

There are indeed many benefits through horse riding for those with MS. I would encourage anyone interested to apply to the local group. Riding for the disabled (RDA) is for anyone who has a disability. You can either talk to one of the physios for a referral or you can apply directly to the local RDA, there will be a few forms to complete.

Alternatively, if you would prefer to keep your feet on the ground then the local RDA are always looking for volunteers to help with the riding sessions or fund raising events. Volunteers do not have to have experience with horses if they want to side walk as training will be given.

For the local group click on the link for the website: <https://www.rda.gg>

.