



Gareloch Group Riding for the Disabled Association (SCIO) – Registered Charity Number SC 028645

### **Who we are and What we do**

Gareloch Group Riding for the Disabled Association, (GRDA), is a local charity based at Colgrain Equestrian Centre just outside Helensburgh.

We provide therapeutic riding opportunities for adults, children and young people with a wide range of disabilities. These may be physical or learning disabilities – and are often a combination of both. Currently we have 55 riders and around 48 of these are children and young people under the age of 25.

We run 10 group riding sessions per week – with additional opportunities for horse care / therapy sessions and individual tuition.

We cover the Helensburgh, Cardross and Lochside areas of Argyll & Bute, West Dunbartonshire, (Dumbarton, Vale of Leven and Clydebank), and some riders come from even further afield, e.g. East Dunbartonshire and Inverclyde.

The charity is run entirely by volunteers and our riding sessions are supported by volunteers. In total we have over 50 regular helpers who undertake a range of tasks. GRDA operates with the support of Colgrain Equestrian Centre, (by Helensburgh). This means we have the use of both indoor and outdoor facilities and can run our sessions throughout the year.

All of our income comes from donations, fundraising events and grants. We own four horses (Seven, Bella, Bobby and Bruce) and their upkeep is our most significant annual expenditure.

The various referring agencies are clear about the benefits of riding opportunities and their ability to improve quality of life for people with a range of disabilities. They note that our sessions not only provide our riders with physical exercise – which is extremely important for a range of conditions – but they also help the riders develop in confidence as they are able to stretch their boundaries and build relationships both with the horses and with the volunteers & other riders.

One rider who suffered a stroke at a young age has summarised the benefits for her in the following quote, “RDA means the world to me – it has given me the confidence to go out into the world and enjoy life”.

Further detail about GRDA is available on our website – [www.garelochrda.org](http://www.garelochrda.org)  
We have an “Adopt a Pony” scheme which offers an unusual gift option, so why not check it out: <http://garelochrda.org/support-us/adopt-a-pony/>

The photographs show some of our riders in action, both at Colgrain Equestrian Centre and at competitions.

**In the arena at Colgrain**



**Colgrain on a sunny day!**





**At Competitions - Bannockburn and Sandyflats**



**Success at Sandyflats!**



**Prizes! – Colgrain**



**Summer Session - Colgrain**

