



JULY NEWSLETTER



Welcome to our July newsletter! Summer has finally arrived and the children are enjoying their time outside with the horses and in the Ride High garden.

The months have raced on by and shortly we'll have completed our first full term supporting 15 groups/ 120 children each week. Our team of staff and volunteers have pulled out all the stops to make this happen and we're delighted with the results. We're helping more children than ever before, but our outcomes are just as strong and the difference we're making to young lives is quite remarkable... just read Lizzie's story below.

As we move towards the holiday period we're planning lots of activities for new and existing members and preparing for the Autumn term. There are lots of ways you can continue to support from us, from volunteering, to attending or sponsoring one of our events, or making a donation. Please take a read-through our newsletter for our latest updates and to find out how you can get involved.

With best wishes,

Olivia Sugdon
CEO, Ride High

**Date for your diary... Ride High Ball - Saturday 27th
January 2024**



Rising to the challenge

Lizzie is 15. Homelife for Lizzie has been chaotic for some time, and her family social worker referred her to Ride High to provide a positive and calming influence.

Lizzie joined our Portfolio group in January having never ridden a horse before. Naturally she was nervous, and despite a love of animals felt quite intimidated by the sheer size of the horses and didn't think she'd ever have the confidence to ride. But with support from the Ride High team, within her first month she was delighted to be told she was 'riding like a professional'! "It's funny, I feel so relaxed when I'm on a horse now, I just forget about everything else, and it seems like the most natural place to be".

Lizzie's new riding ability fills her with great pride, a sense of accomplishment, and has helped to steer her in a positive direction. Lizzie even chose to do her work experience placement at the Ride High Equestrian Centre. Working long days, she cared for the horses and helped lead younger Ride High members in their lessons. "It was quite challenging, but I enjoyed the extra responsibility and seeing Ride High from a different perspective". We're really proud of how Lizzie has made the very best of her time at Ride High and taken every opportunity presented to her. With just a few weeks left on the programme before we break for summer, we're confident that good things lay ahead.

Lizzie said, "I find horses fascinating - they're all so different with their own personalities and I love the bond you can build with them. I've learnt so much at Ride High and the experience has taught me a lot about myself too".

Playing our part in the Baton of Hope UK Tour

Ride High was very proud to carry the Baton Of Hope on part of its journey through our wonderful City of

Milton Keynes just yesterday. The Baton of Hope UK Tour has become the UK's biggest ever suicide prevention initiative. We stand with all those involved across the whole country to raise awareness and more support of suicide prevention and mental health challenges. Thank you to our wonderful young members, staff, volunteers and those who joined us from the local community to make this event so special.



Visit our new community sensory garden

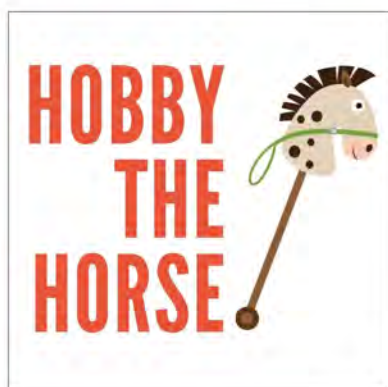
We've just completed the first stage of a very special project to transform our orchard into a beautiful garden that is already being used by our own members and is accessible to beneficiaries of other local charities and organisations. We have a number of organisations to thank, including funders: MK Community Foundation, John Lewis, MK City Council, The Jim Marshall Charitable Trust, Simon Rivett-Carnac Trust, Hugh Park Charity and the Mackanness Family Trust, and those who have donated plants, materials and their valuable time: The Bennie Group, EMW, Acorn (MK) nurseries, SIS and Ronseal. Over the coming weeks we'll be planting and nurturing the garden and we're looking forward to welcoming other charities and their beneficiaries to share in the space. If you'd like to visit and use the garden please contact us.



Celebrating our volunteers

Last month we enjoyed a special gathering with some of our volunteers to celebrate Volunteers Week. We're very lucky to have support from volunteers from all walks of life who bring their personalities and experiences

to the charity, enriching our work with children and young people and making a huge impact on their lives. Volunteering at Ride High is so rewarding and we are looking for more people to join us in September.



Launching Hobby the Horse Programme

We are very excited to launch our Hobby the Horse charity Programme for schools.

Our fun, free and educational programme will see children in participating schools design and make their own

hobby horse using recycled materials and hold an event to fundraise for Ride High. We've created fantastic resources for teachers to make the programme fun and easy to implement and it also complements the Key Stage 1 Curriculum. Several schools across Milton Keynes are participating in the launch in the Summer and Autumn terms - but there's still time to get involved. Thank you to our sponsor Cawleys and supporters Reedbut Group.



Coronation celebrations

We celebrated the Coronation of King Charles III and Queen Camilla in style! ... and also had the pleasure of welcoming Countess Howe, His Majesty's Lord Lieutenant of Buckinghamshire to Ride High.

She kindly shared with the children her own experience of attending the King's Coronation and her passion for horses.



Congratulations to our MK Marathon Weekend runners

Thank you to our fantastic runners Alex, Charlotte, Alastair, Stacy, Suze, Gary, Susan, Caz and Shena for taking part in The MK Marathon Weekend events. Together they raised over £6,000 for Ride High. Superstars!

Thank you also to our volunteers who helped managed our very busy water station en route! Such a great community event to be part of!

Future events



Ride High Mosaic Exhibition

Friday 14th July -
Monday 7th August
Central Milton Keynes Library

Our members have been working on a wonderful mosaic project with volunteers and staff of Ride High and local artist Sarah Harper (Honey Mosaics), funded by a generous bequest from a local Rotarian. Before the work is installed at Ride High it will be on display at the Central MK Library. It's absolutely beautiful so if you have time, please come and take a look.



Charity Treasure Hunt

Thursday 21st September, 2PM,
Ride High, Milton Keynes

In partnership with Facilities Management Solutions Gather your crew and crack the clues! A fun-filled, team building afternoon concluding with a BBQ at Ride High, including competitions and prizes.



Charity Golf Day

Wednesday 27th September,
Woburn Golf Club

Join us for 18 holes on the impressive Dukes course. Included is a range of fun on-course competitions, drinks reception, three-course dinner and prize giving.



Save the date: Ride High Ball 2024

Our Ride High Ball will return on Saturday 27th January. The theme will be announced imminently, but it promises to be a fantastic evening so please pop the date in your diary!

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