



**RIDE HIGH**



## **JULY NEWSLETTER**

Welcome to our July newsletter. July marks the end of the academic year which, for many of our members, means the end of their time at Ride High. For most children the thought of the summer holidays is exciting, however, for our members the lack of routine and stability that visiting us brings, can make the 6 weeks ahead daunting, particularly for those living in challenging circumstances. We have numerous activities planned during the summer break including reunions, 'pony camp' and activity days; staying in touch with present and past members is key in supporting those who are most vulnerable. For the Ride High team, summer is a time to prepare for September with the induction of new members and the planning of new programmes. The upcoming academic year looks to be as busy as ever with Ride High continuing to support 120 children a week. Without the vital fundraising efforts of our supporters we would not be able to offer our service to so many vulnerable children, so if you have some free time in the coming months why not get involved with fundraising for Ride High? Challenge yourself to climb a mountain,

complete a fun run with a group of friends or sign up to our new fundraising campaign 'Gather and graze for good'.

This latest newsletter will highlight some of our successes over the last few months and will hopefully inspire you to get involved with Ride High. We hope you all have a great summer and thank you for taking a moment to read our newsletter.

With best wishes,

Olivia Sugdon  
CEO, Ride High

## What's been happening at Ride High?

### We are winners!

In June we attended the Milton Keynes Inspiration Awards after being shortlisted as a finalist for 'Outstanding Local Charity'. We are delighted to announce that Ride High won! We would like to say thank you to everyone who took time to nominate us and a massive well done to one of our ex-members, Andy Slater, who was a finalist for 'Inspirational Young Person' category.



### Riding for Ride High

On Sunday 9<sup>th</sup> June 65 cyclist set off to take on 25, 50 or 100 mile routes in an effort to complete their sponsored cycle challenge. The teams collectively cycled over 3,000 miles around the Buckinghamshire and Bedfordshire countryside and managed to raise close to £18,000 for Ride High!

We would like to thank everyone who made the event possible. The amazing team from Mitie who provided 16 volunteers and the dedicated team of Ride High volunteers who are always there to lend a hand when needed. Local bike shop Trek Cycles, who were on hand to check over cyclists' bikes, Tesco, Morrisons, M&S and local butchers, Best Butchers who provided supplies for the BBQ and pit stops and finally our event sponsors All Things Business and SIS.



Would you like to join us next  
year?  
**Save the date 29th June 2025**

## Amber case study



Amber, 14, started her Ride High journey back in January and over the last 6 months the change in her mental health has been noticeable to herself and her family. After suffering with anxiety, and experiencing self-harm, her family support worker referred Amber to Ride High. While on the yard tacking up, getting ready to ride,



Amber is smiling and laughing with fellow group members; you would never know that she struggles with self- confidence. As we chat about her Ride High experience, she shares how time with the horses and bonding with the group has helped her - “I feel relaxed when here... it's a happy place to be, its calming and being with the horses is a comfort for me. Riding takes away all my fears!” Amber admits she still has days when she feels down, but since coming to Ride High, she is much better at coping with those moments. “I have seen a big improvement in my anxiety since starting here. Ride High gets me out the house and gives me something to do instead of being upset in my room. Before everything seemed very down, but now I have more ups than downs.”

We are so pleased that Ride High has helped Amber learn how to cope with her anxiety and those down days. We are proud of how she has changed her mind set and we look forward to seeing her continue to grow in self-confidence.

## Blown away by Hair Host

On Tuesday 25th June the teams from Hair Host Milton Keynes and Buckingham salons hosted a fundraising 'blow-dry-a-thon' at their Central MK salon in aid of raising funds for Ride High. Those who signed up to the event were treated with a complimentary glass of fizz, homemade cake and received a goody bag, filled with luxury KMS hair products. The Hair Host team washed, dried and styled everyone's hair ensuring they were pampered and left the salon looking and feeling amazing.



The morning 'blow-dry-a-thon' managed to raise an impressive £440 which will go far in helping us transform the lives of vulnerable children in the community. 'Thank you' to all those who took part and were so generous in their donations.



We would also like to give special mentions to coffee shop Bean in Stony and Woodstock's Artisan Bakery for donating beautiful cakes and to KSM haircare for supplying products for the spectacular goody bags.

## Volunteer spotlight: A family affair

Yuki, Bob and their daughter (pictured) recently moved to Milton Keynes from Hong Kong, having previously been involved in volunteering it was something they wanted to continue doing here in the UK. When first coming to Ride High, and learning about the service we offer to children in the community, it sparked Yuki and Bob's interest. Working around their work commitments, both Yuki and Bob offer their time help with our weekly sessions.

Yuki said "As someone who recently moved to this country, volunteering has brought me great joy being able to help others. I've made new friends and I especially enjoy interacting and chatting with the children I work with. Giving the children the opportunity to interact with animals provides a great educational experience. The staff at Ride High are also incredibly nice, patient and caring. They are willing to help and don't mind that our English isn't perfect."



We have loved getting to know them and would like to say a massive 'Thank you' to Yuki and Bob for giving up their free time to volunteer with us!



As we head into the summer holidays we would like to take this opportunity to thank all our amazing volunteers who have volunteered with our sessions throughout the year. Without your dedication, come rain or shine, Ride High would not be able to support as many children as we do. We hope you have loved your time with us, as much as we have with you.

If you would like to join our team of fabulous volunteers in September please get in contact.

I would like to volunteer

## Gather and graze for good this summer!



We're very excited to launch our new campaign for the summer 'Gather and graze for good' and we're calling on all horse lovers, owners and loaners to get

involved.

It's the perfect excuse to gather friends and neighbours (humans and horses) together to enjoy some tasty treats and raise money to help children in the greatest need. Coffee and cake morning, homemade treats in the tack room, high tea with the horses, prosecco and picnic with the ponies... your gathering can be whatever you want it to be.

We are hoping to raise £5,000 through the Gather and graze for good campaign. This would fund sessions with the horses for 20 children from their waiting list for a whole term - such an opportunity will make a huge difference to their lives.

Huge thank you to our sponsors: RB Equestrian Ltd and Kate Overall Photography

If you would like to get involved, and be in with the chance of winning some amazing prizes, you can sign up below!

[Sign up here!](#)

## Running for Ride High

We would like to say 'Well Done' to one of our volunteers, Pam, who recently ran a half-marathon in aid of Ride High!

Thank you to Pam, and everyone who donated, for raising £375.

The money raised will be able to fund a 6-week programme for a child at Ride High which is life changing.



If Pam has inspired you and you would like to challenge yourself visit our website for fundraising ideas and how to get started.

[I would like to fundraise](#)



# Upcoming events

## Join our Charity Golf Day



\*discount available for Woburn golf club members

[Sign up here](#)

Fancy a round of golf on a championship course while also supporting the important work of Ride High?

Our annual fundraising Charity Golf Day returns on **Wednesday 25<sup>th</sup> September 2024** at the prestigious Woburn Golf Club. Bring a team and join us on the Marquess Course for the day. The team entry cost per four-ball is £1,350\* (4 participants).

This includes breakfast, on course competitions and refreshments, three-course dinner with wine, live auction, prize giving and goody bags.

If you are unable to bring a team or golf just isn't your sport why not sponsor a hole instead!

Sponsored by



# Charity Golf Day 2024

WEDNESDAY 25TH SEPTEMBER



Sponsor a hole for our fundraising golf day at the prestigious Woburn Golf Club.

Choose from one of the 18 holes on Woburn's impressive championship course, The Marquess.

Have your logo displayed for the day at your chosen hole and feature in our event promotional materials.

From £100 per hole.

If you are interest in sponsorship or would like more information please contact [marketing@ridehigh.org](mailto:marketing@ridehigh.org)



Contact us here

## Quiz night at The Old Beams

Head down to The Old Beam pub on Monday 15th September (7:30pm) and joining their charity pub quiz.



Book your place here!

## Unlimited summer pass at Climb Quest

For the first time, Climb Quest is offering an unlimited summer pass where you can climb every day over the summer holidays. With 20+ climbing walls, and two extreme challenges, Climb Quest is the perfect action-packed activity to have some summer fun. Climb Quest is accessible to all skill levels, with friendly staff to guide you. They also have free parking and onsite café for those who prefer to watch the action.



The pass is only available to purchase until the end of July.

Click here for more info!

Follow Us:





## **Legal Notice**

Ride High

Ride High Equestrian Centre, Redland Drive,  
MK5 8EJ Milton Keynes

Mail: [marketing@ridehigh.org](mailto:marketing@ridehigh.org)

If you no longer wish to receive this newsletter,  
[click here to unsubscribe.](#)

[Legal Notice](#) • [Terms of Use](#) • [Privacy Policy](#)