



Dear friend,

The year is flying by, and we're excited to share the latest news from Ride High! This summer has been action-packed with everything from trips out to a three-day pony camp, and in the weeks ahead we'll be welcoming over 120 new children to our programme. Demand for our service continues to grow, and we're proud to be here for so many children in our community. In this newsletter, you'll find inspiring stories from our members, details of upcoming events, and highlights from recent months.

I'd also like to take this opportunity to thank our incredible supporters and volunteers. Your generosity and commitment make everything we do possible. Together, we're transforming the lives of vulnerable children, giving them hope, confidence and a brighter future.

With best wishes,

*Olivia Sugdon*

Olivia Sugdon,  
CEO Ride High



## Finding self-confidence

After struggling to cope at school with anxiety and ASD, Harvey, 15, was referred to Ride High. When he first joined the programme he was very reserved, however as the weeks progressed, Harvey started to come out of his shell and build relationships with his group members. Harvey became confident joining in with teamwork activities and taking on new challenges, giving everything a go. From never being around horses to happily trotting around on his own the growth in his self-belief and confidence was clear to see. The skills Harvey has learnt are already helping him at school.

“

*“Before Ride High I wouldn't ask for help at school, but now I feel more confident talking to new people and asking teachers for help when I need it. I feel amazing when I'm at Ride High, it's great to have friends here to talk to and have fun with. Every time I go home I have a smile on my face because of Ride High.”*

”



## Can help more children like Harvey

We have a waiting list of children and young people who need our help. Any donation big or small will enable us continue our work transforming young lives. To make a donation please scan the QR code or visit [www.ridehigh.org/makedonation](http://www.ridehigh.org/makedonation).

**£30** will pay for a child's fun and educational experience.

**£100** will pay for one month of horse sessions for a child.

**£185** will pay for a group session for eight children.

SCAN ME



*“At Ride High I am with people who understand what I am going through. I can talk and be myself, not like other places where I put on a mask.”- Stephanie, Ride High member*

## A jam-packed summer!

Summer can be a long and lonely break for many of our members, so it's vital that Ride High continues to support them beyond our weekly term time programme. Each year we organise a variety of fun and educational activities that keep children connected, give them something to look forward to, and help build confidence, friendships and happy memories.

This year our members enjoyed a wide variety of activities, from outdoor adventures to creative workshops. A highlight was a day at Ashridge Estate where the children took part in orienteering and puzzle-solving before expressing their creativity through mosaic and rock painting. We are very grateful to Cash for Kids for funding this trip and making such a positive experience possible.



### Flying high

Kaci, 15, first came to Ride High with her school but as her struggles continued she joined our long-term programme. Kaci struggled to cope with her emotions which meant she wasn't engaging in school. She was apprehensive about joining a new group and was initially nervous and reluctant to get involved with activities.

"At first I felt uncomfortable, but once I realised everyone was in the same boat and we are all here for a reason I felt like I had a support network that I could talk about things with". Over the weeks, with the support of her club leader Gabi, her confidence grew and Kaci started to get involved and enjoy her sessions.

*"The more everyone encouraged me, the more I persevered and started to love it; being with the horses is now something I enjoy! Ride High has taught me perseverance, you will only get the outcome you want if you really push yourself to try."*

Kaci returned to Ride High for our summer camp and spent the 3 days riding and caring for the horses, you would never have known how nervous she was just a few months before. Kaci is now engaging with school and working hard with the hope to become an air stewardess- we can't wait to see her continue on her journey- she really will be flying high!



### Buzzing with excitement at Blum

Over the summer a group of Ride High children enjoyed a fantastic visit to international manufacturer Blum UK in Milton Keynes. The day began with a fascinating behind-the-scenes tour of the impressive facility – the highlight for many was a ride in Blum's giant crane!



Blum's commitment to sustainability was also brought to life with the company's eight beehives on site, managed by a local beekeeping company, which produce around 3,000 jars of honey each year. The children received a fun and educational talk on the bees, before getting kitted out in full beekeeper suits- the most memorable moment was holding a hive frame glistening with golden honey.

The morning ended with a delicious lunch, naturally featuring honey from Blum's very own bees!

### For Sale



Blum have kindly donated jars of their honey for us to sell, with all proceeds going directly to Ride High. You can pick up a pot for just **£3 from Reception** – a sweet way to support our work!



## Kicking off for Ride High

In June, local businesses came together to enjoy an afternoon of spirited competition at our first-ever Ride High 7-a-side Charity Football Tournament. Hosted at Sport Central MK, eight teams battled it out on the pitch in an effort to lift the trophy. After a too close to call final, it was RSM UK that came out on top and lifted the coveted trophy.

We would like to say a special thank you to Cranswick Convenience Foods who sponsored the event, fielded a team and provided tasty barbeque, and to MK Dons Football Club mascot Donny the cow who starred in our penalty shoot-out competition.

We are already looking ahead to next year's tournament on **Wednesday 13th May 2026**.



## A day of fun, fitness and fundraising

On Sunday 29th June, the sun was shining as over 140 cyclists took part in our first-ever Ride MK Cycling Festival. Riders took on one of four routes: a challenging 100-mile or 50-mile road ride, the scenic 20-mile Red Route, or the children's 1.6-mile 'Ready Set Go' route.



The new 20-mile Redway Route and 1.6-mile Ready Set Go route were particularly significant, opening up the festival to riders of all ages and abilities. A special thank you to Santander Cycles MK for offering free Santander e-bikes to those on the 20-mile ride and for sponsoring the route and our festival.

After crossing the finish line at the Equestrian Centre, participants received medals and enjoyed a festival celebration with food, drink and entertainment to celebrate their achievements.

The event raised funds to support 14 places on Ride High's programme starting in September, which will provide a life-changing for up to 42 children. We would like to thank the 60 incredible volunteers who made the day possible, our professional photographers and to our generous event sponsors: Santander Cycles MK, Brioche Pasquier, and SIS.

Thanks to our sponsors

**SIS**



142  
CYCLISTS

4,180  
MILES  
COVERED



## Taking on three peaks in 24 hrs!

This summer a team of six teenagers (aged 13, 15 & 17) and three adults took on the challenge of conquering the three peaks in just 24hrs! They walked over 24 miles and over 10,000 vertical feet climbing Ben Nevis, Scafell Pike and Snowdon. The weather wasn't on their side, but the team managed to complete the challenge in 25 hours 53 minutes raising an incredible £2500 (plus gift aid)! Thank you to Maisie, Josie, Iain, Emily, Seren, Charlie, Nisha, Ben and Matt for taking on such a tough challenge in aid of Ride High.



## Meet the newest member to the Ride High team....

Hector is our first Ride High mascot! Hector made his official debut at our Ride MK Cycling Festival and proved to be a hit! We would like to thank our partner RB Equestrian for kindly sponsoring Hector.

We can't wait for more of you to meet him!



## A BIG thank you to...

### Oakgrove Secondary School

The school's Student Voice group organised a non-uniform day for their students and managed to raise an incredible £300 in donations!

### Blakesley Agricultural Show

This year Blakesley Show celebrated their 140<sup>th</sup> show during which they kindly presented our CEO, Olivia, with a £1000 donation.

### Stewkley Coffee Morning

A big thank you to everyone who attended Stewkley Coffee Stop's coffee morning and helped to raise a fantastic £275.

### The Dolphin Newport Pagnell

In August The Dolphin organised a range of events which raised £550 for Ride High. They hosted White Rhino Rum for a Gin & Rum Tasting evening alongside organising a cowboy themed pub crawl through Newport Pagnell.



## Can you help?

This year we are planning to renovate our childrens' changing room, so we are looking for:

- Donations of wood/ timber/ MDF materials that we can use to create a bespoke storage unit.
- Anyone with DIY/ carpentry skills that can help us put up a storage unit between 12th and 22nd December (during our Christmas break).

If you are able to help in please email Joanna at [volunteermanager@ridehigh.org](mailto:volunteermanager@ridehigh.org).

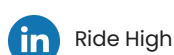
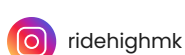
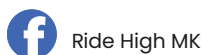


We are seeking **prize donations** for our upcoming events. Whether you're able to contribute a raffle prize or an experience for our auctions, your support would be greatly appreciated. If you or your business are able to help, please reach out to [helen.dixon@ridehigh.org](mailto:helen.dixon@ridehigh.org).

## CONTACT US

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## A BIG thank you to all our supporters

### Grant Funders

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Wastesolve  
Yokohama

### Private Donors

We would like to thank our private donors- it would be impossible to do as much as we do without you.



# UPCOMING EVENTS

We have some fantastic fundraising events planned! All our events also have sponsorship opportunities available to publicise your business whilst supporting our cause. All funds raised will help transform the lives of vulnerable and disadvantaged children in Milton Keynes and surrounding areas.



## Charity Golf Day

8th October | Woburn Golf Club, MK17 9LJ

Last chance to join us for a fantastic day of golf at the prestigious Woburn Golf Club with a range of on-course competitions. Includes breakfast, drinks reception, three-course dinner with wine, prize giving and Live Auction.

## An evening with Richard Villar- 'Broken Bones in Broken Lands'

13<sup>th</sup> November | Chicheley Hall, MK16 9JJ

Join us for an extraordinary evening with Richard Villar – former SAS medical officer, war surgeon, and widely-published author – as he shares powerful, real-life stories from the most dangerous and remote corners of the world.

-Sponsored by  AVAIL  
FINANCIAL PLANNING



## Las Vegas Charity Ball

31st January 2026 | Leonardo Hotel, MK9 2HP

Step into the sparkle of the strip and join us for a night of Vegas-style glamour. Includes drinks reception, three-course meal with wine, live entertainment including the amazing XO Party Band, plus live and silent auctions with exclusive items and experiences up for grabs!

## Cheltenham Preview Night

6th March 2026 | Horwood House, MK17 0PH

Join us for an evening of racing insight, fine dining, and great company at the elegant Horwood House 4\* Hotel- as we look ahead with excitement to the jump racing event of the year. Our expert panel will share their tips, predictions, and insider knowledge as they analyse the runners and riders. Includes drinks reception, three course meal and live auction.



## MK Marathon Weekend

5th May 2026 | Stadium MK, MK1 1ST

Are you looking to challenge yourself in 2026? Grab your running trainers and run for Ride High. We have a limited number of spaces available for and the full-, half-marathons routes. We will support you throughout your training and be there on the day to cheer you on!