

RDA

CORPORATE VOLUNTEERING



Riding for the Disabled Association Incorporating Carriage Driving

National Office, Lowlands Equestrian Centre, Old Warwick Road, Shrewley, Warwickshire, CV35 7AX

 01926 492915  Info@rda.org.uk  www.rda.org.uk

President HRH The Princess Royal KG KT GCVO QSO

Co limited by Guarantee No. 5010395 Registered Charity No. 244108 and Scotland SC039473



Corporate Volunteering at the National Training Centre (NTC)

Corporate volunteering with RDA UK at the National Training Centre offers companies and their employees a meaningful way to support our mission of transforming lives through horse-assisted activities and learning. Through volunteering with us, your team will engage directly with RDA participants, staff, and horses helping deliver safe and enriching experiences.



We welcome corporate teams of different sizes to contribute their time, energy and skills to activities that strengthen community, promote wellbeing and create lasting impact.

Riding for the Disabled Association Incorporating Carriage Driving

National Office, Lowlands Equestrian Centre, Old Warwick Road, Shrewley, Warwickshire, CV35 7AX

☎ 01926 492915 @ Info@rda.org.uk 🌐 www.rda.org.uk

President HRH The Princess Royal KG KT GCVO QSO

Co limited by Guarantee No. 5010395 Registered Charity No. 244108 and Scotland SC039473

Corporate Volunteering Day (£500 Donation)

Arrival & Welcome

We'll kick things off with a friendly welcome briefing, giving you a chance to meet our key team members and get a quick safety overview. This is your moment to settle in, ask questions, and get a feel for the day ahead.

Activity Session

Practical tasks such as helping with site improvements/maintenance, supporting stable and yard tasks. Your team will always be supported by our experience staff and volunteers throughout your visit. If an RDA group is running a session, you'll have the chance to observe and see firsthand the positive impact your support can make.

Reflection & Wrap-Up

At the end of your session, we'll take some time to hear about the difference your time has made and reflect on your team's experience. It's a moment to celebrate your contributions, share stories, and leave feeling inspired.



Enhance the day: For an additional £300 donation, choose one of the following activities...

1

Mechanical Horse Session

Take part in a guided 10 minute session on our mechanical horse, experiencing some of the movement patterns used in RDA sessions. This offers insight into how balance, coordination and core strength are developed in a safe and supported way. The session also explores how this equipment helps build confidence and physical awareness for disabled participants.

*Max Weight 16 Stone

2

Horse Knowledge

Explore horses' natural behaviors and learn how they interact with and support participants with disabilities. Gain hands-on experience handling a horse, and develop insights into communication, empathy, and connection through these remarkable animals. This session offers a unique opportunity to understand the subtle ways horses respond to human emotions and intentions.

3

Horse Grooming

Spend time grooming and preparing one of our horses, learning safe handling techniques and the importance of routine care. Grooming is a calm, hands-on activity that highlights the trust and partnership between horse and handler. These quiet, focused moments are a vital part of the overall RDA experience, showing how care and connection contribute to the wellbeing of both horse and participant.

Who we are

Riding for the Disabled Association (RDA) harnesses the power of horses to enrich lives, supporting disabled people through innovative programmes that promote wellbeing, physical health and confidence.

RDA activities provide significant benefits to disabled children and adults through:

- Therapeutic riding & carriage driving
- Unmounted equine activities (horse care, groundwork, sensory sessions)
- Specialist wellbeing programmes (e.g. Quiet Corners, Tea with a Pony for dementia and long-term conditions)
- Competitive opportunities (dressage, show jumping, vaulting, carriage driving)

Volunteering at the National Training Center

You will be joining us at RDA UK head office and National Training center.

In 2019 we opened the doors to our first ever National Training Centre. The new 'home' of RDA UK welcomes coaches and volunteers from across the organisation to learn new skills and share best practice.



How Corporate Volunteering Works

At RDA UK, corporate volunteering is more than helping out for a few hours it's about creating shared experiences that enrich both your team and the people we support. Typical corporate volunteering activities might include:

- Supporting stable yard tasks
- Helping with site improvements and maintenance
- Your team will always be supported by our experienced staff and volunteers throughout your visit.



Benefits for your organisation

Corporate volunteering with RDA UK at NTC offers benefits for your company and employees, including:

Team building & collaboration. Shared activities outside the workplace strengthen team relationships and communication.

Skill development. Volunteers may gain confidence and new skills while contributing to meaningful work.

Boosting wellbeing. Time spent outdoors or with animals can support mental wellbeing and reduce stress.

Social value & CSR goals. Supporting our charity helps deliver social impact and aligns with corporate social responsibility aims.

Positive community engagement. Your team's contribution directly supports inclusive opportunities for people of all ages and abilities.

What to expect on the day

Your corporate volunteering experience with RDA UK is structured to be engaging, supportive, and impactful:

- Arrival & Welcome. A short welcome briefing, introduction to key team members, and safety overview.
- Activity Session. Practical tasks or support activities, guided by RDA staff
- Reflection & Wrap-Up. Time to hear about the impact your time has made and to reflect on your team's experience.
- Our priority is ensuring that the day is rewarding for your team and respectful of the needs of the RDA centre, participants and horses.



FAQ's



How many people can take part?

- Most groups are around 10 people, but we may be able to accommodate slightly smaller or larger teams depending on the day and the tasks available.

How long does the day last?

- Most volunteering days run for a half day or full day, depending on what works best for your team and what projects we have planned.

Do we need to bring anything?

- Please bring comfortable clothes you don't mind getting messy, sturdy footwear (ideally boots), and weather-appropriate layers. We'll confirm any extra items ahead of time.

Is it outdoors?

- Most tasks are outdoors or in covered yard areas, so please dress for the weather.

Will we work with the horses?

- Usually, corporate volunteering focuses on site-based tasks rather than direct horse handling. If there is an opportunity to meet the horses safely, we'll build that into the day where possible.

Do you provide lunch and refreshments?

- No teams bring packed lunches, and we can advise what facilities are available near the site.

What facilities are available?

- Facilities include toilets, handwashing, and a space for breaks.

Is there parking available?

- Yes we'll share parking instructions before your visit.

Can we take photos and share on social media?

- Yes we love seeing teams share their day! We'll let you know any areas to avoid photographing and provide suggested tags/handles.

Do we pay a fee?

- Yes, teams pay a donation of £500 to the RDA to support us continuing to provide life-enhancing experiences to children and adults with disabilities through the power of horses.

How far in advance do we need to book?

- We recommend booking as early as possible as dates can fill up quickly.

What happens if the weather is bad?

- We'll still go ahead where it's safe to do so, but if conditions are unsuitable we'll discuss alternatives or rearranging.

How do we book a corporate volunteering day?

- Get in touch with us corporate@rda.org.uk to discuss dates, team size, and the kind of day you'd like we'll then confirm the plan and next steps.

Booking a Corporate Volunteering Day

To arrange a corporate volunteering day at the NTC, please contact our Corporate Fundraising team. When booking, please provide the following:

- Company name and contact details
- Preferred date(s) and times (Excluding July for our National Championships)
- Number of participants in your team
- Any accessibility requirements
- We recommend providing at least six weeks' notice for your visit so we can organise appropriate activities and ensure the best experience for both your team and our participants.
- We will work with you to match your team to activities that are meaningful and safe, based on numbers and times available.

Contact us: RDA Corporate Volunteering Team:
corporate@rda.org.uk



Accessibility & Inclusion

We want corporate volunteering to be accessible for everyone. Please let us know in advance if anyone in your team has accessibility needs, so we can plan suitable activities and support.

Cancellation Policy

If your team needs to cancel your volunteering day, please inform us as early as possible. We understand plans change, but late cancellations can impact session planning and resource allocation.



A great day!

Fantastic opportunity for us as a team to volunteer to support a fantastic organisation. Loved hearing the great stories of how the horses have impacted so many people.



NFU Mutual Corporate Volunteer