

JHQ Special Needs Riding Group

The JHQ Special Needs Riding Group, based at the Rheindahlen & Elmpt Saddle Club, is a joint effort between children, volunteers, parents and schools to actively engage children with special needs in riding.

Riding has long been acknowledged as beneficial to children with physical and mental challenges. It helps children develop balance reactions, muscle tone and good posture, as well as aiding in concentration and improving self-confidence.

The group allows children from the local British and German schools to enjoy regular riding sessions on ponies and horses, including activities such as hacks, gymkhanas and tuition in the Saddle Club's two schools.

The SNRG is always desperate for volunteers to enable the service to continue. No experience with either horses or children with special needs is required, just a good sense of humour! If you feel you would be interested, please contact Helen Woolley at 02161 3083097 or e-mail equissageeurope@hotmail.com. For information regarding the other services offered by the Rheindahlen & Elmpt Saddle Club, get in touch with Sue Fox on 02161 4722992, or visit the Stables.