Every Wednesday four students from Avon street campus head out to 4 Mile Lane to RDA (Riding for the Disabled Association)

The children from Avon Street look forward to their weekly ride and gain great confidence, balance, and conversation skills. Integration Aide Di McKenna said “Students are learning to steer the horse and control the horse using their language and body movement. They play games, go on trail rides, learn to brush and care for the horse. They are becoming very independent in organising themselves to be ready for riding, examples like remembering which day they ride, remembering to bring a coat, wear long pants and when they get to riding they change into boots put on helmets independently ready for the ride. Wednesdays are a favourite day.”

RDA is a not for profit organisation, volunteer based. RDA enables individuals with a variety of disabilities, ages and backgrounds to develop independence and freedom.

It also allows the rider to develop riding skills, and assists their ability in balance, core strength, posture and co-ordination. They develop relationships with the horse.

There are many benefits through the experience of riding, the movement of the horse helps to strengthen their muscles and can increase mobility. The children experience the pleasure, confidence and success through their weekly ride.

Principal Barbara O’Brien said “Benalla P-12 would like to publicity thank the RDA for providing such a wonderful experience to our students”.

BENALLA P-12 COLLEGE ATTEND RDA