



Rachel receives Royal recognition

Ride High Founder and CEO Rachel Medill has been awarded an MBE for Services to Young People in the Queen's 90th Birthday Honours List.



This honour is an endorsement of Rachel's personal dedication and Ride High's achievements over the last seven years. The charity began with just six children in a portakabin; today it supports over 80 children every week.

Rachel shared with us her most memorable Ride High moment:

"Dylan was one of the first six children we worked with. He was referred with chronic anxiety about everything.... he couldn't speak to anyone he didn't know and even leaving the house in the morning was sometimes too much. In week 10 we held an open day, attended by the Mayor and 30 other guests. From the back of his pony Dylan gave a presentation to the assembled company, it was literally breathtaking. That was when I knew that Ride High was extraordinary".

Achieving the unachievable



Jason was dangerously underweight. Having suffered with eating disorders for several years, he'd missed a lot of school and was left feeling isolated and anxious. With few friends and no formal qualifications Jason was unable to see a future for himself.

As Jason struggled to maintain a healthy weight he had to spend many months living apart from his family in a specialist eating disorder clinic.

In 2014 at the age of 16, when Jason felt he would be spending the rest of his young life in the clinic, he was referred to Ride High on the condition that he maintained his target weight. What an incentive that proved to be!

One year on and attending Ride High every week helped Jason transform his life. He developed the confidence and self-esteem to achieve what he thought was unachievable; Jason was discharged from the clinic. **"The horses became my friends and I made friends with other Ride High members, staff and volunteers"** said Jason and his mum told us that **"Jason was at his happiest after attending Ride High each week"**. Ride High helped give Jason a purpose, a sense of positivity and ambition.

Jason is currently studying animal care at College.

Do you shop online?

You can now support Ride High every time you shop online through Easyfundraising. It's free, it's easy, and for every purchase you make online Ride High will receive a donation. You can shop with nearly 3,000 retailers including Amazon and Ebay and the supermarket giants Tesco and Sainsbury's.

How it works in three simple steps:

1. JOIN

Go to easyfundraising.org.uk and sign up for free



2. SHOP

Every time you shop online, head to easyfundraising first. There are over 3,000 retailers on board, so simply pick the one you want and start shopping



3. RAISE

After you've checked out, that retailer will make a free donation to your good cause – it doesn't cost you a penny extra!



Sign-up today at: www.easyfundraising.org.uk/causes/ridehigh.

We can change a child's life for just £4,000

Can you help us?



TIPS TO MAKE A DIFFERENCE

At Ride High we're helping more children every week than ever before, but we still have a long waiting list of children who desperately need our support. Here's how you can get involved to help make a difference to these children's lives.

SHOP

Raise money for Ride High every time you shop online through Easyfundraising. Visit www.easyfundraising.org.uk/causes/ridehigh to start raising money straight away.



ORGANISE

Host your own event and invite friends, family and colleagues to take part and help you raise money for Ride High. How about hosting a Dine High event next year?



VOLUNTEER

Could you commit a couple of hours each week to support our children with their riding and clubroom activities? You don't need any prior experience with horses and training is provided.



CHALLENGE

Achieve an incredible personal or team goal and support Ride High at the same time. Need some inspiration? How about climbing Kilimanjaro or running 10K or even running a Marathon? We'd love to support you to achieve your goal in aid of Ride High. Contact us for more ideas.

DONATE

It couldn't be easier to set-up a regular donation to Ride High.

Just visit www.ridehigh.org/make-a-donation



FOLLOW

Like us on Facebook. Follow us on Twitter. Share our posts. When you post remember to include [@RideHighMK](https://twitter.com/RideHighMK). Social media platforms are a great way to increase awareness and to keep up-to-date with what's happening at Ride High.



PLAY

The Ride High Lottery is a fun and affordable way to support the charity and have a chance at winning a cash prize every month. You can play for as little as £2 a month. Sign up today and IT COULD BE YOU!



SPONSOR

It costs £4,000 for a child to come to Ride High for a year. That year could change their life. If you'd like to make this possible we'd love to talk to you about sponsoring a child.

ENJOY

Ride High organise fantastic fundraising events throughout the year.



QUIZ NIGHT, SAT 26 NOV 2016
RIDE HIGH BALL, SAT 28 JAN 2017

SHARE

Have you got a skill or some experience that you'd like to share with Ride High? Perhaps you're a keen photographer or carpenter or have IT or accountancy experience. If you'd like to volunteer your expertise to help make a difference then please contact us.

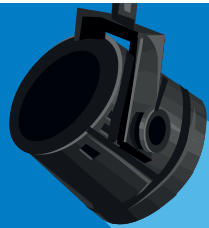


To get involved email: fundraising@ridehigh.org

"Ride High has helped me to cope with my fears. Please donate £2 or more a week to help

David's story

David's struggle with diabetes meant that he spent too much time in hospital and missed important time at school. His illness began to make him feel angry and isolated and David began to self-harm. At the age of 14 David was referred to Ride High. David loved the horses and started to make friends at Ride High so he cooperated with his doctors and school and gradually developed the confidence and desire to manage his diabetes and live a happy life. David is now at College and says "Ride High was one of the most important influences in changing my life".



Volunteer spotlight

Karen Place

Karen helps out at the Centre twice a week. She's a full-time carer who came to us with no knowledge of horses but wanted to help with the children.



What's involved?

Lots! I help the children with the equipment, safety and riding. I encourage and praise, helping to build their confidence. I help in the Clubroom with various activities; sticking, colouring, story writing and making things.

What's been your highlight?

Taking a group of children to London to meet the Metropolitan Police horses. Some of the children had never even been on a train before let alone to London so it's great to be involved with the excitement.

How have you benefited?

My son has ASD. Working with the children helps me to give back to other parents and children who are struggling. I struggle with confidence myself so it's helped me to get out of the house and challenge myself to do something out of my comfort zone. The experience has also enabled me to study to be a support worker in a school.

Any recommendations?

Have a go! It's so much fun. The children are lovely and it's so nice to see the improvement and the smiles on their faces. It's an amazing team to be a part of. I go home feeling like I've really made a difference. I love children and the outdoors and it's perfect for me to combine both.

Visit our website to meet more of our lovely volunteers:
www.ridehigh.org/meet-our-volunteers

RIDE HIGH FACT:

95% of young people are in a positive destination when they leave Ride High – at school, college or in relevant work experience

Out and about

During the school holidays Ride High organise a variety of fun, inspirational and educational trips for our members. This summer, trips included Ascot and Newmarket, Woburn Safari Park and Whipsnade Zoo. Trips are a key part of the Ride High programme and enable us to maintain a connection with our children over the holidays. Some of our members enjoyed a fun-filled three day residential trip to the Fortune Centre of Riding Therapy.



Embracing the challenge of the vault at the Fortune Centre!

Thank you for dining



Thank you to everyone that hosted or attended a Dine High event in May. You raised a whopping £4,800.00 for Ride High! Your efforts will enable a child to attend Ride High for a year and send several more on educational trips and visits during the school holidays. Dine High dates for 2017 will be announced shortly.

Ride High grow and help other children who have problems and stuff". Ride High Member

Clubroom Corner



Ride High isn't all about riding, in fact it's just the start! Each week, after riding the children take part in a number of creative projects focused on building their self-confidence and developing social skills such as: speaking and listening, participation, team work, self-control and the ability to make and sustain friendships. Here's one of our favourite projects from last term.

After learning about the anatomy of the horses; each child was given a body part to decorate. The pieces were then stuck together to form these beautiful horse mosaics. It was a great team effort and proved to be a very valuable and fun lesson for the children.



If you like this picture you'll love our Ride High Christmas cards designed by our children. Make Christmas extra special by sending a Ride High Christmas card. Available from September.

Katy's story

Katy's home life was tough. She was the main carer for her younger sister, and also supported her parents. As the situation at home deteriorated she started to remove herself from others company, she ate less, missed school and started self-harming. At 14 Katy was referred to Ride High.

Katy attended Ride High every week. After four months her confidence increased, she stopped self-harming and her attendance at school improved. Ride High organised a paid work experience placement for her and she completed the ASDAN Ride High Award (an externally accredited award) to Expert Level. Ride High also worked closely with professional groups to ensure that Katy and her sister now live in a safe and secure home.

Katy is now studying Business at college.



It costs just £4,000 to change a life forever - please help us change more lives like Katy's

DONATE TODAY: visit www.ridehigh.org/make-a-donation

Alternatively, you can send a cheque made payable to **Ride High Ltd** to:
The Dove House, The Avenue, Aspley Guise, Beds, MK17 8HH.

Thank you for your support

A BIG thank you to all our supporters:

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Contact us:

Office: 01525 261442

Mobile: 07507 308943

Email: info@ridehigh.org

Website: www.ridehigh.org

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