

Report for the Nineveh Trust: Grant Awarded 10/07/23

£2000 Awarded to Equi-Power Central Scotland Riding for the Disabled (RDA) Group:

Supported volunteer costs £800, Volunteer coordination £800, volunteer training £400

Equi-Power RDA is a multi-award-winning charity providing therapeutic, sporting and competitive activities with horses to people with disabilities from age five plus. During 2024 Equi-Power supported 166 individuals with disabilities to improve their health and wellbeing, to learn and be active, to experience joy and achievement and to enjoy making valuable friendships in the company of our horses. Attendees accessed activities including equestrian vaulting, horse riding, horse care, Tea with a Pony (dementia friendly sessions), family sessions and 'ride and play' sessions.

Volunteers are integral to RDA activities and form a community with a 'family feel' where the volunteers themselves benefit every bit as much as participants they work with. During 2024 services were supported by 49 sessional volunteers, 11 of whom live with disabilities themselves (are supported volunteers), and behind the scenes a further 21 volunteers supported with professional and technical advice, fundraising activities and research and outreach.

Supported volunteer costs: Nineveh's £800 towards supported volunteer costs is spent in full. It enabled us to meet transport costs for disabled volunteers to and from their volunteering placements, removing the financial barrier to volunteering, and contributed towards the staffing costs involved in supervising supported volunteers. Our volunteers with disabilities say...

"Ever since I started riding at RDA, I've always wanted to help people the same way as I was helped when I began riding – very proud to reach my 100 Saltire volunteering hours award!"

"Socially, it has helped me talk to people without stressing out"

"I like making friends with other volunteers and having a reason to leave home"



Volunteer Coordination: Nineveh's £800 contribution to volunteer coordination is spent in full. Without an administrator coordinating coaches (two thirds of our coaches are volunteers), sessional volunteers and attendees, our services would grind to a halt.

We are grateful for contributions towards volunteer coordination that allow us to safely recruit, train and administrate our volunteer team.



Our volunteers love...

“Being able to make a difference for people makes me feel more positive about life leading to positive mental health”

“The feeling of satisfaction of doing something positive that can help change someone’s life for the better”

“Enjoyment, companionship and learning”

Volunteer Training: Nineveh’s contribution to volunteer training is part spent.

Volunteers who feel valued stay long term, and skilled, confident volunteers benefit our participants. In 2024 our sessional volunteers attended safeguarding, first aid, autism and disability awareness training, and our volunteer coaches attended ‘emotional labour in coaching’ and equine related CPD. This January Nineveh will be supporting our core volunteers to attend an introductory course in Equine Facilitated Learning and Therapy, teaching them to make the most of opportunities for therapeutic interactions with our participants during sessions.



“I’ve learned about better and more thorough communication and gained confidence in my leadership”

“It’s been helpful to understand more about autism”

“The RDA Preparing a Lesson module allowed me to understand the importance of preparation and my role as a volunteer in the lessons”

Volunteer Achievements 2024

Our volunteers donated 1930 hours of sessional volunteering time in 2024. Our young volunteers gained 22 Saltire and Duke of Edinburgh awards during the year, and volunteer coach Helen was deservedly shortlisted for Active Stirling’s Coach of the Year. Our volunteers are also instrumental in fundraising activities to support the group, and one volunteer was so inspired by our family days that she created the most incredible sensory horse we have ever seen!



Service Highlights

In 2024 our volunteers have supported services which have improved health and wellbeing, brought families together and offered opportunities to people with disabilities to achieve and have fun. Our participants achieved 13 top three placings in the RDA Virtual National Championships this year, are Reserve Scottish Individual and Pas De Deux Para Vaulting Champions and achieved awards for their talent in equine related photography, craft and writing competitions. The impact of Equi-Power services was recognised when we were runners up for Scottish Small Charity of the Year and won the Central FM Community Group of the Year award.



Our participants and parents say...

“Horse riding is a great form of physiotherapy for me. It helps to tone my muscles without too much pressure being put in my joints. This means my joints dislocate less often”

“being around the horses makes me feel happier and more relaxed... It helps my mental health because the physical activity makes me feel good”

“Equi-Power has helped my child become confident, kind and able to balance on moving horses. They have given her opportunities like no other, performing at the Royal Highland show, appearing on several TV news specials and campaigns and competing and winning at many competitions... I have watched her confidence grow and mature over the last 6 years with these huge animals, having dwarfism, everything can be pretty big to her, but she has learnt so much respect and trust in them that unknowingly has helped her confidence in having dwarfism overall”

Our trustees extend grateful thanks to the Trustees of the Nineveh Trust for supporting our volunteers to be a part of excellent outcomes for people with disabilities in the Central Belt.

Amanda Namey

Service Manger

10.01.25