

RIDE HIGH Newsletter

Spring 2019

10



RIDE HIGH
Transforming lives 2009-2019

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This Easter marks the tenth anniversary of Ride High.

Never did I imagine ten years ago when I first

started Ride High in a portakabin with six children, that the charity would go on to transform the lives of over 1,200 of Milton Keynes' most disadvantaged children.

None of this would have been possible without the help of our generous donors, funders, corporate supporters and dedicated volunteers.

However our work is far from complete. Reports have shown a national increase in children reporting mental health issues and the local media have recently called for action to stop this from escalating in Milton Keynes. Every child deserves a happy and healthy future. So this year as we celebrate the past ten years I encourage you to support Ride High as we look to the future.

There are a variety of ways you can help us, with some ideas over the following pages.

Yours,

Rachel Medill MBE
Ride High Founder and CEO



Building confidence

Aged 17, Maisie had been referred to Ride High by the NHS Child and Adolescent Mental Health Services.

Maisie had experienced domestic violence and her father was in prison. She had become so anxious that she couldn't be left alone or attend school.

When Maisie first joined Ride High, she was unable to visit without her mother's support. Her high anxiety meant that she couldn't go to the toilet alone and she found it difficult to mix with other children.

As time progressed, Maisie's confidence grew and her attitude and behaviour towards others improved. She became welcoming, friendly and supportive to the fellow members of her group. She felt ready to leave her mum at home and came to sessions alone. In her last half term she went onto lead a clubroom session on e-safety.

Maisie attended Ride High for ten months. By the time she left she had started a course at college and was working part time. She was barely recognisable from the person we met when she first joined the programme.

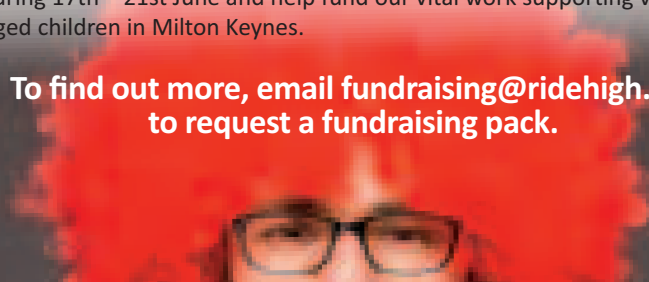
To celebrate our tenth anniversary we are encouraging you to go Red for Ride High this June, whether it's rocking a red outfit, holding a cake sale or wearing a bright red wig!

ROCK FOR RIDE HIGH RED!

Why not have some fun and raise money for Ride High at the same time?

To join in simply hold a red themed fundraising event with your colleagues, school, friends or family during 17th – 21st June and help fund our vital work supporting vulnerable and disadvantaged children in Milton Keynes.

To find out more, email fundraising@ridehigh.org to request a fundraising pack.



"I was suicidal and very low; Ride High has massively changed my confidence"

Ride High leaver, aged 16.



HOW YOU CAN HELP RIDE HIGH

At Ride High, we're helping more children than ever before **but we have 46 children on our waiting list who desperately need our support**. As we celebrate our tenth anniversary, here are ten ways you can pledge to support the charity this year and help us to transform the lives of disadvantaged and vulnerable children.

Challenge

Could you do something amazing and take on a challenge for Ride High?

You could achieve a personal or team goal and fundraise for us at the same time. Whether it's a walk, cycle, skydive, swim or getting muddy, we'd love to support you to achieve your goal.

Volunteer

Could you commit to a couple of hours a week to support children with their riding and clubroom activities?

Or offer occasional support by manning a stall at a fundraising event or holding a collection tin?

If so please do get in touch.

Host

Why not organise your own fundraising event and invite friends, family and colleagues to take part?

You could host a quiz or **Rock Red for Ride High** this June, see our front page for more details...

**ROCK
RED!**
FOR RIDE HIGH

Sponsor

It costs £3,000 for a child to come to Ride High for a year.

A year that could transform their lives forever. If you would or your company would like to make this possible through sponsorship or a Charity of the Year relationship, we'd love to hear from you.

Play

The Ride High Lottery is a fun and affordable way to support the charity with three cash prizes guaranteed every month. You can play for as little as £24 a year.

Sign up at www.ridehigh.org today.

Ride

The Ride High Equestrian Centre offers riding lessons for adults and children, corporate team building days, liveries and hacking. All profits from the riding school support Ride High's charitable work.

Find out more about the Equestrian Centre here:

www.ridehighquestriancentre.co.uk

Share

Have you got a skill or experience you could share with Ride High? Perhaps you're an HR expert, a keen photographer, carpenter or have IT experience.

If you'd like to volunteer your expertise to help make a difference, please do get in touch.

Donate

Become a regular donor and help us to continue our work with disadvantaged children. Regular donations help us to plan for the future as we have a steady income stream to rely upon. It couldn't be easier to set up a regular donation, simply visit **www.ridehigh.org/make-a-donation**

Follow

Like us on Facebook and Instagram. Follow us on Twitter. Please share our posts. When you post don't forget to tag **@RideHighMK**. Social media helps to raise the profile of our charity with new audiences and is a great way to keep up to date with what's happening at Ride High.

Shop - Amazon Smile

Raise money for Ride High every time you shop online through **Easy Fundraising** and **Amazon Smile**. With every purchase you make you'll be raising a donation for Ride High at no extra cost. Register using these links:

smile.amazon.co.uk (select Ride High).

www.easyfundraising.org.uk/causes/ridehigh

To discuss any fundraising ideas please email fundraising@ridehigh.org

and in our blog spot...

In our latest blog post, we interviewed Gary Smith, the Chairman of our Board of Trustees. Find out more about Gary, how he got involved in Ride High and why he'll be taking on a 100 mile cycling challenge for us this year. **<http://bit.ly/garyridehigh>**



Ride High Ball Fundraising Success

£100,000

Save the date

The next Ride High ball will take place on Saturday 25th January 2020



On Saturday 26th January, over 250 guests attended our tenth anniversary celebrations at the Ride High Greatest ball at the Jury's Inn, Milton Keynes.

The ball was themed this year around the film *The Greatest Showman*, with breathtaking red and black decorations adorning the room, kindly provided by Imagine Presentations.

Special guest and Patron of the charity, Jeremy Vine captivated guests, as he spoke passionately about the charity. The star of the ball was most definitely one of the Ride High children, who bravely took to the stage and told guests of how Ride High had helped to change his life.

A special thank you goes out to all our volunteers and sponsors, Imagine Presentations, RSM UK and Sysmex UK

It costs £466,000 a year to run Ride High. We are delighted that with thanks to our generous guests and supporters, we raised £100,056 on the evening. This equates to 20 percent of our operating costs for the year. We still have £365,944 to raise this year... Can you help us? Every penny really does help to make a difference. (See page 2 for some fun ideas)

Volunteer Spotlight Katy Smith

Katy first heard of Ride High through SIS, a content and production company with offices in Milton Keynes.

Katy has been volunteering with us since September 2018.

"I like volunteering for Ride High as it gets me out of my comfort zone. I've learnt so much about horses and horse riding and I also really enjoy working with the staff and other volunteers.

I help the children during their lessons with the horses and assist in the classroom after with the various activities they have planned. I also like to help out with other tasks, such as tidying the classrooms, ensuring that the changing rooms have enough clothing, cleaning the riding shoes and checking first aid boxes.

A recent highlight for me was assisting the children on a hack. I've never been on a hack before and it was a wonderful experience. I hope that I get the chance to do it again as it was so much fun.

I would 100% recommend volunteering at Ride High to other people. The experience has not only helped me to learn something new, but it's nice to know that my involvement is helping to make a difference to others."

If you'd like to volunteer your time to help at Ride High, we'd be delighted to hear from you. Please email info@ridehigh.org

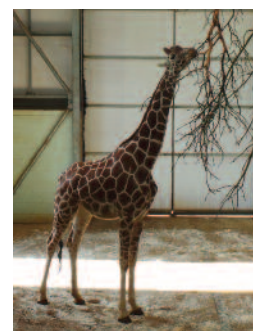


Zoo trip's a big hit



During February half-term, several of the Ride High children were very excited to take a trip to Whipsnade Zoo.

Trips and excursions are so important to the children we support, as they help to build confidence and gain new experiences.



The highlight of the trip definitely came from Louise who got to see her favourite animal, an elephant up close for the first time.

Take part in our Easter activities

Did you know that the Ride High Equestrian Centre (RHEC) is a social enterprise with profits from the centre being used to fund Ride High, the children's charity?

This Easter, the Equestrian Centre are offering a fun programme of activities, ranging from "Pony Hour" and "Have a Go" sessions for beginners, right through to 3 day pony camps for children who are able to ride independently and want a totally immersive horsey experience.

Pre-booking is essential, for more information please visit http://bit.ly/RHEC_Apr2019

Working with Shoosmiths



We're delighted to be working with the staff of Shoosmiths LLP in Milton Keynes, as their Charity of the Year.

Activities so far have included a fun pumpkin carving competition, volunteering to tidy the Ride High garden, purchasing Christmas presents for the Ride High children, a sweep-stake for the Grand National and various cake sales.

This has raised so far an incredible £2776.

Over the coming months we look forward to judging their Easter competition, an upcoming cheese and wine tasting evening and joining them in participating in the Milton Keynes Marathon.

Sarah Evans, Senior Associate of Shoosmiths said "Supporting Ride High as our Charity of the Year has been a pleasure. We are so pleased that all of employees at our Milton Keynes office are actively engaged in coming up with fun initiatives to raise as much money as we can for the charity."



Have you seen our new Ride High Film?
Why not watch it to find out more about the work we do with disadvantaged and vulnerable children in Milton Keynes
Simply visit <https://youtu.be/hpzp6zAdlmQ>
With thanks to Trevor from This is My Film for kindly creating it for us.

Helping Natalie to smile again

Natalie joined Ride High in March last year. Natalie's mum, her sole carer had been very poorly and had spent a great deal of time in hospital. Natalie was living with family members and had stopped attending school. She suffered with intense anxiety, had refused counselling and was receiving no specialist support.

Natalie was withdrawn when she joined Ride High and hardly spoke. Gradually over six months the warmth, fun and friendship in her group helped her to relax. She formed a bond with her Club Leader which made her to feel safe and her true personality began to shine.



Since then Natalie's confidence has continued to grow. Ride High have supported her as she moved into a new home with her mum and she has settled into a new place at school. We're delighted that Natalie is now an ambassador for Ride High and attended our tenth anniversary ball this year.

A BIG thank you to all our supporters:

Grant Funders:

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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.

It costs just £3,000 to change a life forever - please help us change more lives like Natalie's.

DONATE TODAY: 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

Contact us:

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