



WHO WE ARE

Riding for the Disabled Association of Western Australia – Carine Group Inc. combines the transformative power and the therapeutic effects of horse riding. This is achieved by the provision of equestrian activities that expand the horizons, develop the abilities and enrich the lives of individuals with disabilities and special needs.

RDA Carine activities include therapeutic, recreational and educational riding, vaulting and Hippotherapy and Ready Set Trot programs.

The warmth and three dimensional movement of the horse is transferred to the rider's body, making it more relaxed and supple, strengthening core stability and improving balance, posture and co-ordination.

We currently offer riding sessions Tuesdays through to Saturday mornings and Hippotherapy sessions on a Monday morning during the school term situated at 77 Monyash Road, Carine.

RDA Carine acknowledges the Whajuk Noongar people who are the traditional owners of the land we now share. We respect the continuing knowledge, culture and understandings held by the Elders, past, present and future.

RDA CARINE CATERS FOR PEOPLE WITH

- Intellectual disabilities
- Specific learning disabilities
- Injuries resulting from accidents
- Cerebral Palsy
- Spina Bifida
- Muscular Dystrophy
- Multiple Sclerosis
- Down Syndrome
- Thalidomide
- Visual and Hearing Impairments
- Autism
- Amputees
- Special Needs
- Acquired conditions such as Parkinson's Disease

NDIS

RDA Carine is a registered service provider for the National Disability Insurance Scheme (NDIS)



CONTACT

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ALL FORD DAY



RDA CARINE

RIDING FOR THE DISABLED ASSOCIATION
OF WESTERN AUSTRALIA
CARINE GROUP INC.





THE THERAPY
ABILITY
SPORT

WHY VOLUNTEER?

RDA Carine would not exist without the support of generous people who give up their time to help make a significant difference in the lives of others within the community.

Our centre needs volunteer helpers over the age of 14 years to assist in providing weekly recreational and therapeutic sessions to our riders with disabilities and special needs. Be a part of a team that helps to develop the abilities and enrich the lives of our clients.

WHY SPONSOR OR DONATE?

Our centre relies on the generous support of individuals and businesses to make a difference to the lives of people with disabilities and special needs.

RDA Carine would be delighted to have you or your company involved with such a great cause.

You or your company can be involved as a sponsor or a key partner in one of our fundraising projects. Attractive marketing and branding awareness opportunities are available for those that assist RDA Carine with Sponsorship or Partnerships.

Be part of an elite group of businesses that are helping to make a difference in the lives of people with disabilities and special needs across Australia.

BENEFITS OF RDA

PHYSICAL

- Improved balance
- Strengthening of core muscle groups
- Improved coordination of both fine and gross motor reflexes
- Improved respiration and circulation
- Sensory integration
- Improvement of hand/eye coordination
- Increased range of joint mobility

PSYCHOLOGICAL

- General sense of well being
- Improved self confidence
- Emotional control and self-discipline
- Increased interest in the outside world
- Sense of achievement

EDUCATIONAL

- Remedial reading and mathematics
- Sequencing, patterning and motor planning
- Visual spatial awareness

SOCIAL

- Friendship
- Enjoyment
- Development of respect and love for animals

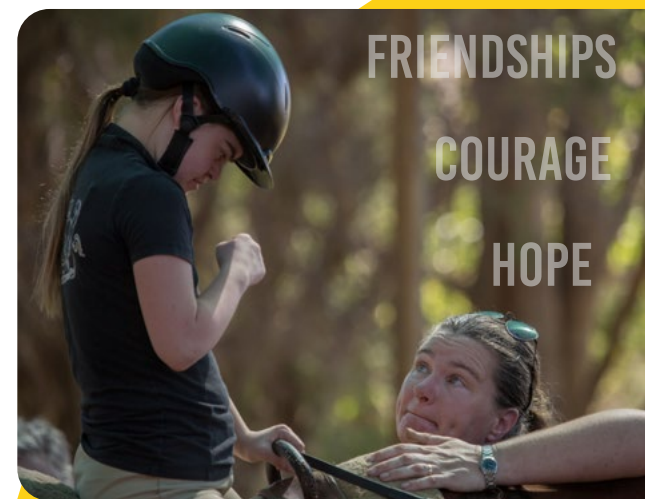
INSPIRATION

FREEDOM

FUN



HORSE RIDING IS A GREAT FORM OF PHYSICAL EXERCISE WHICH NOT ONLY BENEFITS THOSE WITH A WIDE RANGE OF DISABILITIES THERAPEUTICALLY BUT IT IS ALSO GREAT FUN. RIDING DEVELOPS ABILITY.



FRIENDSHIPS

COURAGE

HOPE

HOW TO GET INVOLVED WITH RDA CARINE?

If you or someone you know over the age of 14 years would like to volunteer their legs and enthusiasm to help make the learning experience fun and enjoyable, and can spare an hour or more (every hour counts), or if you or your company wish to support RDA Carine please visit

<https://rdacarine.org.au/get-involved/>
or Phone 9448 6376
or Email rdacarine@bigpond.com