

Summer 2026



Newsletter



What a fantastic term we've had at Ride High.

Over the past few months our children have continued to grow in confidence, develop new skills and create lasting memories. It's been a term full of learning, laughter and achievement which you can read all about right here!

In this edition, we're also excited to share news of our proposed second Ride High centre in Cheshire, celebrate the wonderful support of our volunteers, fundraisers and partners, and look ahead to an exciting programme of events, including an inspiring evening with world-renowned adventurer Isaac Kenyon, a new Christmas Wreath Making Workshop and our Annual Charity Ball in the New Year.

Thank you, as always, for being part of the Ride High community.

Olivia Sugdon

Olivia Sugdon
CEO

Make a donation

Scan the QR code to support Ride High and help transform the lives of vulnerable children.



2025 Impact Report Published

Our 2025 Impact Report celebrates another remarkable year for Ride High and is now available to download.

During 2025 we supported a record 374 children and young people, each with their own story, challenges and journey towards greater confidence and brighter futures.

Behind every statistic is a child whose life has been changed through the unique combination of horse riding, horse care and learning activities that make Ride High so special.

We're incredibly grateful to every funder, supporter, volunteer and donor who helped make this possible. Read the full report:



374

Young lives transformed



77

Children participated in counselling sessions



56%

Showed improved school attendance



100%

Made progress in one or more target areas



Plans Submitted for Ride High's Second UK Centre

We're delighted to share that plans have now been submitted for what could become Ride High's second centre – and the first in the north of England.

Working in partnership with Grosvenor's Eaton Estate, the proposed development would transform disused agricultural buildings at Cotton Edmunds Farm, Waverton, into a purpose-built Ride High centre supporting children and young people from across Cheshire and surrounding areas.

Subject to planning approval, the site will include indoor and outdoor riding arenas, stables, paddocks, classrooms and office space, creating a bespoke environment capable of supporting up to 120 children each week.

This is a hugely exciting milestone for Ride High and an important step towards extending our impact beyond Milton Keynes. We look forward to sharing further updates as the project progresses.

A Summer term to remember

From the yard to the clubroom, every week of the summer term has been packed with opportunities for our members to learn, grow and discover something new.

Horse riding and horse care remain at the heart of every Ride High session, and this term our children have made fantastic progress. Whether mastering new riding skills, building confidence around the horses or learning greater responsibility through horse care, we've loved watching each member develop at their own pace.

Even the hottest days of the summer created memorable experiences, as members helped shower the horses to keep them cool – along with some of the staff and volunteers too!

Beyond the stables, our clubroom has been buzzing with creativity, curiosity and laughter. Members welcomed some very special feathered visitors when local business Applebrook Ducks brought ducklings to Ride High. Our nature project which included relocation of our bug hotel encouraged children to explore the natural world, while yoga sessions introduced mindfulness to help improve emotional wellbeing and self-regulation.



Our Active Adventures project encouraged children to spend more time outdoors, taking part in orienteering and other physical challenges that developed teamwork, resilience and problem-solving skills.



We were delighted to welcome the return of the team from Cranswick Convenience Foods, who delivered a fun and interactive healthy eating workshop.

The term ended with one of our favourite traditions as we welcomed parents and carers to Ride High for our final sessions. For many families, it was their first opportunity to experience Ride High first-hand after hearing so many stories from their children. They watched fun sessions with the horses and in some cases, even joined in the activities themselves.



"I see her when she comes home from Ride High and her mood is so different. She's so happy and talks about it all week. We can't speak highly enough of the support we've received, and having now seen Ride High first-hand, I can understand why she enjoys it so much."

Charity Champions

We're incredibly proud that Ride High was awarded the Charity Champion Rosette in this year's Loughton Scarecrow Trail. With the theme "Famous Pairs", our members worked together to design, build and decorate a fantastic collection of scarecrows, demonstrating creativity, teamwork and plenty of imagination along the way.



New! Ride High Amazon Wishlist

Support Ride High with a click! Our new Wishlist includes everyday items used by our Children's Team during clubroom sessions and activities with the horses. Simply scan the QR code to view the Wishlist. Every gift, big or small, makes a difference. Thank you!



**Together we're
changing lives**

The last few months have been another fantastic example of what can be achieved when our community comes together.

Going the distance

In April, our very own Suze proudly represented Ride High at the London Marathon, alongside Luke from Taylor Wimpey. Closer to home, Dan, Nicky and Chris completed the Milton Keynes Half Marathon, while our staff, volunteers and members ran a busy water station, handing out bottles of water and cheering on the thousands of runners taking part.

Football, fun and team spirit

Eight teams took part in our annual Charity 7-a-Side Football Tournament. Congratulations to Volkswagen Group, who lifted this year's trophy after a dramatic penalty shootout. A huge thank you to Brioche Pasquier, our headline sponsor, together with Cranswick Convenience Foods, Sport Central, our referees, prize donors and all participating teams.

Record numbers at Ride MK

A record 161 cyclists joined us in June for our biggest-ever Ride MK Cycling Festival, cycling an incredible 7,150 kilometres across four routes. From experienced cyclists tackling the 100km challenge to families enjoying the Redway ride. Ride MK brought together cyclists of all ages and abilities to support Ride High. A huge thank you to every participant and volunteer, supporter and to our sponsors Brioche Pasquier, Bailey MK, SIS and Cranswick Convenience Foods.

An Evening at Wakefield Lodge

Fifty-six guests joined us for a truly unique evening at the beautiful Wakefield Lodge, enjoying exclusive tours of the house and stud before gathering for drinks, canapes and barbecue. Our heartfelt thanks go to Sarah and Julian Richmond-Watson for opening their home, event sponsor Avail Financial Planning, Holly from Quirky Quisine, Taylor'd Tableware Hire, and our fantastic volunteers who helped make the evening so memorable.

Celebrating our volunteers

Following Volunteers' Week, we were delighted to recognise the remarkable contribution our volunteers make during a special celebration event at Ride High.

Long-service awards, certificates and special recognition presentations celebrated the commitment, kindness and dedication of the people who give their time so generously throughout the year.

To every one of our volunteers - thank you. We simply couldn't do what we do without you.



Jenny's Journey

*“I was so busy enjoying myself,
I didn't even notice the time.”*

When 16-year-old Jenny joined Ride High, she rarely attended school. Crowds, new people and unfamiliar situations felt overwhelming, and even the thought of meeting the horses made her anxious.

Rather than rushing her, we helped Jenny take one small step at a time. She began by meeting the group and exploring the yard before gradually building the confidence to join a full session and get into the saddle. Week by week, Jenny's confidence blossomed. She formed friendships, embraced new experiences and discovered a love of riding. By the end of the programme, she had achieved something she never thought possible – her very first trot.

When asked about her favourite moment at Ride High, her answer was simple:

“Trotting.”

For Jenny, it wasn't just a new riding skill. It was a reminder of just how far she had come.

Looking ahead



Get your diary out! We've got a fantastic line-up of fundraising events coming up, and we'd love you to join us.

Ride High Charity Golf Day Thursday 8 October | Woburn Golf Club

Join us for our 5th annual Charity Golf Day at one of the country's finest courses, with Dan Grieve, one of the world's leading short game coaches as special guest.

An Evening with Isaac Kenyon Thursday 22 October | Cranfield University | 18:00 | Earlybird: £25 (until 20 Sept)

Riding the Storm: Adventure, Adversity and the Power of Resilience

We're delighted to welcome world-renowned record-breaker, adventurer, scientist and keynote speaker Isaac Kenyon for what promises to be an inspiring evening. Drawing on extraordinary expeditions and his own personal experiences, Isaac will share powerful insights into resilience, overcoming adversity and achieving high performance under pressure.

Christmas Wreath Making Workshop Friday 20 November | Ride High | £40

Get into the festive spirit and join us for a magical evening at Ride High as you create your own beautiful natural Christmas wreath. Enjoy a welcome drink and festive treats while crafting in our beautifully decorated Outdoor School, surrounded by the horses in their stables. With all materials provided and plenty of seasonal inspiration, it's the perfect way to kick off the Christmas season while supporting Ride High.

Ride High Charity Ball Saturday 30 January 2027 | Leonardo Hotel, Milton Keynes

Join us for our biggest bash of the year! More information will follow soon. Reserve your table now!

To find out more or book now:

www.ridehigh.org/events
helen.cook@ridehigh.org



Parker chooses Ride High as its Charity of the Year

We're delighted to announce that Parker, a global leader in motion and control technologies with offices in Milton Keynes, has chosen Ride High as its Charity of the Year for 2026/27.

Following a visit to Ride High earlier this year, where the team learnt more about our work with vulnerable and disadvantaged children, we were pleased to recently make a reciprocal visit to Parker and meet more of the people behind the business.

It's clear that Parker is a company that genuinely values giving back to its local community, and we're incredibly grateful that they have chosen to support Ride High over the coming year.

We're looking forward to working together on a range of fundraising, volunteering and engagement activities, and can't wait to see what we can achieve through this exciting new partnership.



Could we be your next Charity of the Year? Please contact us to discuss how we can work together.

Contact us



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Ride High Registered Charity Number: 1138260