



RDA

Riding for the Disabled Association
Incorporating Carriage Driving



It's what you can
do that counts

SPRING 2012

Issue 1

Chairman's welcome-

Welcome to the first edition of Regional Round-up, Grampian and Highland Region's quarterly news letter. With Groups spread out between Orkney and Dundee it is not easy to keep in touch, training days are the best way and I am always told how much is gained on these days from meeting members of other Groups and swapping ideas. I hope this news letter will be another forum for that to continue and expand. So please let us know what is going on in your Group, send us your photos and stories, swap ideas and ask for advice. I look forward to meeting you soon and hope you enjoy a good summer of riding and driving.

- Valerie Roy, Regional Chairman.

The Life and times of Harry Nunn

It was with great pleasure that staff & volunteers at The Brae Riding for the Disabled in Dundee helped their oldest and most treasured volunteer, Harry Nunn, celebrate his 90th Birthday, with a special *This Is Your Life* presentation.

Over 80 guests turned up for the event which was held in The Braes' indoor arena, there was even our very own life-like Michael Aspel armed with red book. Pictures, special guests and props all played a major part to relive the life and times of Harry. Everyone who came along was intrigued by his extremely interesting and varied life, especially his time with the Queens horses and foals at the Royal Mews. To top the evening off there was a very special guest appearance by The Brae's very own "Royal Family."

Harry has been volunteering at The Brae for over 3 years following the death of his wife. He plays a major part in everyday life helping muck out, leading and side-helping in lessons, lunging horses and any other job that he can put his hand to. He had no idea at all of this surprise and was totally gob smacked when he realised it wasn't a Volunteer Recruitment evening that he was attending after all!

It certainly was an evening to remember for Harry, -a very special surprise for a very special man.



Harry Nunn, This Is Your Life...



Jill Conquers Kilimanjaro for RDA!

Last year when a friend suggested that we should climb Kilimanjaro I suddenly realised that if I didn't do it now then I probably never would. There is something about reaching 50 that spurs you on to do things that may otherwise get put off for another year. The chance to escape the hormones of three teenage boys was also a bonus!

The trip was planned for February. I started training in the summer but more seriously over Christmas. I walked every day but tried to do three long walks on consecutive days. I am embarrassed to say that despite living in the area for ten years there were hills outside my front door that I hadn't explored. It was good to have a goal.

I paid for the trip out of my own pocket but when it was suggested that asking for sponsorship was an added incentive to reach the top I decided I would ask for donations to RDA Deeside (Scotland).

I have been involved with the Deeside Group for nine years and know what a struggle it is to raise funds. I was amazed at people's generosity. Within a couple of weeks I had raised over £2000. There were 12 of us in our party. It took five days to reach the summit at 19,340ft (5,895m). I always felt physically fit enough to reach the top but the altitude sickness which got me on day two was pretty horrible. However watching the sunrise as we neared the summit was an experience I will never forget.

As well as raising money for RDA Deeside (Scotland) I fulfilled a personal goal and made some wonderful new friends. Above all I was left with a deep and lasting respect for the Tanzanian porters and guides who made the climb possible. - Jill Randalls.

Jill on top of Kilimanjaro

