



RIDE HIGH Spring Newsletter

Dear Supporter,

Springing into action

I hope this email finds you and yours safe and well.

A few weeks ago I wrote to you advising that Ride High has had to suspend all its usual activities due to the CV-19 crisis. Knowing how dependent our members are on their weekly visit to Ride High, this was a huge concern to us. With a dramatically reduced team (the majority have been furloughed) we put all our efforts into rewriting our programme to enable us to continue to support our most disadvantaged and vulnerable children 'from a distance'.

It is with delight and a sigh of relief that I can inform you that the programme is proving very successful. Our members are engaging with us regularly online and we have received encouraging feedback from the children and their guardians about the 'Ride High by Post' activity packs we are sending out each week. The packs are providing our children with a focus during these difficult times; they show them that we care, and are bringing a smile to their faces when a package arrives each week with their name on it.

This unprecedented situation we find ourselves in is hard for everyone, so please accept my deepest thanks for supporting Ride High through these tough times. A special thank you to everyone who has donated to our [CV-19 Crisis 'Ride High by Post' appeal](#). It is only through the generosity of our supporters and corporate partners that we can continue to help change young lives.

I hope you enjoy reading our latest newsletter and finding out about other ways you can get involved. Despite the challenges lockdown presents there are lots of fun activities to take part in this Spring including our [#TwoPointSixChallenge](#) starting this weekend - please visit our [website](#) and get involved.

Best wishes,

Olivia Sudgon

Olivia Sudgon
CEO, Ride High



In lockdown our children are more vulnerable than ever before.

If you would like to make a donation to help us send 'Ride High by Post' activity packs to our children to show them we care please [donate here](#).

A donation of just £10 will enable us to send out an activity pack to two Ride High members.

A light at the end of the tunnel

Matt is 14. He is home schooled having been badly bullied. He is a young carer for a parent who has a dangerous illness. Matt suffers with severe anxiety and struggles to trust people outside of his family.

Matt joined us in January this year. Initially he needed a lot of support and encouragement from his parents, however slowly but surely Ride High has become an enjoyable and important part of his life. His weekly visit has provided him with important social opportunities that he misses from not attending school. The progress he has made with his riding has helped to rebuild his confidence and he's making new friends.



At first Matt wouldn't take the bus to Ride High – now he's feeling happier he's first on and joins in with everything. He has even attended holiday activities with children from other groups that he hasn't met before.

Like most of our children, Matt is missing his weekly visit to Ride High and struggling during lockdown. But he is engaging well in our online programme and remains positive about his return and the brighter future that he can now see ahead.

Take on Ride High's #TwoPointSixChallenge

Ride High is taking part in 'The 2.6 Challenge', a nationwide fundraising campaign to help save UK charities during the CV-19 crisis.

Join us in doing the Horse Stance for one minute everyday for 6 or even 26 days! The Horse Stance is the position you ride a horse in. It's quite a challenge but it's a great way to strengthen your legs and back and you can do it absolutely anywhere - at home, in the garden or in the office! And it's FUN... just check out our [video](#) with our staff showing you how it's done!



Organise your challenge and get your friends, family and colleagues involved too. Social distancing rules prevent us all being together but consider other ways to support each other such as doing the daily challenge on Zoom. We then just ask that you donate £2, £6, £26 (whatever you can afford) or set up an online fundraising page and ask people to sponsor you.... and of course remember to share your photos and videos on social media.

We're inviting everyone to take part from Sunday 26th April onwards. For more information [visit our website](#).

Ride High named Charity of the Year

Last month we were delighted to win the Charity of the Year award at the Milton Keynes Business Achievement Awards.

It was a remarkable evening that saw businesses of all sizes and sectors come together to celebrate our city's remarkable achievements, and we are very proud to be amongst them and to be recognised for our important work in the community.

Ride High has helped to transform the lives of over 1,500 children since it began eleven years ago and we couldn't do this without the amazing support of the brilliant businesses in Milton Keynes. There are several ways in which businesses can support and partner with Ride High including unique CSR opportunities which provide rewarding experiences for businesses and their employees. If you would like to find out more please contact us at info@ridehigh.org. Here are just a few of several of our corporate partners that have supported us more recently...



New shelter for the children

Tesa, one of the world's leading manufacturers of technical adhesive tape, has built a fantastic shelter next to the outdoor school for us. This will be a lovely surprise for our children on their return and a great facility for our members to use and enjoy for years to come.



Cawleys care

Cawleys, a leading waste management and recycling company, continue to be an amazing support to us through the CV-19 crisis. Every week they collect our waste and do so much more besides. A third generation family run business, Cawleys truly care and we couldn't do without them.



Charity of the Year x 2!

Shoosmiths, a national law firm has supported Ride High as its Charity of the Year in their MK office for an unprecedented two years in a row. During that time the whole team has been absolutely amazing – FUNdraising, providing business support and getting stuck in on volunteering days!

Frontline support

Sysmex UK is a diagnostics company that has supported Ride High almost forever, and in so many ways. Even now, when their team is on the frontline supporting hospitals to treat those suffering with CV-19, they are helping us with the distribution of our 'Ride High by Post' packs.



Events

MK Marathon

Stadium MK

NEW DATE! Sunday 6th September 2020

Due to the CV-19 crisis the event has been postponed until September.

We still have a Marathon and Half-Marathon charity place available for anyone who would like to join in this fantastic event. There's plenty of time to train and fundraise... so why not join our team of Ride High runners?!

The MK Marathon routes are consistently ranked in the TOP 10 in the UK.

Join us and we'll support you with your fundraising and will be there to cheer you along on the day. You will also receive a personalised Ride High running vest!

Email fundraising@ridehigh.org if you would like to run for Ride High!



Ride London 100

London Olympic Park

Sunday 16th August 2020

This ultimate cycling challenge is still scheduled to take place in August and we have four remaining charity places up for grabs!

The event follows the route of the London 2012 Olympic Games. Featuring traffic free roads and a hundred-mile cycle through central London and the beautiful Surrey Hills, it's the perfect ride for seasoned cyclists and those just getting started.

The ballot for 2020 is now closed but you can still join our team and ride for Ride High?! All we ask is that you fundraise £850 for the charity.

You'll receive regular fundraising tips and a Ride High Cycling jersey.

For more information email fundraising@ridehigh.org.



Other easy ways to support Ride High...

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www.ridehigh.org

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