



**BERTIE BASSETT**

**DONATIONS**

Bertie Bassett would be pleased to keep you informed by newsletter of how the charity is developing and progressing.

We appreciate that for some, time is a precious commodity and that a donation enables the individual to support their chosen charity and feel included.

Manx Carriage Driving 4 Disabled welcomes this support.

**WHATS ON IN JANUARY 2015**

**DRIVING SESSIONS:**

- Friday 23rd January 1100 to 1300 (Disabled Drivers)
- Friday 30th January 1100 to 1300 (Disabled Drivers)

Visit to a UK RDA Centre Monday 26th January, 2015

**COMMITTEE MEMBERS:**

- CHAIRMAN Arne Dahn
- VICE CHAIRMAN David Rawnsley
- SECRETARY Janet Thommeny
- TREASURER Hilary MacFarlane
- GROUP ORGANISER Mo Shearing
- COMMITTEE Margot Dahn  
Liz Lilley  
Diane Dale  
Linda Kneale

**MEMBERSHIP**

A membership fee of £5 is currently offered to all newcomers who wish to become volunteers to help the charity to develop.

As a volunteer you will be required to turn out and assist at least five times a year.

During training sessions, you may have the opportunity to learn to drive a pony, **Bertie Bassett**, and carriage, if you so wished.



**Manx Carriage Driving 4 Disabled**

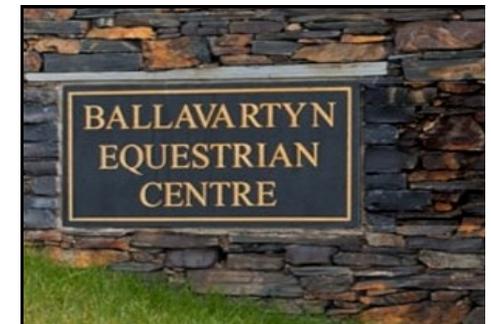
**Manx Reg. Charity 1172**



**INFORMANTION SHEET 1 - JANUARY 2015**

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**WE AIM TO MAKE THE WHEELS GO ROUND!**

# Carriage Driving

Carriage Driving is open to **all**, and is particularly useful for people who can no longer ride due to disability or prefer a different kind of challenge.

Carriage Driving gives those who are unable to mount a horse the opportunity to experience the fun and enjoyment of equestrian activities.

All Driving sessions are conducted under the supervision of a experienced Whip, that's the Driver!

Carriage Driving allows participants a feeling of independence which can increase their levels of self esteem and confidence and offers:-

## Same benefits as riding:

- Improved co-ordination
- Improved muscle power
- Improved balance
- Relaxation through rhythmic movement
- Being out in the open air in summer
- Winter time is indoors

## Non-physical benefits:

- Decision making
- Making friends
- Achievement
- Self confidence
- Having fun!



Carriage Drivers progress in the same way as riders. Drivers can take proficiency tests to increase and demonstrate their ability and knowledge. They can join the RDA and compete in RDA and Shows that have disabled classes. Some drivers progress outside of RDA and attend training days and compete internationally.

**The aim of our group is to allow as many people as possible to enjoy the pleasure of driving a horse and carriage.**

**Driving a pony and carriage gives the participant the feeling of freedom from their disability. The ability to move about and to control that movement.**

**We aim to improve the quality of life for people with disabilities that sometimes prohibit many activities. The group achieve their aims by allowing people with a wide range of disabilities to enjoy a physical activity, in good company, in the great outdoors and safely.**

**We aim to encourage social activity as well as interaction with the animals, helpers and other members of the group. We want every person connected to the group to enjoy the 'feel good' factor that comes with achievement.**

**As a bonus, the many good people who are linked to the group by offering their help also benefit by gaining a great deal of pleasure in the hard work that they do.**

**Activities are split into four main areas:**

- 1 - Driving - just enjoy the ride or drive yourself
- 2 - Dressage
- 3 - Cone courses
- 4 - Social 'fun' days (Fun and games for the whole group)

**All activities are open to any member regardless of ability - and they are all FUN!**