

Wooden Spoon Scotland helps the Riding for the Disabled Association

Former Scotland internationalist Ben Cairns and members of the Wooden Spoon Scotland committee were delighted to be at the Riding for the Disabled Association (RDA) Ravelrig base in Balerno on the outskirts of Edinburgh last weekend.

It was the RDA Ravelrig's open day and the sun was shining as hundreds of people turned up to find out more about the great work that they do there and also to see Wooden Spoon Scotland officially hand over static and mobile hoists which will help more youngsters than ever before get on horses and enjoy that amazing feeling.

With fun activities like horse riding and carriage driving, RDA provides therapy, fitness, skills development and opportunities for achievement supported by 18,000 amazing volunteers and qualified coaches at nearly 500 RDA centres all over the UK.

RDA is an inclusive and diverse organisation and they welcome clients with physical and learning disabilities and autism, and there are no age restrictions.

They want to bring the therapy, achievement and fun of horses to as many people as they can.

RDA Edinburgh & Borders Region Chairman Kim McCutcheon said:

“We have 17 groups between Stranraer and St Andrews.

“Over the years we have built up a strong association with Wooden Spoon Scotland and this most recent donation has allowed us to purchase two hoists.

“One is static and will remain at RDA Ravelrig to allow more children and others who use the service a helping hand to get up onto the horses that we have there.

“The second hoist is a mobile one and it really will be a game changer.

“It can be taken to all of our groups when it is required while it will also allow wheelchair users who are part of the RDA to get out and about and compete in events and competitions.

“It is a huge opportunity for us all, in previous years people who needed hoists to get onto horses could not use the service up here in Scotland, but now they can and that means we can get so many more people involved.

“It is a very exciting time for us all.”

Cairns, the 33-year-old who earned eight Scotland caps in the centre between 2008 and 2014, was amazed to see the great work that goes on at RDA Ravelrig.

And after seeing young RDA service user Cian use the hoist to get on a horse, Cairns himself also went for a ride.

He said: “The work that the volunteers involved with the RDA do is really inspiring and to see the joy on young Cian’s face when he was riding on the horse was just magic to see.

“Indeed, to see so many people getting so much from the service the RDA provide was excellent and it is great to know that Wooden Spoon Scotland has been able to help them out through a donation in such a big way.

“The mobile hoist in particular will be a big asset going forward.”

