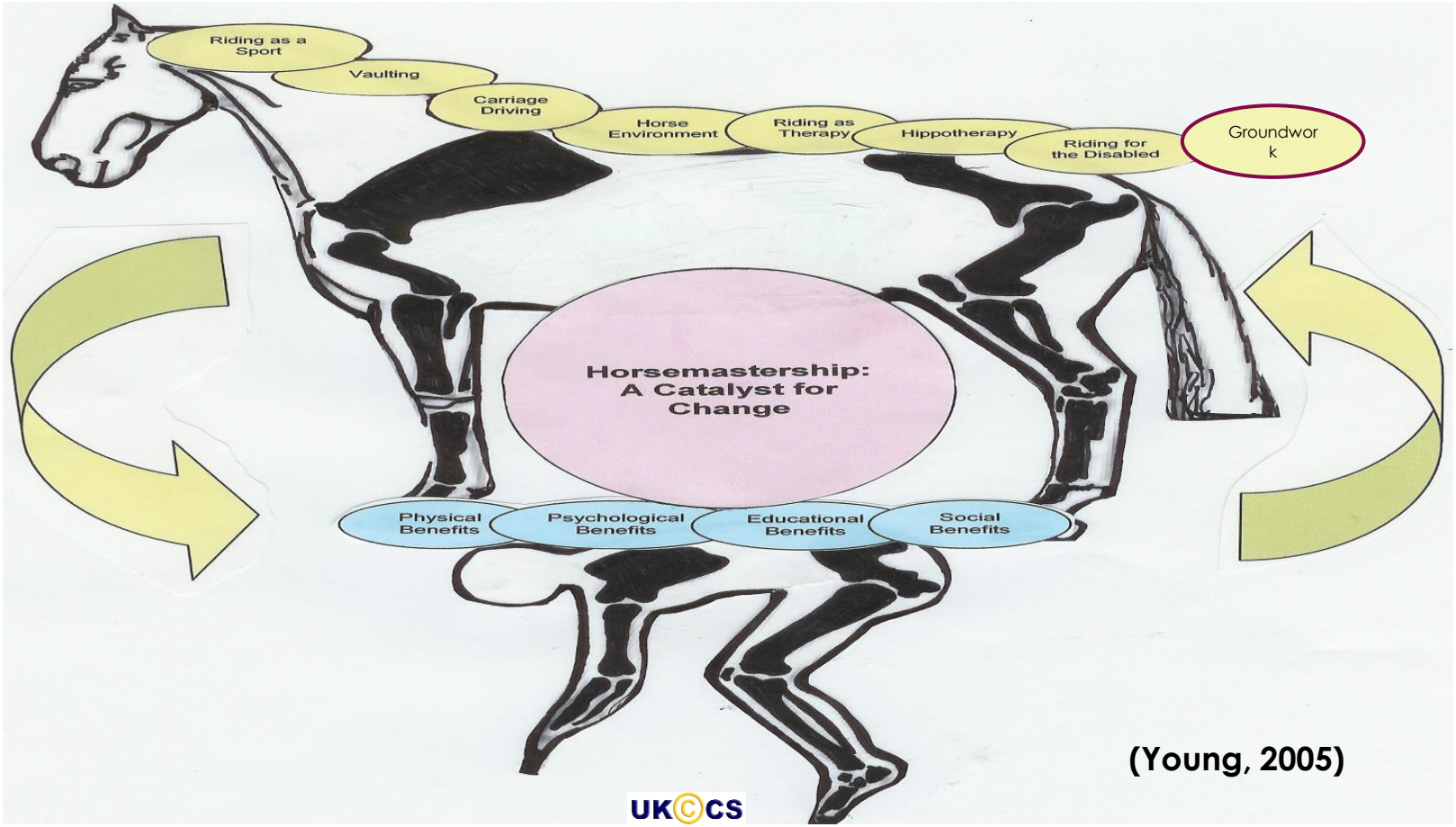
Meaningful

Horsemastership….

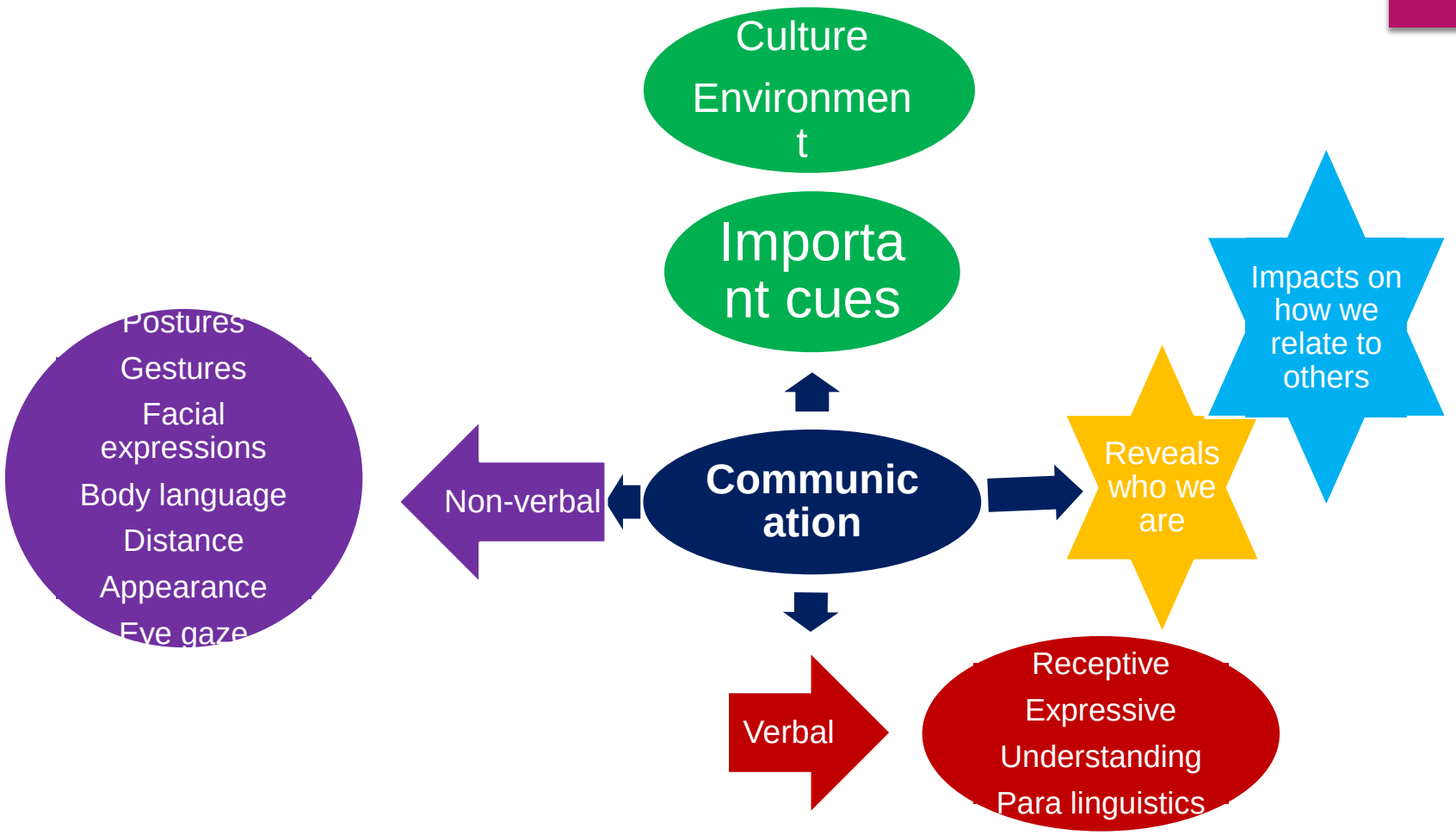

Riding as a Sport
Vaulting
Carriage Driving
Horse Environment
Riding as Therapy
Hippotherapy
Riding for the Disabled
Groundwor k
Horsemastership: A Catalyst for Change
Physical Benefits
Psychological Benefits
Educational Benefits
Social Benefits
(Young, 2005)
UKCCS

Key OT Contributions

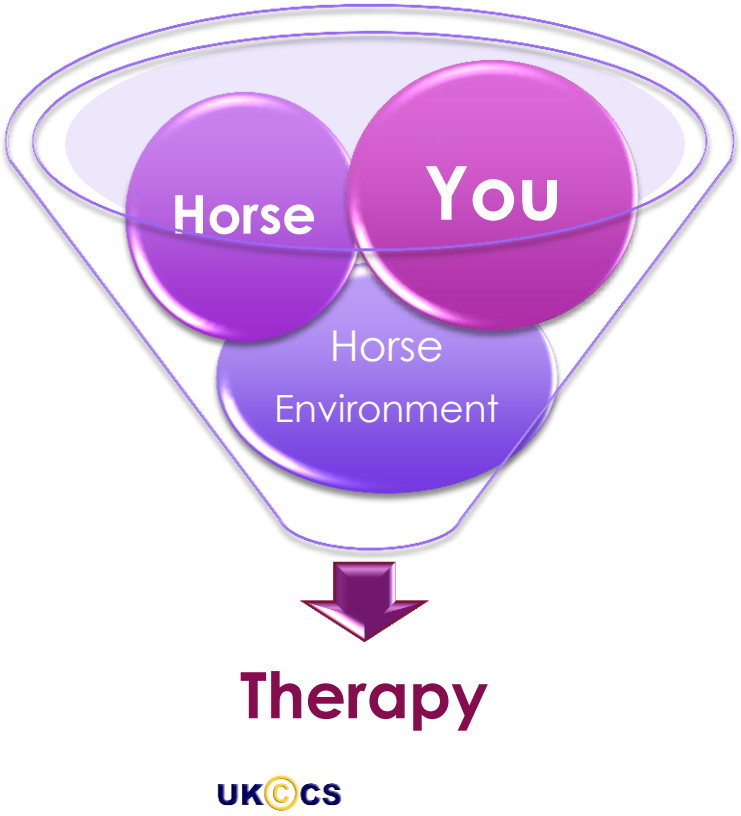
- Assessing the entire being
- Individuality
- Use of goal setting and outcome measures for validating effective therapy
- The sensory behaviour relationship
- Activity Analysis
- Ability to grade and adapt
- Environmental influences

UK©CS

An Example


Culture
Environment
Important cues
Postures
Gestures
Facial expressions
Body language
Distance
Appearance
Eye gaze
Non-verbal
Communication
Reveals who we are
Impacts on how we relate to others
Verbal
Receptive
Expressive
Understanding
Para linguistics

Enabling the Horse and his Environment to provide Therapy….



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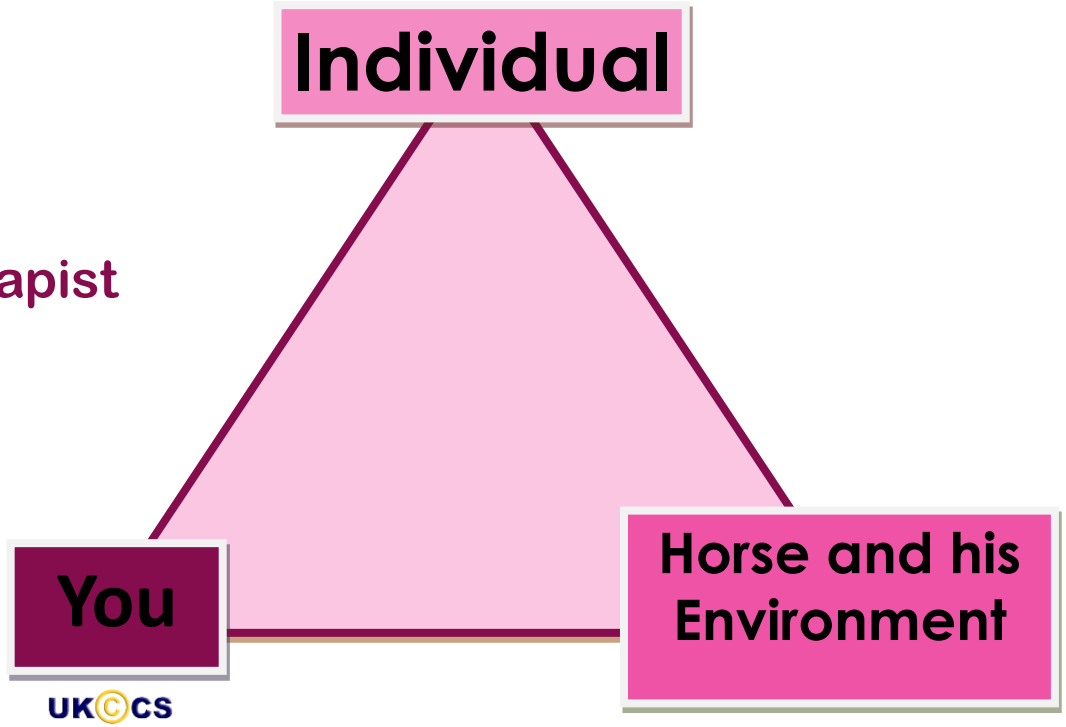
Insight into the 3 way relationship

- The individual
- Your role
- Horse's role...as a therapist



The Horse's Contribution to Therapy

What makes horses so unique as "therapists" and why are they a true catalyst for change:

- Challenge factor
- Mirror the thoughts and behaviours of others
- Can read body language and respond instantly
- Herd animals, they naturally desire company and often want to be led
- Very social animals who want to create bonds
- Horses can be incredibly human in their personalities
- They live in the moment
- Provide a rich sensory experience
- Their three dimensional movement mirrors the normal human gait
- Their honesty
- Leveller

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Variation of Horse Therapists: Empowered by You

- Distinctive personalities
- Characteristics
- Behaviours
- Connection
- Appearance

- Can be used to:
  - Develop self awareness
  - Modify behaviour
  - Lift self-esteem
  - To motivate
  - To empower
  - To believe

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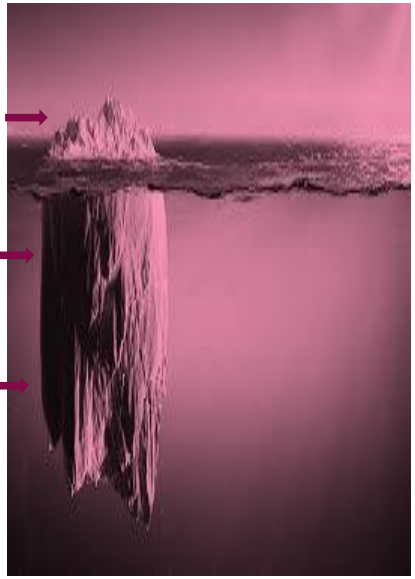
Communication

- Sensitivity of what is being communicated…
- Body language = 55%
- Consistency in how we communicate
- Listening……if you don't listen the lesson often gets louder

UKCCS

Behaviour…comes with feelings and needs



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See Behaviour….Think Sensory….

Pyramid of Learning

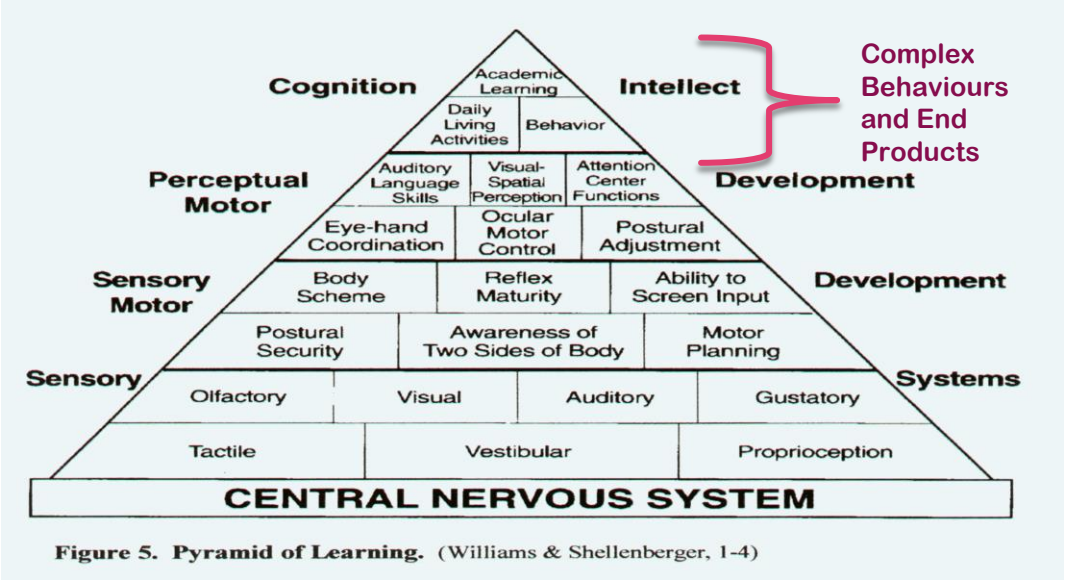

Figure 5. Pyramid of Learning. (Williams & Shellenberger, 1-4)

Communication – Approaching a Horse

- How you approach – what you say verbally and non-verbally
- How is your communication received, does the horse invite you into his/her space?
- Remember….monocular vision
- Consistency
- Listen!

http://www.filmeducation.org/warhorse/communication.html

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Listening….

- What do you do when you are listening…..all of you…..???
  - Physically
  - Mentally
- How do you respond?
- Empathy…..
- Observation!!!!
- Responsibility
- Reflection

You, the individual and the horse

- Links with each other = mirror behaviour
  - Insight = Awareness
  - A listener = Attuned
  - Balance = Resilience
  - Routine = Stabilisation
  - Needs/Feelings / Thoughts/ Behaviours

Thank you for Listening
Any questions?

Rhona Harkness
equiot@outlook.com

MindSenseAbility

OTs working in Equine Assisted Activities and Therapy
https://www.facebook.com/groups/1615606772029486/?ref=bookmarks

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Riding Everest - Taking Achievement to new Heights

Max Stainton

RDA

At Physio, aged 3
RIDING
EVEREST

On the way to Everest Base Camp
RIDING
EVEREST

One horse is real...

Training with my Physiotherapist

Teamwork Himalaya-Style

Some hairy moments!

The team at Everest Base Camp
NEPAL
RIDING
EVEREST

My personal support team

Then and now...
RIDING
EVEREST

RIDING
EVEREST

Kami, the horseman who got Rocky
ready for me to ride
RIDING
EVEREST

RIDING
EVEREST

RIDING
EVEREST

RIDING
EVEREST

Appearing on Sky News

“Top of the Ops”

Claire Milican
Director of Operations, RDA UK

TOP
OF THE
OPS

Top of the Ops

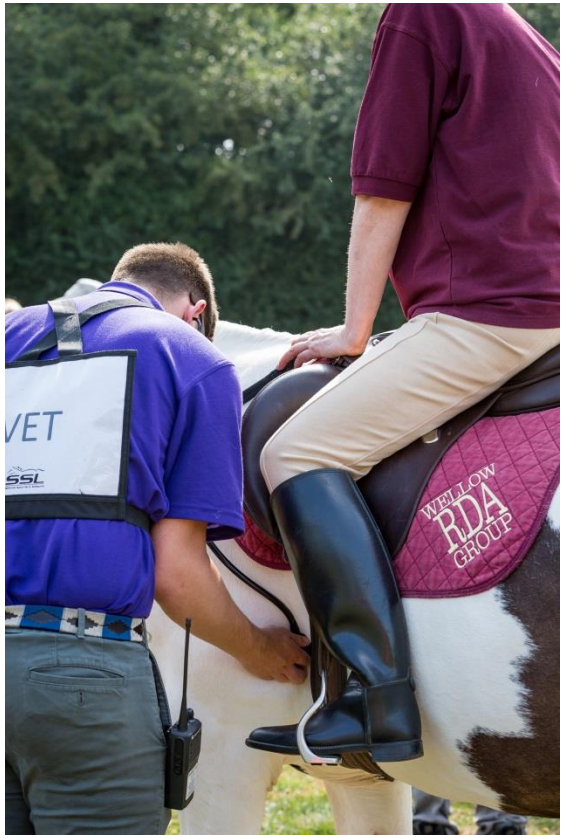
10

Top of the Ops - 10

Endurance

Chair – Sally Hall
Co-ordinator – Lucy Stokes

First (invitational) Competition at the National Championships



Top of the Ops

9

Top of the Ops - 9

Group Support

Co-ordinator – Becka Marston

Collection Boxes (1)

Shop by Category

Equine Health and Welfare (5)

New Website Page for Group Orders

RDA

Top of the Ops

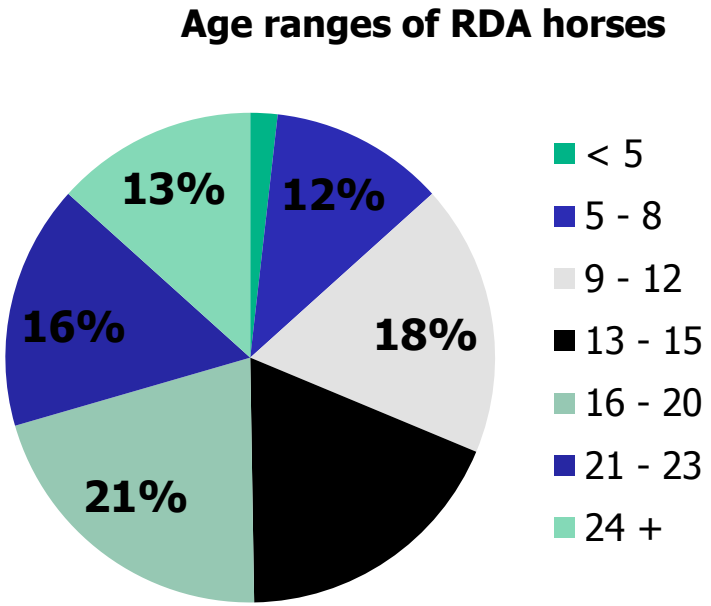
8

Top of the Ops - 8

Equine

Chair – Doug Smith
Co-ordinator – Lottie Hansford

Equine Survey



Top of the Ops

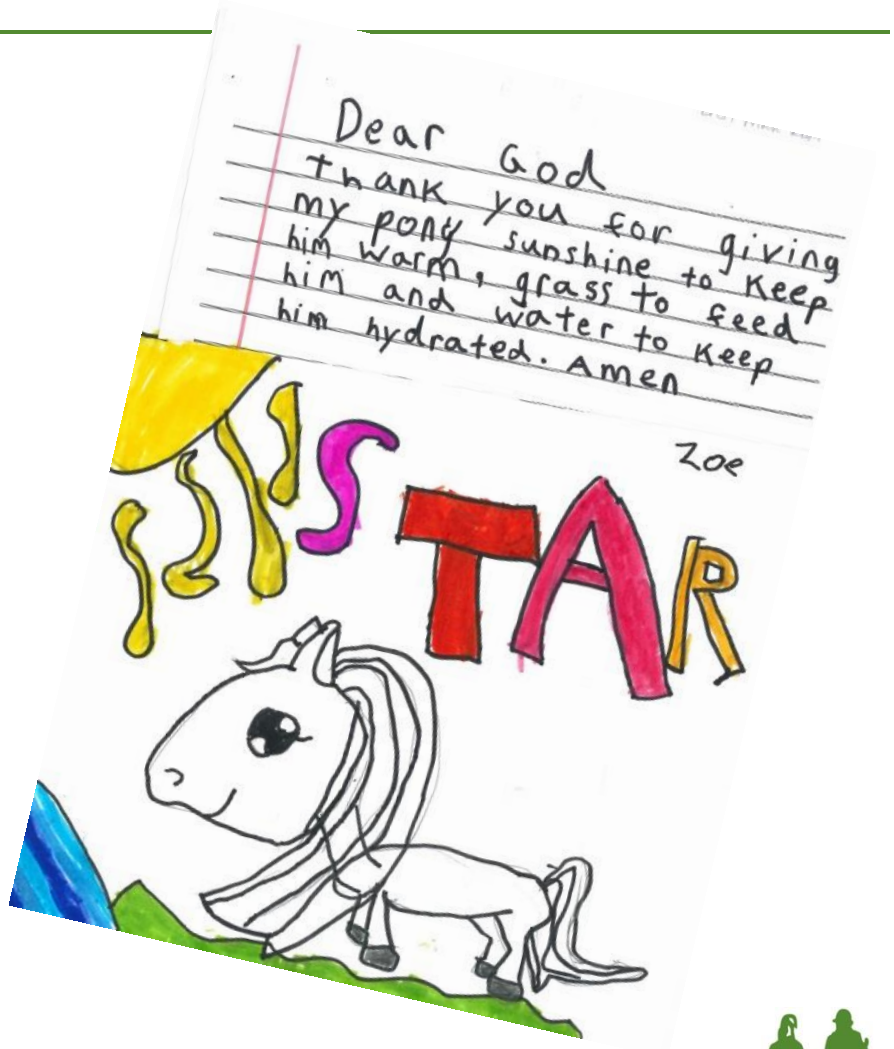
7

Top of the Ops - 7

Education

Co-ordinator - Marisa

Creative Writing Competition



Top of the Ops

6

Top of the Ops - 6

Dressage

Chair – John Robinson
Co-ordinator – Sarah Hadley

ID Championships

with British Dressage

Top of the Ops

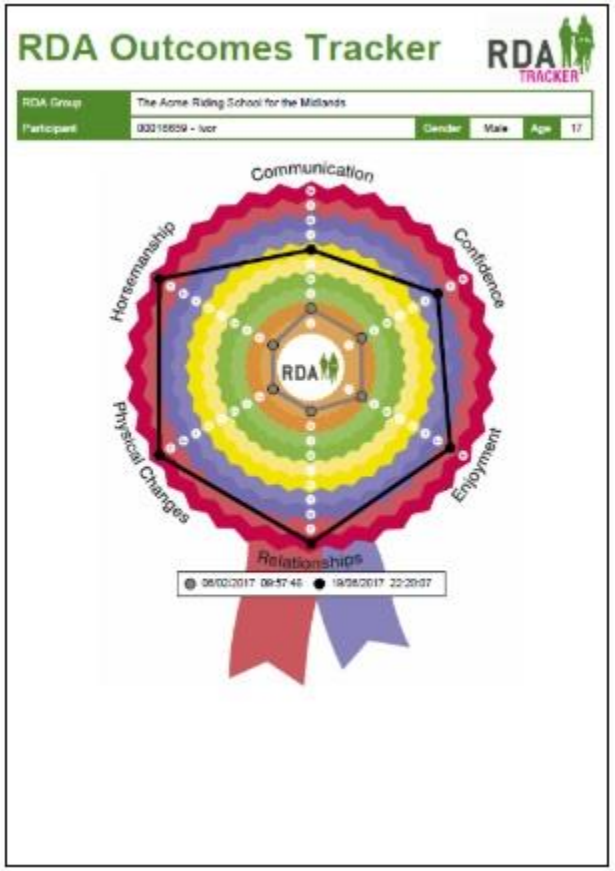
5

Top of the Ops - 5

Tracker

Co-ordinator – Emma Bayliss

New Tracker Website



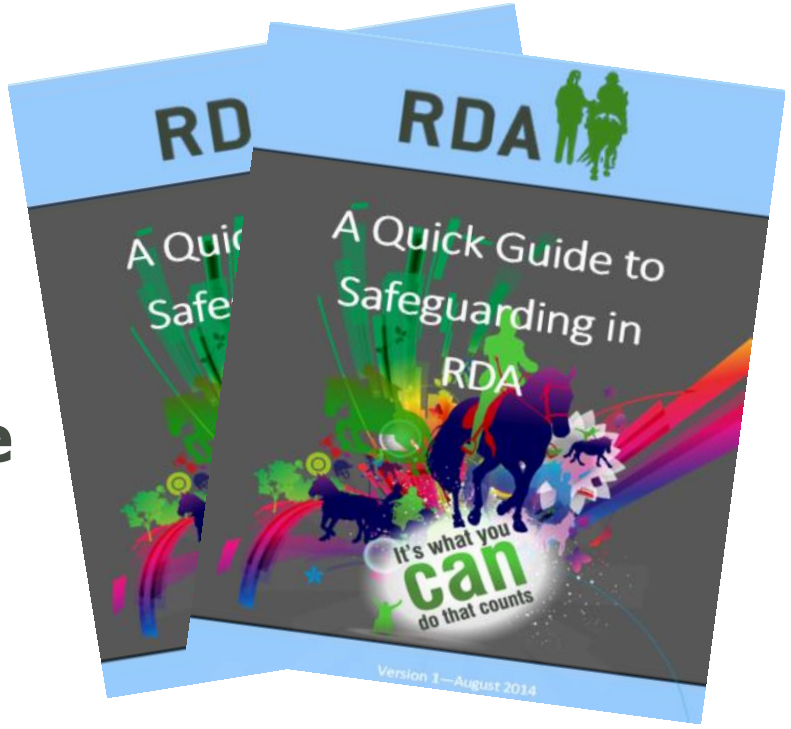
Top of the Ops

4

Top of the Ops - 4

Safeguarding

Co-ordinator – Laura Cartwright



New Dedicated Office Resource and Regional Trainers

Top of the Ops

3

Top of the Ops - 3

Volunteer Development

Chair – Lindsay Correa
Co-ordinator - Matt Cobble

New E'learning Offerings:
Autism Awareness
Disability Awareness
Equine Knowledge
Looking after Funders

Top of the Ops

2

Top of the Ops - 2

Coaching

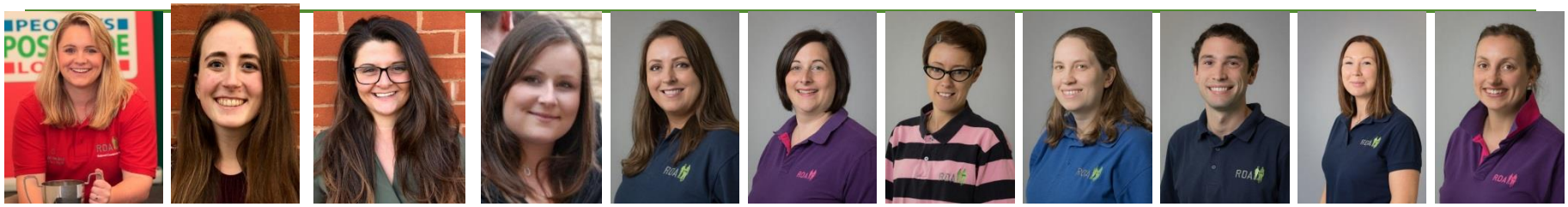
Chair – Sue Adams-Wheeler
Co-ordinators – Fiona Harris and Lyndsay Wager

Launch of New Coaching Pathway

Top of the Ops

1

Top of the Ops - 1



Activities Team (Chair – Sally-Anne O'Neill)

Developing and Supporting Groups with all Activities…..

Annual Returns, Carriage Driving, Coaching, Dressage, Education, Endurance, Equine, Governance Support, Greencards, Group Orders, Group Support, Holidays, National Championships, Participants, Safeguarding and Disclosure Support, Showing, Showjumping, Tracker, Trustee Updates, Vaulting, Volunteer Development

Top of the Ops

NEW

ENTRIES

Top of the Ops - 2019

- Advanced Coach Training
- Carriage Driving Conference - May 2019
- Tracker Developed for Hong Kong, New Zealand and Australia
- Coaching Pathway – Vaulting and Carriage Driving
- Holiday Grants for Groups on Days Out
- Role Specific Training for National Volunteers
- Proficiency Test Training Aides
- Photographic Competition within Arts and Crafts Comp
- Governance Training – New Workshops

RDA's 50th Anniversary

Caroline Ward
Communications Manager, RDA UK

50th Anniversary

Caroline Ward
Communications Manager, RDA UK

RDA

RDA

RDA
1969/2019
FIFTY YEARS

RDA
1969/2019
FIFTY YEARS

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1969/2019
FIFTY YEARS

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1969/2019
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1969/2019
FIFTY YEARS

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1969/2019
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RDA
1969/2019
FIFTY YEARS

RDA

A year of celebrations:

A year of celebrations:

Parliamentary reception

Opening of National Training Centre

National Championships

Holyrood Palace

Gala dinner & awards night

AGM

Celebration event

Raising awareness

Raising awareness

50 Faces

TV

Press

Online

#RDA50

How can I get involved?

How can I get involved?

Celebration week: 1-8 October

50th pack to groups

Use the logo

RDA tartan

Arts & Crafts

Writing competition

Old photos

Share your celebrations with us

#RDA50

RDA

RDA and Me

Anne Brown

KEEP
CLOSED.
93 6 22

OZZY

DODSON & HORRELL
HORSE FEED SPECIALISTS
C

RDA
www.rda.org

RDA
It's what you
can
do that counts

HARTPURY
RDA

Summing Up

Ed Bracher
Chief Executive, RDA UK

RDA

It's what you
can
do that counts

RDA UK
AGM

14th November 2018

Jubilee Saddle Draw

AWARDS

LORINERS EDUCATION AWARD

Moray RDA Group

AWARDS

SUSAN DUDLEY-SMITH AWARD

Joan Jack & Alison Mackintosh

AWARDS

BIRST SPOONER CUP

Max Stainton Baker

AWARDS

PRESIDENT'S AWARD

Patricia Wilding

AWARDS

HONORARY LIFE VICE PRESIDENT

Sheila Saner

AWARDS

HONORARY LIFE VICE PRESIDENT

Sam Orde

Closing Remarks

Sam Orde – Chair, RDA UK

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do that counts