



## **Know Your Neighbourhoods Barnsley Riding for the Disabled Association**

### **Pony riding along the Trans Pennine Trail**

We are a disabled riding centre, right in the centre of Barnsley, formed back in the 1970's and already use the Trail here locally for many of our events. We bring people together with a huge range of physical and mental health issues to offer our very own personal effective form of physiotherapy.

Hearing that the Trans Pennine Trail national office had funding to help raise awareness of the Trail was absolutely fantastic news and we were just over the moon when our application was successful.

The funding allowed us to put on a full series of events over the full summer holiday period, resulting in 86 new riders being introduced to the Trail, along with 18 volunteers, parents and carers. The funding helped pay for staff needed to help with more severely disabled riders or riders with severe learning disabilities.

Those who took part ranged in age from 4 to 47 – and it's not just a case of getting them onto the pony and out onto the Trail. We immerse them in the full experience so they can bond with the pony straight away, which is just wonderful to see. We do this by getting them to groom the ponies and then put the tack on them. They then have a 'trial run' round the area before we know they're confident enough to be taken out onto the Trail.

The support level we offer to each of our participants is tailor made to their own specific needs and this involves a lot of discussion prior to them turning up on the day – so there's a lot of background activity going on before the 'main event' of getting onto the Trail. Even then, it's not just a ride and back – we get them singing along and even having a game of eye spy!

It's just such a joy to see the difference these events mean to people who come along. It gives them a sense of achievement, a time to enjoy some freedom of being in the outdoors with the wind in their hair and enjoying the local nature along the way and being able to put aside their daily struggles, even if it's just for a little while.

**Barnsley Riding for the Disabled**



Riding for the Disabled - Barnsley	
Aim of the Organisation:	Riding for the Disabled are a disabled riding centre in Barnsley, formed in 1979. They provide riding sessions to disabled people from age 4 upwards, with no upper limit. Each week on average, over 100 people, mainly children, come to use their services and find enjoyment in a very effective form of physiotherapy. They are open 7 days a week and the activities they deliver bring disabled children and adults together from across the community, helping them meet others, create new friendships and gain confidence in themselves while on horseback.
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