



## APRIL NEWSLETTER



Welcome to our April newsletter! We're a little later than normal writing to you because we've been so busy preparing for our new and biggest intake of members yet. Last week we welcomed 120 children to Ride High - an increase of 33%. It's early days for these members, but we know they're going to make amazing progress on our programmes and we'll continue to keep you up-to-date with their journey's.

From here on in our Ride High Newsletters will land in your inbox on a bi-monthly basis and be a little briefer as we appreciate how busy everyone is. This month we bring you a sample of recent highlights including meeting His Majesty King Charles and the release of our 2022 Impact Report which illustrates the difference we make to vulnerable young lives, and the important part our supporters play in making this happen. You'll also read about the journey of one of our inspiring members, Poppy. Please also be sure to check-out our forthcoming events.

With best wishes,

Olivia Sugdon  
CEO, Ride High



## Poppy's passion

Poppy is 17. She was referred to Ride High with severe anxiety and a fear of leaving the house, which has resulted in her not being able to go to school now for about four years.

After some time on our waiting list Poppy joined our Portfolio group in January. Unsurprisingly quiet and awkward in a new setting to start, it was clear early on that Poppy found great comfort in being with the horses, and she progressed quickly with her riding and groundwork.

Currently half-way through her course, you'll often find Poppy grooming on the yard with a beaming smile on her face. She talks openly to visitors about how she loves the responsibility of looking after the horses, and that being trusted to care for the horses boosts her confidence. The way Poppy interacts with people she's never met before, and other members of her group is quite remarkable and illustrates how far she's come in such a short time. But this is just the beginning of Poppy's journey. Armed with her new-found skills and confidence she's looking to the future and has applied to an Equine Management course at Moulton College. She took her Ride High portfolio with her to her interview to evidence her commitment and abilities, and we're delighted that she's been offered a place to start in September!

On the last week of term before Easter, Poppy's dad came to watch her ride. She was so proud to show him what she could do, and he was visibly moved by the change in her. Speaking to dad he told us how Ride High has ignited a passion within Poppy and empowered her to look to the future and not let her anxieties get in the way.

Over the next few months we'll continue to support Poppy and we can't wait to see her go from strength to strength.

## Making an impact

We're delighted to share with you our 2022 Impact Report. Focused on our achievements from last year, it also gives an insight into what we're working towards in the future. Please visit the website to download a copy. We hope you enjoy reading it!



## Receiving a Royal visitor

We were very proud to be part of His Majesty the King's celebratory visit to Milton Keynes in February, to mark our new status as a city. We had honour of meeting the King personally and took the opportunity to tell him about the charity. Our members Holly and Anna enjoyed explaining what they do at Ride High and how it helps, and they presented him with his very own rosette!



## Ride High Ball

Back in January our Roaring Twenties Ball was attended by over 200 guests and raised an incredible £113,000 for Ride High. MKFM's Trevor Marshall was compare for the evening and showstopping performances from the Romeo Dance Academy, a casino and a 1920's inspired eight-piece band helped guests to get into the 'swing of things'. But it was the young people of Ride High who were the real showstoppers.



## Charity of the Year finalists

Ride High was very proud to be a finalist at the Milton Keynes Business Achievement Awards 2023 - Charity of the Year category. The competition was overwhelming and it was fantastic to have our hard work and achievements recognised.

## Future events



### MK Marathon Weekend

Monday 1st May,  
Milton Keynes

Once again this year we're managing a water station at the MK Marathon. Come cheer on and support our runners and thousands more taking on this epic challenge.



### 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. Please visit our website to find out more and register.

### Save the date: Ride High Ball 2024

The 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!





## Follow Us:



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