



## NOVEMBER NEWSLETTER



Welcome to our November newsletter!

This will be our final newsletter of the year as we near the end of 2023.

We would like to thank everyone who has supported us over the last year whether you have volunteered time, taken part in a sponsored event or made a donation, without you we couldn't help as many children as we do.

Please take a read-through our newsletter for our latest updates, find out how you can get involved and the exciting events we have planned for 2024.

Everyone at Ride High would like to wish you a Merry Christmas and Happy New Year.

With best wishes,

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

Visit our  
website

Donate  
online

Volunte  
er



## One Donation, Twice the Impact

Ride High is taking part in 'The Big Christmas Give' from **28th November to 5th December**. Any donations received over the week will be match funded by our supporters Sysmex and our Big Give Champion The Reed Foundation. This means for every £5 donated Ride High will receive £10.

We currently have 102 vulnerable and disadvantaged children and young people on our waiting list. These young people are referred to us by organizations such as CAMHS and children and family practice. Over 80% of those in need of our services suffer with mental health challenges. Our programmes offer them support, increase their confidence, and work on their personal and life skills, allowing them to participate fully in society.

This year we have a target of raising £7000 through the campaign which will help towards transforming the lives of an additional 32 children, at Ride High, in 2024.

If you would be able to help support us with this campaign please click the button below. Any donation big or small would be greatly appreciated.

*One donation, twice the impact.*

Thank you!

[Click here to donate or for more info](#)



## Newest Team Member

We are very excited to announce the newest member to the Ride High team... Custard!

During spring 2023 we took part in the 'Kind 2 Mind' Big Give campaign. The money raised enabled us to purchase a horse that could be used in sessions to help support the growing number of children attending Ride High. After a lot of searching for the perfect horse we found Custard. He is a 12 years old, 15.1hh, Palomino, Irish Cob X.



Custard has settled in well and has started in sessions for both ridden and groundwork activities; he is already becoming a firm favourite with our members.

Thank you for your generosity in donating to 'Kind 2 Mind'



campaign and making this possible.



## Giving Tuesday

The first day of the Big Give was also Giving Tuesday (28th November 2023), a global generosity movement. A day to celebrate doing good, whether it be volunteering time, donating money or campaigning for something.

This year we had the privilege of featuring in The Chartered Institute of Fundraising's campaign video... see if you can spot us!

## Hobby the Horse

Our Hobby the Horse programme is in full swing with many local schools partaking in the free programme. A massive thank you to Loughton Manor School and Willen Primary school for raising £291 and £208 respectively. Both schools created some impressive hobby horses and hosted great fundraising events to showcase them.



Find out more about Hobby the Horse

The programme was also featured in the local news... you can read the article [here](#).



Congratulations to our winners, the 'I.O.U.S' who won our quiz.

## Ride High Quiz Night - 10th November

Marshalls continue to be wonderful long-term supporters of Ride High and the use of the studio for the night provided a unique setting for this community fundraising event.

A wonderful night was had by all, and we raised nearly £2900. Thank You so much to everyone who attended or donated prizes to make this an enjoyable and memorable evening.

## Christmas Cards

The 2023 Ride High Christmas card 'Lexi's Christmas' is now available to purchase from Reception. All the money raised will go towards Ride High's work supporting young and disadvantaged children in the community.

We also have some of the previous years' designs available so you can mix and match (limited numbers left)!

Thank you to Hannah for designing the beautiful card and big thank you to SIS for sponsoring the card for another year.

Packs of 10 £4 each or 3 packs for £10



## What's your New Year's resolution?

Why not come volunteer with us in 2024?

You don't need any experience with horses just a desire to help children. We are looking for volunteers for events but also to help directly with the children, on a weekly basis, for 12+ weeks.



[More info here](#)

If you would like to join our team of amazing volunteers please get in contact [centremanager@ridehigh.org](mailto:centremanager@ridehigh.org)

# Future Events



[Reserve a Table here](#)

## Ride High Fundraising Ball

**Saturday 27<sup>th</sup> January –  
Leonardo Hotel, Milton Keynes**  
Sponsored by Sysmex.

This legendary date in the calendar has the 'Diamonds are Forever' theme, and promises to be full of glitz and glamour! Tables of 10 are available and tickets start at £100 each. There are just a couple of tables available if you would like to attend.

### Can't attend the ball? You could still help!

A large part of the evenings fundraising is through the raffle and silent auction, therefore, we are seeking help with any raffle and auction prize donations. these may include, but not limited too, bottles of wine, champagne, chocolates, days out, jewellery, hampers...we would be so grateful. If you have anything, please contact Alison in our events team on: [events@ridehigh.org](mailto:events@ridehigh.org)

### Save the Date

Before we know it Christmas will be a distant memory, at Ride High we have lots of exciting events on the horizon that everyone can get involved in! 2024 – HERE WE COME....



## **MK Marathon Weekend - Milton Keynes 5<sup>th</sup> & 6<sup>th</sup> May 2024**

Join team purple and discover the natural beauty in Milton Keynes. You will run through our green city, giving you a course that is scenic, inspiring, fun to run, and excitingly different from other marathons. There is also a half marathon or 5k Rocket Run you can sign up too!



## **Ride Cycle Challenge- Sunday 9<sup>th</sup> June 2024**

25, 50, 100 & 100 mile relay routes around MK.

If you're looking for a challenge this summer, then jump in the saddle with Ride High.

This is a supportive team event for cyclists of all abilities who want to achieve something amazing.

### **Follow Us:**



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