

RIDE HIGH Newsletter

Autumn 2019

10



RIDE HIGH
Transforming lives 2009-2019

Celebratory 10 years



This Summer we 'Rocked Red' for Ride High in celebration of our 10th birthday. Supporters from around Milton Keynes

joined in the celebrations and we saw amazing people take on challenges and organise fantastic events.

We marked the occasion here at the Ride High Equestrian Centre. Current members and many from years gone by, friends, supporters and the Mayor of Milton Keynes joined us for an evening of celebration. It was fantastic to bring everyone together and celebrate just how much impact our small charity has had on the lives of over 1,200 disadvantaged children in our city. Thank you to everyone who has helped us reach this incredible milestone.

As you read our newsletter you'll see there has been a great deal of activity taking place over the summer with lots more to come. Please do get involved and help us to continue to make a difference to many more young lives in the future.

Yours,

Rachel Medill MBE
Ride High Founder and CEO



Pursuit of happiness

Alex, aged 17 had been out of education for some years. He was living in foster care and had recently moved to a residential home in Milton Keynes where he'd become increasingly isolated and vulnerable.

There was very little for Alex to look forward to – until he joined Ride High last year. Alex came to us feeling hopeless and would barely speak to anyone. Over time his confidence grew. Ride High provided support and structure to his weeks and he developed a real passion for the horses. So much so that he decided that he wanted to make a future working with animals. Without qualifications, Alex faced further challenges, but Ride High helped him research his options and he is now on a positive path to realising his dream. Alex is currently gaining the skills and experience he needs to progress through a work experience programme at the Ride High Equestrian Centre.

Alex said "I can't explain how grateful I am to you for helping me through some really tough times. Ride High was my safe place where I could be myself and even have fun. I haven't had the easiest few years but coming to Ride High has changed my life".

Sharing success

Rebecca, (pictured third from the left below) attended Ride High in 2016-18. She returned for our 10th birthday celebration and shared her story of how Ride High helped her...

"I looked forward to my time with the horses every week. They made me feel calm and like I was in control. Riding made me feel like I was good at something and the adrenaline I felt when trotting or cantering stopped me self-harming.

Ride High gave me the motivation to leave my house, which was something I barely did back then. The staff helped me to realise that I wasn't going to be stuck that way forever and that I could overcome what I was struggling with.

I am now entering my second year at University. Ride High helped me to recover and put me on the right path to where I am today."



Watch our birthday film on our website....

Thanks to 'This is my Film' for telling our story: www.ridehigh.org/ridehighfilm.



From anger to love



Sophie, aged 13 was referred to us by CAMHS (Child and Adolescent Mental Health Services). She suffered with extreme anxiety and felt very angry. Unable to talk about her feelings she resorted to self-harming.

When Sophie first came to Ride High she was very quiet. She would always sit on the periphery of group activities and not join in. The breakthrough came as Sophie fell in love with the horses and it became clear that she had the potential to be a talented rider.

Sophie is learning to control her anxiety and has started to confide in fellow members, staff and volunteers. Her confidence and self-esteem is increasing and she participates in clubroom activities and has taken part in a number of activities over the summer.

Sophie is turning into an independent young lady and looking to the future. She is even considering a career with horses.



“Ride High is amazing. I don’t ever want to leave.”

Thank you to our fab supporters. Here are just a few...



Busy Women Networking Rocked Red



Rachel Small cycled 100 miles in Ride London



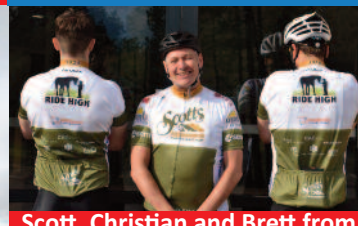
Colleagues at Mirus IT Rocked Red in the office



Gary Smith cycled 100 miles in Ride London



Colleagues at Sysmex UK climbed the Three peaks



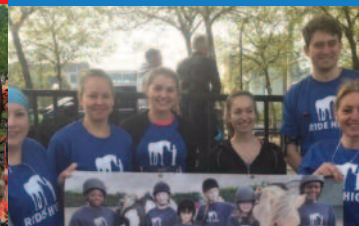
Scott, Christian and Brett from Scotts of Thrapston cycled 100 miles in Ride London



Katie Gulliver rode 12KM across MK, side saddle



Dave Buckingham from Cawleys cycled 100 miles in Ride London



Fossil and Shoosmiths joined us for the MK Marathon



Sarah Lindau hiked 100km in the Thames Path Ultra Challenge



Mark Smith-Young cycled 100 miles in Ride London

Volunteer Spotlight

“I have been volunteering at Ride High for just over a year now. I’d stopped working as a teaching assistant after ten years and still wanted to be involved with nurturing children.

I come to the centre twice a week and support the children in their riding lessons, out on the yard and in the clubroom. Children that come to Ride High face lots of challenges. When they’re at Ride High they know they will not be judged, they’re safe to be themselves; to become more confident and make friends.

It’s a real joy to see the children flourish and I take great pride in being able to help them do so. I needed to fill my soul again and give back. Working with these children certainly does that.”

If you’d like to volunteer your time to help at Ride High please email info@ridehigh.org.

Tracey Fluckiger



Ace Apprentices

Harlee and Eve, two ex Ride High members have recently joined the Ride High Equestrian Centre as apprentices.

Both girls have overcome tremendous challenges and we are very proud of the progress they have made. It's great that we are able to continue to support them in their future careers.



Thank you to The William Wates Memorial Trust and Wates Foundation for funding the apprenticeships.

Cummins construct summer clubroom

A team of volunteers from Cummins (an automotive battery systems business) in Milton Keynes have been working hard this summer to build an outdoor classroom in the Ride High garden for our members. It's a fantastic facility where the children will learn and have fun, but also provide a quiet place for calm and relaxation. Cummins also built raised flower beds and planted a variety of plants and shrubs for the children to tend to. **Thank you Cummins!**



Charities together

Over the summer we welcomed young people from Transitions UK who are leaving care and need support to move on to independence. The group attended a four-week non-ridden programme. We also welcomed the return of a group of young carers from Young Carers MK. For these children who have the weight of the world on their shoulders, coming to Ride High each week gave them something new and positive to focus on. They thoroughly enjoyed learning to ride and built self-esteem and confidence as they improved.



Summer fun

The summer holiday can be a long and lonely time for our members... but it has flown by this year! Pizza parties, gardening, baking, 'Running Ride High', visits to allotments and pony yards, days out to Newmarket and the Metropolitan Police Mounted Branch Training Centre, not forgetting our annual residential to the Fortune Centre of Riding Therapy in the New Forest! Our members have learnt so much and enjoyed every minute building new friendships and making lasting memories.



"I don't think any of us have never laughed so much... it was the best experience of my life."

See how you can give more children such opportunities below.

Be a Ride High Gem

By Giving Every Month you can help us to plan for future summer activities for our members; for what can often be a long and lonely break from school. Fun and educational trips and visits allow disadvantaged children to have new experiences, overcome anxieties, develop independence, gain confidence and achieve things they can be proud of.

£10 a month will pay for a three-day residential for **ONE CHILD**

£20 a month will pay for a fun and educational trip **FOR EIGHT CHILDREN**

It's easy to become a GEM. Visit www.ridehigh.org/beagem



What's on:



Ride High Take on Stubbs Exhibition 9th - 30th October 2019, MK Gallery

Ride High members' artwork is to be exhibited alongside that of the English painter George Stubbs at a world class exhibition at MK Gallery. Best known for his paintings of horses, Stubbs (1724-1806) is one of the UK's greatest artists.

Ride High members are busy in the clubroom this term recreating some of Stubbs' most iconic work (including the famous Whistle-jacket).

Please visit our free exhibition in the Project Space at MK Gallery sponsored by RB Equestrian, Shoosmiths & WSA Communications. It's open Tuesday – Sunday and if you visit on a Tuesday and have an MK postcode you can see the George Stubbs exhibition 'all done from Nature' for free too.



Ride High Ball Saturday 25th January 2020, Jurys' Inn, Milton Keynes

Join us for our biggest night of the year. With a four course meal, live and silent auctions and live band, we guarantee you'll have a fantastic evening in aid of Ride High.

Challenges for charity



Milton Keynes Marathon, Half-Marathon and Relay Sunday 3rd May 2020, MK Dons Stadium

Run for Ride High! The MK Marathon routes are consistently ranked in the UK TOP 10. Run on your own or create a team with friends or colleagues.

Ride London 100 Sunday 16th August 2020, London Olympic Park

Get on yer bike with this hugely popular 100-mile traffic-free cycle event following the route of the London Olympic Games. We have 13 places up for grabs so why not join our team and Ride for Ride High?!



Visit www.ridehigh.org/events for more information.

Help us to change Phillipa's life

Phillipa, aged 14 was admitted to hospital earlier this year with self-harm injuries. She shared thoughts of how she was planning to take her own life. She lives in a chaotic and neglectful household and desperately needs our support.

It costs just £3,500 to change a life forever...

please help us to change Phillipa's.

Donate today: www.ridehigh.org/make-a-donation

Alternatively, you can send a cheque to Ride High Ltd to:
Ride High, Ride High Equestrian Centre, Redland Drive, Loughton, Milton Keynes, MK5 8HD

Thank you for your support

A BIG thank you to all our supporters:

Grant Funders:

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Milton Keynes Community Foundation
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William Wates Memorial Trust

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Private Donors:

We would like to thank our private donors – it would be impossible to do as much as we do without you.

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