



## WINTER NEWSLETTER

Dear {{ contact.FIRSTNAME }}

Welcome to our final newsletter of the year – and what a year it has been! We have welcomed over 300 children and young people to Ride High in 2024 and supported them on their journey, helping them to overcome their challenges, traumas and anxieties. We have watched them grow in confidence, in self-worth and resilience and have witnessed the saddest faces be transformed with a beaming smile. I've said it before, and I'll say it again horses really do have the power to help heal us.

Of course, the horses are just one important part of the story – we couldn't do what we do without our amazing team of staff and volunteers who support our members week-in-week-out. Nor could we operate without generous contributions and kindness from the community, companies, donors and funders.

So, in closing I'd like to thank absolutely everyone who has supported Ride High this year, wish you the most wonderful Christmas break, and finally,

invite you to continue the journey with us in 2025.

With best wishes,

Olivia Sugdon  
CEO, Ride High

## Have your donation doubled this Christmas



We're taking part in The Big Give Christmas Challenge again this year. It's the UK's biggest online match funding campaign in which we're hoping to raise £5,000 in just one week to help support 15 children on the waiting list through a 12 week programme at Ride High, starting in January 2025.

The money raised will directly fund sessions with the horses. Horses enable us to make a special connection with children and just being in their presence helps to instil confidence, self-esteem and pride.

Every donation we receive will be generously matched by our supporters, NiftyLift and Big Give Champion The Reed Foundation.

**This means that for every £10 donated, we will receive £20 towards our services.**

### **How to Donate**

From midday **Tuesday 3rd December to midday Tuesday 10th December** please donate to Ride High via the website below. Any amount big or small will make such a difference to helping us change childrens lives like Melody below.

[Donate here](#)

## Breaking Boundaries



Melody is 17 and joined Ride High back in September after being referred by her social worker. Melody suffers with social anxiety and her autism which means she has always struggled to make friends. She prefers to stay at home in her safe space than go out and meet new people, meaning she often feels isolated. Melody loves animals, and after completing work experience at an equestrian centre her social worker thought Ride High would be a programme she would find engaging. Melody shared with us how Ride High has already had an impact on her life after just 7 weeks.

“Ride High has helped me so much and has given me a reason to get out of bed in the morning; it has given me something to feel excited about again. My highlight so far was seeing Smartie (pictured) for the first time and knowing in my heart I wanted to ride him. When riding I feel so much more confident in myself. I feel calm when I'm here, all my problems go away and I just focus on the horses and forget about everything else. Ride High has been life-changing already, everyone here is so different but it means you can learn from each other. Ride High has taught me to step out of my comfort zone and that if I don't try and push myself I will never get anywhere.”

Melody starts college this month with the dream to work at a nursery helping young children. We are so proud that Ride High has improved Melody's confidence in such a short amount of time and has helped her feel excited about the next step and what the future holds. We look forward to seeing her continue to grow in the coming weeks at Ride High.

## Upcoming Events

Here are a few of the fantastic fundraising events planned for 2025! All funds raised will help support our efforts to transform the lives of vulnerable and disadvantaged children in Milton Keynes and surrounding areas.

### Touch of Tartan Charity Ball

25th January | Leonardo Hotel, MK9 2HP

Join us for an extraordinary evening at the Ride High Charity Ball, where sophistication meets the spirit of Burns Night. The evening includes welcome drinks reception, three-course meal, live entertainment and music from band 'XO', plus a live auction with exclusive items to be won.



*Kindly sponsored by Sysmex*

### Cheltenham Preview Night



5th March | La Tour Hotel, MK9 3FP

Join us for a fun evening as we gallop through the key races, horses and talking points ahead of Cheltenham Festival. Featuring a panel of expert guests sharing their big tips (including Sky Sports presenter Kate Tracey)! Drinks reception on the 14th floor, three course meal with wine and live music included.

### **MK Marathon Weekend**

5th May | Stadium MK, MK1 1ST  
Are you looking to challenge yourself in 2025? Grab your running trainers and run for Ride High. We have a limited number of free charity spaces available for the full-, half- marathon routes. We will support you throughout your training and be there on the day to cheer you on!



### **7-a-side Charity Football Tournament**

4th June | Sport Central, MK9 1EN

Gather your colleagues, lace up your boots and enter a team into our 7-a-side charity football tournament. Finish the day with a delicious BBQ, licensed bar, prize giving, and goody bags. This event is for all abilities and is the perfect opportunity to have fun and bond as a team.



*Kindly sponsored by Cranswick  
Convenience Foods*

## Save the date!

Our Charity Golf Day is back for 2025.

We will be returning to Woburn Golf Club on Wednesday 8th October 2025 for another fantastic day of golf plus we will have **a special guest joining us!**

More information will be available shortly.



[Click here to register for one of our events](#)

## Charity of the Year

### An exciting new partnership

We recently received the exciting news that local company Yokohama have chosen Ride High, alongside Willen Hospice, as their chosen charities for 2025. Lucie Wheeler, Marketing Manager at Yokohama based in Bletchley visited Ride High last month to discuss ways in which we can work together and are drawing up some exciting plans for next year.

### Shop Co-op and support

#### Ride High

We are happy to share that Ride High is being supported by the Co-op Local Community Fund again this year!

Please choose us as your local Co-op cause and 1% of everything you spend on Co-op branded products and services will be donated to our chosen project.

The funds raised will go towards supporting our 'portfolio project' for teenagers at Ride High who are not in education or attending on a part-time basis.

“Our team selected Ride High as one of our chosen charities because we recognise the importance of the support they provide for young people in Milton Keynes. Through our new partnership with Ride High we are looking forward to making a positive impact in our local community. It’s going to be a great year”.



## Pragmatiq take on their '68 mile challenge'

As part of their Charity of the Year programme, IT company Pragmatiq hosted a '68 mile challenge' in aid of raising money for Ride High. The aim of the challenge was for each team member to clock up 68 miles by walking, running, swimming or cycling. They managed to cover 785 miles over the 4 weeks raising over £260 for Ride High.

We are delighted to share that Pragmatiq have chosen us as their Charity of the Year for 2025. We are honoured to be chosen again and can't wait to continue our partnership with them for another year!

## Hobby the Horse Official Launch



After last year's successful pilot scheme, we are very excited to announce the official launch of our 'Hobby the Horse' initiative, a unique programme specifically created for primary schools. This project is a fantastic opportunity for schools and businesses to support Ride High and reach children in the community.

[Click here to read more](#)

**Christmas cards and calendars**

**Feel festive**



Get your hands on the Ride High Christmas card and 2025 calendar before they are gone!

£5/ pack (10 A6 cards with envelopes) & £5 per calendar

You can purchase these from reception on site (cash or card).

100% of the funds raised will help support our efforts to transform the lives of vulnerable and disadvantaged children in Milton Keynes and the surrounding areas.



Join the Giocosso concert band for an evening of Christmas music. Their concert will be held on Friday 6<sup>th</sup> December (7pm) at Sir Thomas Fremantle School, Winslow. For the third year running they are kindly donating all profits raised to Ride High. This really is a wonderful event and we're so grateful for their support, so please do come along to this festive celebration.

[Secure your tickets here!](#)

## Volunteer spotlight

Charlotte owns her own financial planning business and has been volunteering at Ride High for the last two years. Charlotte volunteers every week with our sessions with the children and supports our fundraising events. She has even joined our first-ever Charity Ball subcommittee this year.





“Since starting my volunteer position at Ride High two years ago, I feel that I have learnt as much as the children possibly have! It has been incredible to be able to help and support the children in the sessions with the horses (even though from outset I was petrified myself) and to see the groups go from strength to strength. I feel like the things that the children manage to accomplish and the fears that they overcome genuinely gives me a sense of empowerment that I can implement into my home and working life too. The way I see it if the children can do it, so can I! My time at Ride High has been very grounding but also very rewarding.

I recently had the opportunity to support Ride High at their annual fundraising golf day, again, it was amazing to be able to be a part of this and interact with some of the attendees while helping to raise lots of money. Most recently I have been asked to be a part of the first Ride High Charity Ball sub-committee which is super fun and an evening not to be missed. I am really enjoying the conversations that I am able to have, spreading awareness amongst businesses and personal contacts and engaging with them for their support for raffle and auction prizes.”

Charlotte is the perfect example of going above and beyond in her support for the work we do. We would like to thank her for all her hard work and dedication as a volunteer.

### Follow Us:



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