

# Tea with a Pony

for people living with Dementia and other disabilities



Cotswold  
**RDA**



It's what you can  
do that counts

Riding for the Disabled Association

**Are you or someone you know living with dementia or other disabilities? Then why not join us at our riding arena in the heart of Cheltenham Racecourse, and enjoy a brand new experience.**

You can watch one of our weekday group riding lessons before meeting one of the ponies.

Family members are welcome to come along and join us to revisit memories and create new experiences together.

## **Your journey starts ....**

With enjoying a cup of tea or coffee and a slice of cake whilst watching a riding lesson for around 20 minutes.

After the lesson you will spend around 10 minutes meeting and stroking our ponies before walking through our stables and tack room, taking in the sights, smells and sounds of the stable yard.

The session will finish up with a gentle walk through our sensory garden, amongst fragrant and tactile plants (weather permitting).

## **What does it cost?**

We make a small charge of £10.00 for an individual together with one accompanying family member or carer. Terms & conditions apply see our website for more details

**Interested then visit our website**

**[www.cotswoldrda.org.uk](http://www.cotswoldrda.org.uk)**

**or call us on 01242 584420**



Cotswold Riding for the Disabled  
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