

# Riding for the Disabled Association Ltd.



香港傷健策騎協會有限公司

## MAGAZINE



前排由左至右：第五屆亞太會議籌委會委員及講師郭二鳳小姐；第五屆亞太會議冠名贊助人史佩加小姐；第五屆亞太會議冠名贊助人史顏景蓮女士；第五屆亞太會議冠名贊助人、香港傷健策騎協會公關及籌募委員會副主席及2014週年慈善餐舞會主席史立德博士MH太平紳士；香港傷健策騎協會主席楊國琦太平紳士；食物及衛生局副局長陳肇始教授太平紳士；香港賽馬會副主席葉錫安博士CBE太平紳士；第五屆亞太會議籌委會主席楊存洲先生；香港傷健策騎協會遴選委員郭鍵勳博士；第五屆亞太會議籌委會委員Mrs. Sue Gazzi；第五屆亞太會議籌委會委員Mrs. Ann-Sofi Poyhonen；第五屆亞太會議項目經理王碧涓小姐。

Front row from left to right: Ms. Cecilia Kwok, Speaker and Member of Organizing Committee of 5<sup>th</sup> Asia Pacific Conference; Ms. Kathleen Shi, Title Sponsor of 5<sup>th</sup> Asia Pacific Conference; Mrs. Kimmy Shi, Title Sponsor of 5<sup>th</sup> Asia Pacific Conference; Dr. Allen Shi, MH JP, Title Sponsor of 5<sup>th</sup> Asia Pacific Conference, Vice-Chairman of RDA PR & Fundraising Subcommittee and Chairman of RDA Annual Charity Ball 2014; Mr. KK Yeung, JP, Chairman of RDA; Prof. Sophia Chan, JP, Under Secretary for Food and Health Bureau; Dr. Simon Ip, CBE JP, Deputy Chairman of The Hong Kong Jockey Club; Mr. Thomas Yeung, Chairman of Organizing Committee of 5th Asia Pacific Conference; Dr. Joseph Kwok, Voting Member of RDA; Mrs. Sue Gazzi, Member of Organizing Committee of 5th Asia Pacific Conference; Mrs. Ann-Sofi Poyhonen, Member of Organizing Committee of 5th Asia Pacific Conference; Ms. Apple Wong, Project Manager of 5th Asia Pacific Conference

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**Ms. Emily Lee**  
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**Mr. Max Cheng**  
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## 香港傷健策騎協會 - 探訪用家計劃

### RDA Stakeholders Visit Program

香港傷健策騎協會成立於一九七五年，是提供免費傷健策騎服務予殘疾人士的組織。在亞洲地區，傷健策騎人數在近年不斷增加，但本協會的規模迄今仍然是區內最大的。

為進一步推廣協會之馬術服務與受惠學校和機構，於二零一三年六月推出了新服務方案，名為「探訪用家計劃」，由協會主席、委員會成員和職員負責執行。每週定期預約本港特殊學校和機構進行兩小時探訪，目的是充分諮詢用家的意見，考慮如何照顧他們的需要，聽取不同層面人士的聲音和意見，包括校長、老師、社工或專業治療師，目的是幫助改進本會的服務和讓我們理解到怎樣才可令到殘疾社群受惠於本會的服務。

RDA was founded in Hong Kong in 1975 and is providing free therapeutic riding to people with disabilities. In Asia the provision of riding for the disabled has grown over the years but RDA Hong Kong remains the largest in the region.

To further promote RDA's equestrian services to all beneficiary schools and institutions, a new service known as "The Stakeholders Visit Program" was launched in June 2013. The program is presented by the RDA Chairman, Committee Members and staff. A scheduled 2 hour visit to one of these special schools or institutions takes place weekly. The purpose is to fully consult the views of the users, consider how to better care for their needs, listen to the views and opinions of people at different levels, including the principals, teachers, social workers and professional therapists. The aim of the program is to help improve RDA's services and increase our understanding of what really benefits the disabled community.





在這短短數個月中，協會已探訪了廿六間特殊學校和機構，分別有香港心理衛生會臻和學校、保良局羅氏信託學校、天保民學校、沙田公立學校、匡智元朗晨樂學校、匡智屯門晨崗學校、中華基督教會望覺堂啟愛學校、才俊學校、香港西區扶輪社匡智晨輝學校、賽馬會匡智學校、匡智獅子會晨崗學校、明愛樂義學校、東華三院徐展堂學校、心光恩望學校、香港耀能協會羅怡基紀念學校、香港耀能協會賽馬會田綺玲學校、香港紅十字會甘迺迪中心、禮賢會恩慈學校、路德會救主學校、中華基督教會基順學校暨資源中心、恩慈學校、東華三院群芳啟智學校、賽馬會善樂學校、香港紅十字會雅麗珊郡主學校、匡智翠林晨崗學校、三水同鄉會劉本章學校暨特殊教育資源中心。

根據受訪人士的意見，所得出的結論是傷健策騎對他們的學生好處如下：

- 提升學生的自信心；
- 開啟學生的自我激勵個性；
- 發展學生的自豪感和成就感；
- 發展學生潛在的運動天份；
- 改善學生的溝通技巧；
- 增強學生的社會規範標識；
- 改善學生的專注；
- 改善學生平衡協調的感官能力。

Within just a few short months, RDA had visited 26 special schools and institutions, including The Mental Health Association Hong Kong -Cornwall School, Po Leung Kuk Law's Foundation School, Mary Rose School, Shatin Public School, Yuen Long Hong Chi Morning Joy School, Tuen Mun Hong Chi Morning School, C.C.C. Mongkok Church Kai Oi School, Choi Jun School, Rotary Club of HK Island West Hong Chi Morning Hope School, The Jockey Club Hong Chi School, Hong Chi Lions Morninghill School, Caritas Lok Yi School, TWCHs Tsui Tsin Tong School, Ebenezer New Hope School, SAHK BM Kotewall Memorial School, SAHK Jockey Club Elaine Field School, Hong Kong Red Cross John Kennedy Centre, Rhenish Church Grace School, Saviour Lutheran School, C.C.C. Kei Shun Special School Cum Resource Centre, Chi Yun School, TWGHs Kwan Fong Kai Chi School, Jockey Club Sarah Roe School, Hong Kong Red Cross Princess Alexandra School, Tsui Lam Hong Chi Morninghill School, Sam Shui Natives Association Lau Pun Cheung School Cum Resource Centre.

According to the views of those interviewed, the study shows that therapeutic riding can benefit all riders in the following ways:

- Enhance students' self-confidence;
- Open the student's self-motivating personality;
- Develop a sense of pride and accomplishment;
- Development of student potential movement
- Improve students' communication skills;
- Enhance students' social norms identity;
- Improve students' ability to focus
- Improve the sensory abilities of students balancing coordination.



那項「探訪用家計劃」發展迄今，甚具功效力，透過這交流平台，讓協會了解和收集各方意見，對未來發展很大幫助。

迄今為止，「探訪用家計劃」這個發展方案，確實對本協會如何可以改進我們的服務產生了很大的影響。香港傷健策騎協會現在有機會瞭解各方的需要和意見，接下來會全力用不同的方式去提升本會的服務。這個計劃的確是對本協會未來的發展佔著一個非常重要的部分。

To date the development of the program has definitely had a great impact on how we can improve our services. RDA now has the opportunity to understand the needs and opinions of all concerned and in turn develop a variety of ways to assist and improve guidelines. The program is indeed a very important component in the future development of RDA's services.

**Ms. Peggy Ngan**

**顏紹華小姐**







# 七月暑期訓練班

## Summer Intensive Training in July

香港傷健策騎協會暑期訓練班於二零一三年七月二至十二日，在屯門公眾騎術學校舉行。每日課程包括騎術訓練和馬房管理。其六組課程目標主要是加強騎生們各項技能，包括騎術技巧、騎生平衡性和協調性、馬匹護理、清潔馬具及馬房等。

所有騎生非常享受此次培訓，我們亦收到不少父母們的熱烈回響。我想藉此機會感謝各義工在最炎熱酷曬的月份都前來幫助本會的暑期訓練班。真的感謝你們!!

**王嫻婷小姐**

The Riding for the Disabled Association summer intensive training program was held between 2-12 July 2013 at Tuen Mun Public Riding School. The program included a riding lesson and a stable management lesson each day. The six sections of training aimed to strengthen different areas in our riders, including riding skills, rider's balance and coordination, grooming horses, cleaning horse tack, and mucking out stables etc.

All riders enjoyed the training, and we also received a lot of positive feedback from parents. I would like to extend a big Thank You to all the volunteers who came to help during the hottest month of the year. Thank You!!

**Ms. JoJo Wong**







## 傷健策騎協會屯門中心 - 二零一三年八月二十至二十三日新義工訓練 New Helpers Training at RDA Tuen Mun Centre - 20-23 Aug 2013



香港傷健策騎協會需要大量義工協助課堂，因此本會定期舉辦為期四日的新義工訓練，藉此招攬更多有興趣人士參與義工工作。新義工訓練一般分為數個課題包括拖馬、陪騎、馬房管理、馬匹特別配備、基本病理概念及理論課堂。

這四天的義工訓練中，教練及資深義工都騰出他們寶貴的時間，悉心教導新義工，難得的是所有新義工亦準時出席訓練並非常用心學習。新義工們充滿熱誠和精力，祈待很快便可透過本會去幫助不同的殘障小朋友。

**王嫻婷小姐**

Hong Kong Riding for the Disabled Association needs many new helpers to assist in their lessons, therefore RDA regularly organizes four-day training sessions, which attract more interested parties to become part of the volunteer team.

The four day New Helpers' Training Program is usually divided into a few different topics which include- leading, side-helping, stable management, basic concepts of pathology and theory lectures.

During these four days of new helper training, all coaches and experienced helpers sacrifice their valuable time to teach the new helpers. All the new helpers that attended the training were punctual and learned all lessons carefully. They were also full of enthusiasm and energy and were very happy to help all the different disabled children.

**Ms. Jojo Wong**







## 二零一三年八月在英國訓練 UK Training in August 2013

香港傷健策騎協會的數名教練和義工懷著既興奮又期待的心情於八月尾飛往英國，參加一連五天的訓練課程，包括Sue Gazzi女仕, Ann-Sofi Poyhonen女仕, 王嫻婷小姐, 葉昭今先生和我居住於赫里福德郡之艾盧馬術中心。

在英國教練Suzie Parker女仕和Sue Adams Wheeler女仕之教導下，我們學會了很多知識包括如何運作小馬以提升它們適合本會使用、教授騎術技巧、如何加強騎生進展、在有騎生或沒有騎生情況下學習如何有效地引領馬匹、使用機械馬(適當命名的黑莓)時，我們能親身體驗在策騎中從騎姿轉變去達至更大改善，及如何將其應用於我們騎生的身上。

陽光明媚的天氣，怡人的鄉村景色及當地傳統酒吧為我們準備美味的料理，除以上的學習經驗外，增添了這個非常豐富和鼓舞人心的旅程。

**Dominique Tombazzi 女仕**

It was with great enthusiasm that some of our RDA instructors and volunteers flew to the UK at the end of August to attend a 5 day training course. Mrs. Sue Gazzi, Mrs. Ann-Sofi Poyhonen, Ms. Jojo Wong, Mr. Justin Yip and I stayed at Arrow Equestrian Centre in Herefordshire.

With the help of our coaches Mrs. Suzie Parker and Mrs. Sue Adams Wheeler, we learned many things including how to work our ponies in hand in order to improve them for RDA work, riding sessions to learn about coaching and how to progress our riders, training on how to lunge our ponies effectively with or without a rider, and with the use of a mechanical horse (aptly named Blackberry) we were able to experience firsthand how changes in our position could lead to great improvement in our riding and consequently how to apply these changes to our riders.

The fantastic weather, the beautiful countryside and the delicious meals at a traditional local pub just added to a very enriching and inspiring experience.

**Mrs. Dominique Tombazzi**





傷健策騎協會薄扶林中心 - **新義工** 訓練二零一三

# *New Helpers Training*

*at RDA Pokfulam Centre 2013*



九月第一個星期，當二十名新義工加入義工訓練課程之後，薄扶林中心就變得非常繁忙。為使課程順利進行，數位薄扶林教練及富有經驗的義工均出席協助。

新義工參與訓練課程，包括有安全指引、馬匹心理、殘障類別的認識、課堂的結構及特別的工具、參與領馬實踐的工作坊、陪騎員訓練、課堂的指引及如何有效地協助各騎生。

憑藉新義工吸收到訓練時所學到的知識，他們已經很勇躍地參與及幫助本會的課堂，並已成為我們的家庭成員了！

**Dominique Tombazzi 女仕**

It was a busy time in PFL during the first week of September when about 20 new volunteers joined 'our new helpers' training. Several PFL instructors as well some "old hands" were present to ensure a smooth running of the training sessions.

The new volunteers attended lectures about safety, horse psychology, understanding disabilities, lesson structure and special equipment, and participated in practical workshops with leading, side helping, school commands and how to effectively help our riders.

With their newly acquired knowledge the new volunteers are now actively participating in our lessons and have become members of our RDA family!

**Mrs. Dominique Tombazzi**





## 企業社區工作坊

## RDA Corporate Community Work Program

香港傷健策騎協會推出「企業社區工作坊」，計劃是一方面提高企業與傷健人士之間的聯繫，另一方面提升大眾人士對傷健患者的關注，並於社區內宣揚關愛的訊息。

協會為參與企業設計一系列的活動，我們亦鼓勵企業透過參與本會的馬術治療活動中推廣其公司形象給社區。

協會邀請的近律師行義工隊聯同匡智獅子會晨崗學校及香港賽馬會義工隊聯同沙田公共學校，分別於二零一三年十一月九和廿一日，蒞臨屯門公眾騎術學校的傷健策騎協會屯門中心舉行工作坊，一同與這項有意義的策騎活動。

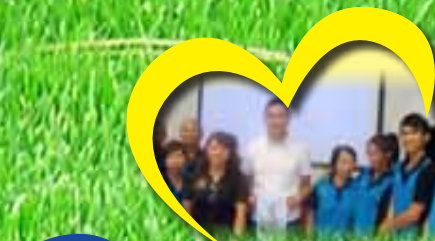
Riding for the Disabled Association (RDA) has launched 'RDA Corporate Community Work Program'. The mission is to enhance the connection between enterprises and the disabled community, raise the public's concern about disabled people and promote the message of care to the local community.

Our Association has designed a series of activities for participating enterprises. We also encourage enterprises to participate in RDA's hippotherapy message to share with the community how enterprises can promote their corporate image through the relevant activities.

Deacons' Volunteer Team vs Hong Chi Lions Morninghill School and the Members' Care @ HKJC Volunteer Team vs Shatin Public School were invited to join our meaningful program at RDA Tuen Mun Centre on November 9th and 21st at Tuen Mun Public Riding School respectively.







每節工作坊都會邀請大約十至十五名企業義工，十名騎生和六名協會的義工，連同工作人員大約四十人出席。活動包括：播放十分鐘協會宣傳短片、馬房參觀、一小時策騎活動、午膳/茶會、梳理兩隻雪特蘭迷你小馬和拍照，最後頒發紀念品。

在短短三小時的活動中，義工們盡顯愛心照顧傷健騎生，為他們提供合適的支援及幫助，體驗「傷健共融」的精神，每位參加者獲得寶貴的經驗和徹底地享受了一天的活動，在和諧的氣氛及歡笑聲中圓滿結束。

顏紹華小姐

Each session was well attended by over 40 people, which included 10 disabled children, 10-15 Corporate's volunteers, 6 RDA helpers and staff. The activities included: watching a 10 minute RDA video, 1 hour riding lesson & stable visit, lunch/ tea break, grooming Shetland mini ponies and photo-taking and souvenir presentation.

During the three hour activity, volunteers showed love and care to all the disabled riders, provided appropriate support to them, and also experienced the spirit of communion with different disabilities. Everyone who took part had a very rewarding experience and thoroughly enjoyed the day.

Ms. Peggy Ngan







# 香港傷健策騎協會第五屆亞太會議 - 自閉症和教授會議報告

## 5th RDA Asia Pacific Conference - Autism and Coaching

### Post-Conference Report

“極美的，有趣的，發人深省，互動性和具挑戰性的”這是一些有關參加者對香港傷健策騎協會最近舉辦的第五屆亞太會議-自閉症和教授的評論。是次會議舉行於二零一三年十一月廿五和廿六日，假座於香港賽馬會雙魚河鄉村會所及馬術中心舉行。

那一刻，當會議籌組委員會主席及復康委員會主席楊存洲先生踏上講台，歡迎來自澳大利亞，比利時，中國，中華台北，韓國，新加坡，南非，泰國和英國的代表，很明確地那將會是一個令人興奮和內容豐富會議。

楊存洲先生在此衷心感謝史立德博士MH太平紳士及其卓越的公司華彩集團有限公司冠名贊助是次第五屆亞太會議。香港賽馬會雙魚河鄉村會所及馬術中心，環境清幽，舒適寧靜，讓各地代表討論馬匹對自閉症患者之議題的理想地點。

會議開始先由食物及衛生局副局長陳肇始教授太平紳士致詞，她贊揚香港傷健策騎協會一直提供恰到好處的照顧和支持給協會內的馬匹和騎生。

隨後，香港賽馬會副主席葉錫安博士CBE太平紳士上台致詞，他感謝來自各地的代表在香港聚集一堂，出席是次的會議去交流經驗，實踐如何得到醫生、專家和義工的協助下尋求最佳療法協助殘障騎生。

超過十二位的各國代表加上本會的義工，這肯定是為特殊所需的騎生作國際交流和分享經驗的良好開始。第五屆亞太會議正式開始前，衛生局副局長陳肇始教授太平紳士和香港傷健策騎協會主席楊國琦太平紳士頒發紀念牌匾給講師和特別嘉賓。

“Fascinating, interesting, thought-provoking, interactive and challenging” were just some of the comments made by participants on the recent Riding for the Disabled Association's 5th Asia Pacific Conference: Autism and Coaching held at the Beas River Country Club on the 25 and 26 November 2013.

From the moment that Mr. Thomas Yeung, Chairman of the Conference Organizing Committee and Rehab Sub-committee of RDA, stepped on the stage to welcome attendees from countries such as Australia, Belgium, China, Chinese Taipei, Korea, Singapore, South Africa, Thailand and the UK, it was clear that the conference was going to be an exciting and informative conference.

Mr. Thomas Yeung was heartfelt in his thanks to Dr. Allen L. T. Shi, who through his esteemed company Brilliant International Group Ltd, title sponsor the 5th Asia Pacific Conference. The elegant setting of the Hong Kong Jockey Club's Beas River Country Club and Equestrian Centre provided a relaxing and scenic venue in which delegates discussed ways to help autism sufferers using horses and ponies.

Opening remarks from Prof. Sophia Chan, Under Secretary for Hong Kong's Food and Health Bureau gave credit to the Hong Kong RDA for providing qualified care and support to the horses and riders of the RDA.

Dr Simon Ip, Deputy Chairman of the Hong Kong Jockey Club, gave a speech and thanked everyone for coming from so far afield to Hong Kong for the conference to exchange experiences and best practices on how disabled riders can benefit from the support of doctors, specialists and volunteers and therapeutic riding.

With over a dozen of nations represented among delegates and RDA volunteers, it was a promising start to worldwide interaction on behalf of riders with special needs. Prof Sophia Chan, Under Secretary for Food and Health and Mr. KK Yeung JP, Chairman of the RDA, presented commemorative plaques to the speakers and special guests before the real work began.





先由香港兒科和專門處理兒童評估專家陳凱珊醫生，為患有自閉症患者所面臨的挑戰作為首位講師，課題內容是非常有趣的概述自閉症概覽、如何做出評估及它將如何影響這些診斷。

之後，各地代表被泰國講師 Kanchana Koonrungsomboon 博士之演講紛紛攝住了。盡管她以前沒有接觸過馬匹，但她已經在泰國單獨設立一個馬術治療中心名為「Rajanagarindra 兒童發展協會」去照顧自閉症兒童。隨後，在 Packsquadron 合資格的馬術隊（泰國皇家陸軍）的協助下，簡博士，她總喜歡那樣稱呼，便著手研究馬術治療好處。

簡博士之答問環節先由香港傷健策騎協會主席楊國琦太平紳士開始。他讚嘆泰國皇家陸軍全力支持簡博士之研究工作。可惜答問時間實在有限，便立即交給我們下一位講師。

馬術世界都知道，來自英國的 Sue Adams Wheeler 女士是一位高級講師、首席考官、UKCC 評估師和英國傷健策騎協會以外地方的國際聯絡官。她亦多次蒞臨香港與本協會的義工們亦非常熟絡。

Wheeler 女士首先在會議室進行第一節理論課程，然後她將課堂轉移到沙圈場地，去進行馬匹、義工及殘障騎生的實踐課程示範。

完成一天的挑戰和學習，當晚的晚宴設於香港賽馬會雙魚河鄉村會所，各地代表在晚宴中與老朋友再次相聚一堂或結交新朋友，分享及交換當日學習心得。

第二天沒有代表遲到，所有人都渴望參與 Kanchana Koonrungsomboon 博士的第二節課程，她繼續介紹在泰國提供給自閉症兒童的服務。接著講課的是香港的郭二鳳小姐，她是一位物理治療師和兒科專家，她亦是國際殘疾人馬術的分級專員。

The challenges facing those diagnosed with autism was set by our first speaker, Dr. Sophelia Chan (Hong Kong), who is a qualified doctor in paediatrics specialized in child assessment. Dr. Chan presented a highly interesting and informative overview of autism, how it is assessed and how it affects those diagnosed.

Delegates were next overawed by a presentation by Dr. Kanchana Koonrungsomboon (Thailand), who despite the fact that she had no previous contact with horses had independently set up a hippotherapy course for autistic children under her care at the Rajanagarindra Institute of Child Development in Thailand. With the support of qualified equestrians in Packsquadron (Royal Thai Army), Dr. Kan, as she likes to be called, conduct her own study of the benefits of horse riding.

Questions for Dr. Kan were led by Mr. KK Yeung JP, who was fascinated by the support open to Dr. Kan from the Royal Thai Army. Question time however, had to be cut short to move to our next speaker.

As the Equestrian world knows, Mrs. Sue Adams-Wheeler (UK) from the UK, is a senior instructor, chief examiner, UKCC assessor and the international liaison officer with the RDA UK working across the world. Mrs. Adams-Wheeler is a frequent visitor to Hong Kong and a perennial favourite with all those who volunteer with HK RDA

Mrs. Adams-Wheeler first started with a theory session and later we moved to the stable yard to work with the horses in a practical demonstration of training horses and helpers for disabled riders.

A relaxed and convivial dinner at Beas River rounded off a day of challenges and learning, as delegates renewed old friendships, made new friends and exchanged or expanded on all they had learned that day.

No tardy delegates on the second day, all involved eager for the next session from Dr. Kanchana Koonrungsomboon who explained the services provided to autistic children in Thailand, followed by a look at the options available in Hong Kong for the autistic from physiotherapist presented by paediatric specialist Ms. Cecelia Kwok (Hong Kong) who is also an international para-equestrian classifier.







當南非講師Tracey Cumming女士向各國代表介紹有關最近研究報告時，在座的每位心跳又再度上升，她講述在她馬房進行了自閉症騎生的休息/不休息心率研究。這是一項極具挑戰的研究，因為她只可以用很小數量的測試而且自閉症患者較為敏感。雖然如此，但結果顯示進一步的研究是可以知道如何令自閉症患者受惠於馬術治療。

會議快接近尾聲，香港的兩位講師郭二鳳小姐和李威儀醫生詳細地說明了馬術治療對肢體殘障及智障兒童的明顯效果。

完場前，醫生、物理治療師和本會的義工計劃在將來怎樣互相幫助研究，去證明馬術治療和騎馬是適合所有年齡的智障及肢體殘障人士。我們這群一直與馬匹和殘疾人士工作的人士，很早便知道這就是我們心中的前提。

告別酒會設於中環置地廣場香港銀行家會所舉行，是一個最後機會讓香港傷健策騎協會主席楊國琦太平紳士，香港傷健策騎協會遴選委員James Riley先生和郭鍵勳博士致送感謝牌匾與冠名贊助人史立德博士MH太平紳士和講者，各出席者分享其經驗和鼓勵未來的合作，也為有需要的馬匹、義工和騎生們提供持續的支援。

注意：如閣下對是次第五屆亞太會議：自閉症和教授之內容及演講有任何查詢，請直接與香港香港傷健策騎協會聯絡。

Heart rates of our delegates went up again as Ms Tracey Cumming (South Africa) introduced the audience to a recent study carried out at her stable on the resting/not-resting heart rates of autistic riders. The study involved small number of tests and the challenges of working with the sensitivities of the autistic, but one that showed that further study could benefit how hippotherapy or equine therapy can be used to rehabilitate autism patients.

Rounding off the conference, Ms Cecilia Kwok and Dr. Wilson Li (Hong Kong) detailed their own study into the effect of therapeutic horse riding for physically and mentally handicapped children.

As the conference drew to a close, doctors, physiotherapists and RDA volunteers made plans to aid each other in the future research needed to prove that hippotherapy and riding in general is beneficial for people of all ages with mental and physical challenges. A premise that those of us who have worked with both horses and the disabled have long known in our hearts.

The farewell cocktails at the Hong Kong Bankers Club, the Landmark was a wonderful opportunity for our Chairman, Mr. KK Yeung JP, and our Voting Members, Mr. James Riley and Dr Joseph Kwok, to thank those who have attended the conference for sharing their experiences and encourage future cooperation and the ongoing benefits of horses, ponies, volunteers and riders in need.

Note: For more information on individual studies and presentations at the 5th RDA Asia Pacific Conference Autism and Coaching, please contact RDA Hong Kong.

**Gina Shellum女士**

**Mrs. Gina Shellum**







## 澳洲墨爾本威勒比CPEDI三星賽事 CPEDI3\* Werribee Competition 2013



香港傷健策騎協會於二零一三年十一月二十八日至十二月一日派出傷健馬術隊選手包括曾釅賜、謝佩婷和李蘇菲前往澳洲墨爾本出席威勒比CPEDI 三星賽事。

這是一項富有挑戰性的賽事，但同時亦為參賽選手帶來豐富的經驗。由於時間急迫，選手沒有足夠時間與馬匹進行互相磨合，加上義工人數給予選手援助相比以往少，在這個情況下，選手在我的教導及協助下自行為馬匹裝配及卸下馬具。由於各樣工作都是親力親為，讓他們意識到他們對馬匹照顧的基本知識是多麼有限的。而他們的父母都無私地協助各樣工作，我非常高興感受到這個團隊精神意義，三位選手雖然在此特殊的情況下準備比賽，但並未影響他們出色的表現。

Riding for the Disabled Association Ltd ("RDA") sent the Para Equestrian Squad including Timothy Tsang, Natasha Tse, and Sophie Milner to the CPEDI3\* Werribee Competition which was held on 28 November to 1 December 2013 in Melbourne, Australia.

This event was a real challenge, but also a great experience for our riders. The time given for the riders to get used to a strange horse was very limited and to add to this the support they received from the helpers was much less than in the past. This meant that they had to tack up and untack the horses by themselves with my guidance and support. Being in a position where they needed to do more things on their own made them all realize that they only had a very basic knowledge of horse care. Parents were happy to do what they could to help out, and it was nice to see that everyone tried to work together as a team. I am pleased to report that all three riders performed well under these new circumstances.





謝佩婷所取得分數：

團體賽 59.4%  
個人錦標賽 60.39%  
音樂舞步賽 57.65%

李蘇菲所取得分數：

團體賽 56.6%  
個人錦標賽 56.55%  
音樂舞步賽 61.2%

曾毓賜出席兩項賽事所取得分數：

團體賽 52.2%  
個人錦標賽 50.48%

Natasha achieved the following results:

Team 59.4%  
Individual 60.39%  
Freestyle 57.65%

Sophie achieved the following results:

Team 56.6%  
Individual 56.55%  
Freestyle 61.2%

Timothy ride in two events and achieved the following results:

Team 52.2%  
Individual 50.48%

我非常開心能夠在這急迫時間裡順利完成這項比賽，並為我們年青的選手們所取得成績感到驕傲。在此我衷心感謝國家盛裝舞步表演總監和澳洲傷健馬術隊的 Julia Battams 小姐和澳洲馬術隊全體隊員之協助、支持及借出的馬匹。這確實是給予每一位參與者一場寶貴的經驗。

We were extremely pleased that we were able to complete this borrowed horse competition with limited time to prepare, and are proud of our young athletes' achievement. I would like to offer our heartfelt thanks to Julia Battams, the National Performance Director of Dressage and Para Equestrian in Equestrian Australia, and the whole team in Equestrian Australia for all their help and support and for kindly allowing our riders to compete on their horses. This was truly a wonderful experience for all involved.

**陳世健教練**

**Mr. Bee Chan - Coach**





# 二零一三年十二月 - 傷健策騎協會聖誕遊戲障礙賽

## RDA Christmas Gymkhana in December 2013

香港傷健策騎協會聖誕遊戲障礙賽於二零一三年十二月十四日於屯門公眾騎術學校舉行，約超過五十名騎生及父母參與。

第一項比賽是雞蛋小匙角力戰，遊戲性質是挑戰騎生的騎術和身體協調能力，騎生必須手持小匙，小球放在小匙上，騎生需騎著馬匹小心地手拿小匙運送到沙圈盡頭，如中途掉下小匙和球，便要返回起點站重新出發。

第二項比賽是旗幟障礙賽，兩騎生組成一隊，每位參賽者須沿途需繞過雪糕筒，執起小旗，再返回起點方算完成。此項比賽需團隊合作精神和良好騎術技巧。

最後一項比賽是音樂傳球，所有父母，騎生和義工圍着圓圈站在一起，音樂進行中，各方需將球傳給另一方，一旦音樂停止，手持小球的一方便出局，直到剩下最後一人為之勝利。

所有騎生及其家人很享受地帶著笑面離開，我在此恭祝大家聖誕及新年快樂!!!

王嫻婷小姐



The Riding for the Disabled Association Christmas Gymkhana was held on the 14<sup>th</sup> Dec 2013 at Tuen Mun Public Riding School, and over 50 people including riders and parents participated.

The First game to take place was the Egg and Spoon race, which challenges rider's riding skills and body control. Each Rider needed to balance a small ball on a spoon whilst riding their horse from one end of the paddock to other. The first rider to reach the other end of the paddock was the winner, but if they dropped the spoon and ball they had to ride back to the starting line and begin again.

The Second game was a flag race, two riders worked as a team and each of them was required to weave in and out of a line of cones and pick up a flag at the other end of the paddock and then ride back to the starting line. This game required team work and good riding technique.

The last game was called Musical ball. All parents, riders and volunteers stood together in a circle and passed a ball to music, when the music suddenly stopped the person holding the ball at that moment was then out of the game. This continued until only one person was left, which meant they were the winners.

All the riders and their families left with a smile on their faces and seemed to have really enjoyed themselves.

I would like to wish you all have a very Merry Christmas and a Happy New Year!!!!

Ms. JoJo Wong

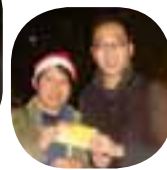






## 香港傷健策騎協會二零一三年週年義工晚餐

# *RDA ANNUAL HELPERS BBQ 2013*



香港傷健策騎協會的義工燒烤晚會已於二零一三年十二月廿日在屯門公眾騎術學校舉行。此活動的主要目的是借著一年一度的機會，去感謝所有義工對本會的幫忙與支持，有他們的積極參與，才可以令本會順利舉辦騎術課堂與殘障人士。

非常感謝以下贊助人：

- 楊國琦太平紳士 (香港傷健策騎協會主席) - 紅酒及白酒
- 楊存洲先生 (復康委員會主席) - XTC 雪糕車
- 史立德博士MH太平紳士、李茂銘博士及胡家驊先生 - 抽獎禮物
- 楊存洲先生和胡家驊先生 - 現金獎

盡管當晚氣溫寒冷，但大家圍在火爐邊有說有笑場面非常融洽。雖然興奮而緊張的大抽獎約在八時卅分開始，但吸引力十足的現金大抽獎就把當晚氣氛推至高峰。晚會大概於晚上九時卅分完結，在場每一位參加者都享受了一個精彩的晚上。

我在此再一次衷心感謝所有人仕對本會的幫助，希望大家將來繼續支持更多有需要人士，謝謝！

王嫻婷小姐

The RDA Annual Helper BBQ was held on 20th December 2013, at Tuen Mun Public Riding School. The Annual Helper's Dinner is a once a year opportunity for RDA to show its appreciation for all the volunteers who make the weekly horseback riding lessons a reality by their faithful attendance.

I would like to offer our heartfelt thanks to the following sponsors:

- Mr. KK Yeung, JP (Chairman of RDA) – Wine and White Wines
- Mr. Thomas Yeung (Chairman of Rehab Subcommittee) – XTC Ice-cream car
- Dr. Allen Shi, MH JP, Dr. Sonny Li and Mr. Jackson Woo – Raffle Prize
- Mr. Thomas Yeung and Mr. Jackson Woo – Cash Prize

Despite the cold night temperatures, we talked and laughed while sitting around a very cozy fire. The lucky draw began at around 8:30pm and was a very exciting part of the night, but it was the cash prize that pushed the evening to its peak. The BBQ ended at around 9:30pm, and was a wonderful event enjoyed by all.

Once again, I would like to express my thanks to all parties involved, and hope that you will continue to support the needy in future. Thank you!

Ms. Jojo Wong



## 香港紅十字會甘迺迪中心 - 校長的話

### Message from Principal of Hong Kong Red Cross John F. Kennedy Centre

多年來已證實馬術治療對治療殘障人士有很大好處，尤其是治療大腦性麻痺病患者更為有效。香港紅十字會甘迺迪中心非常榮幸獲得香港傷健策騎協會的幫助，提供了超過十五年的馬術治療課程，為我校的學生提供了另類治療方式，以培育他們在生活不同層面進行探索，促進身心，情緒和社交上的發展。

通過馬匹的移動令運動肌和感官有所反應，有助騎生的肌肉發展、平衡、身體協調、核心控制和姿勢穩定性。情緒、社交和認知對身心健康是有助益的。學生們透過參加馬術治療能建立起自信，增進專注力並促進溝通、表達及人際互動技巧。多年來，我校給予嚴重殘障學生機會去參加此項活動。香港傷健策騎協會所提供的設備，就算比較嚴重殘障的騎生都能體驗到騎馬的樂趣。最令人鼓舞是騎馬經驗可令他們克服殘障的決心！我們很高興地看到我們的學生在馬術上的成就及他們如何在學校中延續這份精神。

我們非常自豪地看到我們的學生，李蘇菲、曾釀賜和謝佩婷成為香港傷健策騎協會運動員，他們對馬術的熱愛，由早年首次參加協會的馬術比賽開始，雖然他們需要克服許多困難，但他們仍然努力不懈去備戰和訓練參加各項本地和國際賽。我校最令人興奮的事，是謝佩婷在二零一二年九月參加了倫敦殘奧會，我們意識到她要在學術和馬術訓練達至平衡，是一件不容易的事，這需要很大的毅力才能做到精益求精。作為一個學生和運動員的責任，殘疾馬術運動員都充分地展示了他們的決心和忘我精神。他們的承諾和樹立了非常好的榜樣，鼓勵其他同學以不屈不撓毅力突破重圍，衝出障礙。

雖然我們未能時刻參與及支持他們的訓練或比賽，但我們的員工在許多方面不斷地給予他們支持與鼓勵。學校治療師繼續為他們提供治療，以補充他們的馬匹訓練之需要。為了解我校運動員的各種需求，我校最近成立了體育發展的團隊，其目的是確保校內香港代表隊的學生全面得到學術和訓練的均衡發展，並調節他們情緒和心智。藉著功課上和練習上特別的安排，增設成功及困難分享課堂，我們希望讓學生運動員的學習是全面的成長，在運動場上大放光芒。

It has been well-documented throughout the years that rehabilitative riding (hippo therapy) has many benefits towards the therapy of children with disabilities, especially those with cerebral palsy. At the Hong Kong Red Cross John F. Kennedy Centre (JFKC), we have been very privileged, as The Riding for the Disabled Association (RDA) has offered riding lessons to our students for over 15 years, providing another form of therapy to train them in various aspects of life, including physical, emotional and social.

Through the graded motor and sensory input provided by the movements of a horse, students improve their muscle strength, balance, limb coordination, core control and postural stability. The emotional, social, and cognitive impacts are as rewarding as the physical benefits. Students who have participated in riding lessons build up self-confidence, concentration and communication skills. Over the years, we have allowed students with severe disabilities the opportunity to ride. With appropriate equipment from RDA, even those with many physical limitations are able to experience horseback riding. It is amazing how the riding experience can motivate them to overcome their disabilities! We are always excited to see what students can achieve on the horses and how their improvements can extend towards their learning at school.

We are very proud to see our students, Sophie Lee-Milner, Timothy Tsang and Natasha Tse, pursue their equine interests as RDA Para-Equestrian athletes after their first exposure in their early years, and overcome many hardships in preparing for training and competitions, both locally and internationally. It was most exciting for our school when Natasha participated in the Paralympic Games in London in September 2012. We realize that it is not easy balancing academics and equestrian training, and that it takes a great deal of perseverance to achieve excellence. These Para-Equestrian athletes have shown us their determination and dedication to fulfill the responsibilities as a student and as an athlete. Their commitment and eagerness to excel have set a great example, encouraging other students to have the perseverance to overcome hardships.

Although we cannot attend their training sessions or competitions to support them all the time, our staff members continually give them support in many other ways. School therapists continue to provide them with treatment to complement their needs for equine training. Recognizing the various needs in our student-athletes, our school has recently established a Sports Development team, with the objective of ensuring those who represent the Hong Kong squad team have a balanced development in academics and training, as well as a well-adjusted emotional and psychological mind. With special arrangements for homework and exercises, and also opportunities for sharing successes and difficulties, we hope our student-athletes will have a holistic growth, which will enable them to continue to excel in their sports.







有關參與二零一二倫敦殘奧會比賽，透過最近分享講座，謝佩婷帶來一份非常鼓舞的信息。她分享了如何在身心、精神和情緒上參與這場國際比賽，她如何在失望中重拾自信及能量去面對挑戰。我們看到，在香港傷健策騎協會的訓練影響下，她得到了很多正能量勇敢地前進。她樂觀和勤奮的性格影響了很多她的同輩，不少年輕人均視她為一個好的學習榜樣。

我們非常感謝香港傷健策騎協會薄扶林分校所有的導師，義工和職員，他們的耐心和善心為我校學生所提供了馬術課程，藉此機會表達我由衷的謝意與前總經理葛祖南先生，他非常關心我校的學生。我們很高興地看到其他年幼的學生，如Leonardo和Moses也參加了馬術訓練課程。除了改善其肌肉張力，平衡和身體協調，他們的學習和紀律態度也取得了相當的進展，在此，我想藉此機會感謝所有的家長，他們的愛和非常努力去支持他們的孩子繼續追求夢想。這是了不起的事情能夠看見我們的孩子在很多人幫助和照顧之下大放異彩。

我們希望能夠與香港傷健策騎協會保持密切聯繫，好等不同程度的殘障學生藉著特別馬術經驗不僅獲得治療效果，並且幫助他們發展明確及積極的性格，使他們勇於面對未來的挑戰。

香港紅十字會甘迺迪中心  
張志安校長

Natasha brought an encouraging message in her recent sharing about her participation in the Paralympic Games 2012 in London. She shared with everyone how she prepared herself physically, mentally and emotionally to partake in such an international competition, and how she faced disappointment, but was able to regain the energy to cope with challenges. We see that under the influence of training at RDA, she has gained a lot positive energy to keep her going. Her optimism and diligence have influenced many of her peers, as many of our youngsters now view her as a role model.

We are very grateful to all the instructors, volunteers and administrative staff at the Pokfulam RDA for their patience and kindness in offering riding lessons to our students. I would like to specially show my deep appreciation to Mr Gerald Kuh, the Ex General Manager of RDA, for his enthusiastic support and the sincere care he has for our students. We are glad to see other young students from our school, such as Leonardo and Moses, participating in further equine training. Besides improvements in their muscle strength, balance and coordination, their learning attitude and discipline have made progress as well. I would also like to take this opportunity to thank all the parents for their love and tremendous effort in supporting their children in this remarkable quest. It is truly amazing to see how our children can shine with the help and care of everyone involved.

We hope that we can continue to work with RDA closely and bring these special equine experiences to students with multiple disabilities, not only to gain therapeutic benefits, but to also help them develop a positive character, which will enable them to face the challenges ahead.

Hong Kong Red Cross John F. Kennedy Centre  
Mr. John Cheung, Principal





## 歡迎會計行政 - 李麗敏小姐

### Welcome to Accounting Administrator - Ms. Emily Lee

我於2013年9月加入香港傷健策騎協會，主要的職責是負責會計及行政工作。一直以來，本人對於慈善機構的工作感到興趣，亦有幸成為其中一份子。香港傷健策騎協會主要目標是利用策騎幫助傷健人士去發揮他們的潛能及建立自信。故此，在以後的日子裡，本人會盡力為協會工作，從而令到協會幫助更多有需要的人士。

李麗敏小姐

I joined Riding for the Disabled Association (RDA) in September 2013, and I am mainly responsible for accounting and administration support at the Tuen Mun office. I am greatly interested in the work that charities do and feel very fortunate to have the opportunity to be a part of such a well-known organisation as RDA. I am extremely keen to learn more about how disabled people are taught to ride horses, and how riding stimulates their ability and builds their self-confidence. I therefore will make the greatest effort to work to the best of my ability, as a member of staff at the association so that RDA can help more people who will benefit from the experience horse riding in the future.

Ms. Emily Lee



## 歡迎辦公室行政 (薄扶林分處) - 鄭雁霆先生

### Welcome to Office Administrator (PFL) - Mr. Max Cheng

我於二零一三年十月加入香港傷健策騎協會。當初加入這大家庭的時候，由於從未接觸過馬術運動，故心裡一直擔心這項工作是怎麼辦呢！幸而在這裡認識到一班非常友善的同事及義工，令我對傷健策騎有了新的了解及認識。讓我知道策騎活動可以幫助傷健人士復康，令我對此工作感到非常有意義，亦使我對這份工作的熱誠有增無減。

雖然我的職責只是處理薄扶林復康課程的日常工作，但希望憑藉這份小小力量可以幫助到更多人，為他們帶來更多的快樂！

鄭雁霆先生

I joined RDA in October 2013. At the very beginning I felt quite worried, as I have never participated in horse riding before. Fortunately, my colleagues and RDA volunteers have been so friendly and kind giving their time to teach me and help me learn and understand more about rehabilitation riding, and how this service provides therapeutic benefits to the disabled. I feel that this is a very meaningful service, which only makes me become more and more enthusiastic about my work.

Although I am only responsible for the administrative work of the rehabilitation program in the Pokfulam Centre, I hope that I can use my effort and dedication to contribute in some small way, as I wish to help more people and bring happiness to their lives.

Mr. Max Cheng



# Welcome



## 歡迎公關和籌募行政 – 顏紹華小姐

## Welcome to PR & Fundraising Administrator - Ms. Peggy Ngan

我於二零一三年十月加入香港傷健策騎協會，主要是協助及辦理本會一切公關和籌募活動事務。這是一份非常有意義的工作，以實際行動為有需要社群盡一份力，體現盡己、利他的服務情懷，能夠成為本會的其一份子，自己也感到很自豪。在不久的將來，我將竭力協助推動本會服務，令社會上更多有需要人士受惠。

顏紹華小姐

I joined RDA in October 2013, and mainly handle all PR and fundraising activities. It is a very meaningful and practical task to make a contribution to the disabled community through a sense of caring and a desire to help improve the welfare of others. I am so glad to be a part of the RDA team. I will do my best to continue to promote RDA services to the people in need.

Ms. Peggy Ngan

## COMING EVENTS 活動預告

### Event 活動

### Date 日期

RDA Stakeholders Visit Program  
香港傷健策騎協會探訪用家計劃

January to July 2014  
2014 年 1月至7月

Tuen Mun, Lo Wu (Sheung Shui) and Pokfulam Spring Term Ride start  
屯門，羅湖(上水)及薄扶林春季季度課堂開始

11<sup>st</sup> February 2014  
2014年2月11日

Annual Charity Ball  
週年慈善餐舞會

21<sup>st</sup> February 2014  
2014年2月21日

Tuen Mun and Lo Wu (Sheung Shui) New Helper Training  
屯門及羅湖(上水) - 新義工訓練日

29 -30<sup>th</sup> April 2014 (Tuen Mun and Lo Wu {Sheung Shui} )  
& 2<sup>nd</sup> May 2014 ( Tuen Mun)  
2014年4月29-30日(屯門及羅湖{上水})  
及2014年5月2日 (屯門)

Tuen Mun Public Riding School 20 Years Anniversary Open Day  
屯門公眾騎術學校廿週年開放日

11<sup>st</sup> May 2014  
2014年5月11日

Tuen Mun Mini Dressage Competition  
屯門小型花步比賽

31<sup>st</sup> May 2014  
2014年5月31日

HKRDA Cup Luncheon  
香港傷健策騎協會盃暨午宴

28<sup>th</sup> June 2014  
2014年6月28日

Tuen Mun Group Ride  
屯門一日騎馬樂

17 -27<sup>th</sup> June 2014  
2014年6月17-27日

Lo Wu (Sheung Shui) Group Ride  
羅湖(上水)一日騎馬樂

17 -26<sup>th</sup> June 2014  
2014年6月17-26日

RDA Stakeholders Assembly  
香港傷健策騎協會用家推廣週年大會

Earlier July 2014 (to be confirmed)  
2014 年 7月初 (有待確認)

RDA Mini Pony Road Show  
香港傷健策騎協會迷你馬巡禮

September 2014 (to be confirmed)  
2014 年9月 (有待確認)



# 歡送小馬 *Farewell to Kimberly*



香港傷健策騎協會小馬Kimberly，牠兩腿患有關節問題，迫使她從本協會退休，終於今年八月離開了我們，享年十七歲。協會上下都感到非常惋惜難過。牠於二零零三年與 Dimity和Flynn從澳洲來到協會這個大家庭。牠是一匹備受騎生及義工們愛戴和信賴的好馬。

我們相信每位騎生和義工心裡，永遠懷念牠。

王嫻婷小姐

It is with great sadness that we said our last good bye to our RDA pony Kimberly in August this year. Kimberly was 17 year old and suffered from a joint problem in two of her legs, which resulted in her retiring from RDA. She came to Hong Kong from Australia in 2003 with Dimity and Flynn. She is was a lovely reliable pony.

She will definitely be missed by all of our riders and volunteers.

Ms. Jojo Wong



我們在深灣遊艇俱樂部舉行了一個難忘的聚餐去歡送麥仲垣先生。

麥先生於二零一二年四月加入香港傷健策騎協會。他經常主動去協助他人及沙圈中的工作。他開朗的性格令義工們都十分喜愛他。

在此我們衷心祝福麥仲垣先生未來事業順利，生活愉快！

Dominique Tombazzi 女仕

## 歡送辦公室行政（薄扶林分處）

### - 麥仲垣先生

## *Farewell to Office Administrator (PFL)*

### - Mr. Simon Mak

It was a lovely gathering at the Aberdeen Marina Club when we said our good-byes to Simon.

Simon began working for RDA at PFL in April last year. He was always willing to help out in the office and in the paddock, his sunny personality made him a favourite amongst our volunteers.

We wish Simon all the best in his future career!

Mrs. Dominique Tombazzi

## 歡送公關及項目主任（屯門分處）

### - 梁康婷小姐

## *Farewell to PR & Projects Officer (TM)*

### - Ms. Erin Leung



梁康婷小姐於二零一二年十一月加入香港傷健策騎協會出任公關及項目主任，在本年的十一月份已經離職，在其他崗位開展事業另一個新階段。

梁康婷在協會主要負責公關及慈善籌款活動，她工作認真、獨立而且處事極具效率，在這一年裡和本會真的建立了不少難忘回憶。

短短一年過得很快，我們衷心希望梁康婷在未來一切順利！

顏紹華小姐

Erin joined RDA in November 2012, as PR & Projects Officer, but has now left RDA to begin a new phrase of her career.

Erin was responsible for public affairs, charitable projects and fundraising events. She was very dependable and reliable, and worked efficiently on any tasks she was given. The year 2013 has passed by so quickly and we have built so many wonderful memories working together at RDA.

We wish Erin luck on her wonderful new journey and all the best for the future!

Ms Peggy Ngan





## 介紹傷健策騎協會週年慈善餐舞會

## Introduction of RDA Annual Charity Ball 2014

傷健策騎協會週年慈善餐舞會是本會每年最大型的重點活動，也是我們主要的經費來源。今年的餐舞會將於二零一四年二月二十一日(星期五)假香港君悅酒店舉行，當晚的大會主題為「花影霓裳燭光慈善夜」；屆時一眾友好的企業伙伴、協會委員、政府官員及城中名人均會蒞臨參加，一同享受大會當晚準備的精采節目，包括現場樂隊表演、幸運抽獎、現場拍賣、名人慈善獻唱。藉此機會，傷健策騎協會也會分享其成功經驗與未來展望，並匯報有關協會各項復康及體育項目的最新動向。如有任何查詢，歡迎致電2454 9961或電郵至peggy@rda.org.hk與顏小姐聯絡。

RDA Annual Charity Ball is one of the biggest annual events and the major source of funding. The proposed special theme of "Romantic Candle Charity Night" is planning to use for 2014 and we will be holding it at Grand Hyatt Hong Kong on the night of 21st February 2014 (Friday). Our valuable corporate partners, supportive committee members, government officials and celebrities will be invited to share this fun-filled evening with entertainments such as live music, lucky draw, life auction, charity singing by celebrities like always. Success and future vision of RDA will be shared during the event while we also serve it as a precious chance to present the latest updates on the RDA rehabilitation and sports programme for the disabled. For any further information, please feel free to contact Ms. Peggy Ngan at 2454 9961 or email to: peggy@rda.org.hk



**Ball Chairman 餐舞會主席**

Dr. Allen Shi, JP MH 史立德博士太平紳士

**Ball Vice Chairman 餐舞會副主席**

Dr. Sonny Li 李茂銘博士  
Mr. Jackson Woo 胡家驊先生

**Ball Members 餐舞會委員**

Mr. Daniel Chan 陳正欣先生  
Mr. Alan Ho 何志強先生  
Mrs. Nina Lam 林李婉冰女仕  
Mrs. K L Kimmy Shi 史顏景蓮女仕  
Ms. Patricia Yeung 楊珮姿小姐





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# Acknowledgments

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# Riding for the Disabled Association Ltd

## Tuen Mun Spring Term – 2014 屯門春季課堂

Month 月份	Wk 週	Su 日	M 一	Tu 二	W 三	Th 四	F 五	Sa 六	Lesson 課堂 / Holiday 假期
FEB 2014 二月								1	- Lunar New Year Holiday 農曆新年假期 (4-7/2) - Regular Term Ride 常規季度課堂 (11-28/2)
		2	3	4	5	6	7	8	
	1 <sup>st</sup>	9	10	11	12	13	14	15	
	2 <sup>nd</sup>	16	17	18	19	20	21	22	
	3 <sup>rd</sup>	23	24	25	26	27	28		
MAR 2014 三月								1	- Regular Term Ride 常規季度課堂 (4-28/3)
	4 <sup>th</sup>	2	3	4	5	6	7	8	
	5 <sup>th</sup>	9	10	11	12	13	14	15	
	6 <sup>th</sup>	16	17	18	19	20	21	22	
	7 <sup>th</sup>	23	24	25	26	27	28	29	
APR 2014 四月		30	31						- Regular Term Ride 常規季度課堂 (1-11/4) - Ching Ming Festival 清明節 (5/4) - Easter Holiday 復活節假期 (15-25/4) - New Helper Training 新義工訓練日 (29-30/4)
	8 <sup>th</sup>			1	2	3	4	5	
	9 <sup>th</sup>	6	7	8	9	10	11	12	
		13	14	15	16	17	18	19	
		20	21	22	23	24	25	26	
MAY 2014 五月	10 <sup>th</sup>	27	28	29	30				- Labour Day 勞動節 (1/5) - New Helper Training 新義工訓練日 (2/5) - Regular Term Ride 常規季度課堂 (7-30/5) - The Birthday of the Buddha 佛誕 (6/5) - Tuen Mun Open Day 屯門開放日 (11/5) - Mini Dressage Competition 小型花步比賽 (31/5)
						1	2	3	
	11 <sup>th</sup>	4	5	6	7	8	9	10	
	12 <sup>th</sup>	11	12	13	14	15	16	17	
	13 <sup>th</sup>	18	19	20	21	22	23	24	
JUN 2014 六月	14 <sup>th</sup>	25	26	27	28	29	30	31	- Tuen Ng Festival 端午節 (2/6) - Regular Term Ride 常規季度課堂 (3-13/6) - Passing Out Ceremony 畢業禮 (3-6/6) - Group Ride 一日騎馬樂 (17-27/6)
	15 <sup>th</sup>	1	2	3	4	5	6	7	
	16 <sup>th</sup>	8	9	10	11	12	13	14	
		15	16	17	18	19	20	21	
		22	23	24	25	26	27	28	
		29	30						

Notes: There is NO RIDING and RDA lessons are automatically cancelled when:

當天文台發出以下警告，所有傷健策騎課堂會自動取消：

- Typhoons Signal No. 3 or above is hoisted; 懸掛三號颱風訊號或以上；
- A Red or Black Rainstorm Warning is in effect. 紅色或黑色暴雨警告生效時。



Tuen Mun Regular Term Ride 屯門常規季度課堂

RDA Term Holiday or Public Holiday 季度假期或公眾假期



# Riding for the Disabled Association Ltd

## Pokfulam Spring Term – 2014 薄扶林春季課堂

Month 月份	Wk 週	Su 日	M 一	Tu 二	W 三	Th 四	F 五	Sa 六	Lesson 課堂 / Holiday 假期
FEB 2014 二月								1	- Lunar New Year Holiday 農曆新年假期 (1-8/2) - Regular Term Ride 常規季度課堂 (11-28/2)
		2	3	4	5	6	7	8	
	1 <sup>st</sup>	9	10	11	12	13	14	15	
	2 <sup>nd</sup>	16	17	18	19	20	21	22	
	3 <sup>rd</sup>	23	24	25	26	27	28		
MAR 2014 三月								1	- Regular Term Ride 常規季度課堂 (1-15/3) - Renovation Work 翻新工程 (18-29/3)
	4 <sup>th</sup>	2	3	4	5	6	7	8	
	5 <sup>th</sup>	9	10	11	12	13	14	15	
		16	17	18	19	20	21	22	
		23	24	25	26	27	28	29	
APR 2014 四月		30	31						- Renovation Work 翻新工程 (1-12/4) - Ching Ming Festival 清明節 (5/4) - Easter Holiday 復活節假期 (15-26/4) - Renovation Work 翻新工程 (29-30/4)
				1	2	3	4	5	
		6	7	8	9	10	11	12	
		13	14	15	16	17	18	19	
		20	21	22	23	24	25	26	
MAY 2014 五月		27	28	29	30				- Labour Day 勞動節 (1/5) - Renovation Work 翻新工程 (2-3/5) - The Birthday of the Buddha 佛誕 (6/5) - Regular Term Ride 常規季度課堂 (7-31/5)
	6 <sup>th</sup>	4	5	6	7	8	9	10	
	7 <sup>th</sup>	11	12	13	14	15	16	17	
	8 <sup>th</sup>	18	19	20	21	22	23	24	
	9 <sup>th</sup>	25	26	27	28	29	30	31	
JUN 2014 六月	10 <sup>th</sup>	1	2	3	4	5	6	7	- Regular Term Ride 常規季度課堂 (3-21/6) - Tuen Ng Festival 端午節 (2/6) - Passing Out Ceremony 畢業禮 (10-14/6)
	11 <sup>th</sup>	8	9	10	11	12	13	14	
	12 <sup>th</sup>	15	16	17	18	19	20	21	
		22	23	24	25	26	27	28	
		29	30						

9<sup>th</sup> SEPTEMBER 2014 秋季課程開始

Notes: There is NO RIDING and RDA lessons are automatically cancelled when:

當天文台發出以下警告，所有傷健策騎課堂會自動取消：

- Typhoons Signal No. 3 or above is hoisted; 懸掛三號颱風訊號或以上；
- A Red or Black Rainstorm Warning is in effect. 紅色或黑色暴雨警告生效時。

	Pokfulam Regular Term Ride 薄扶林常規季度課堂
	RDA Term Holiday or Public Holiday 季度假期或公眾假期



# Riding for the Disabled Association Ltd

## Lo Wu Spring Term – 2014 羅湖春季課堂

Month 月份	Wk 週	Su 日	M 一	Tu 二	W 三	Th 四	F 五	Sa 六	Lesson 課堂 / Holiday 假期
FEB 2014 二月								1	- Lunar New Year Holiday 農曆新年假期 (4-6/2) - Regular Term Ride 常規季度課堂 (11-27/2)
		2	3	4	5	6	7	8	
	1 <sup>st</sup>	9	10	11	12	13	14	15	
	2 <sup>nd</sup>	16	17	18	19	20	21	22	
	3 <sup>rd</sup>	23	24	25	26	27	28		
MAR 2014 三月								1	- Regular Term Ride 常規季度課堂 (4-27/3)
	4 <sup>th</sup>	2	3	4	5	6	7	8	
	5 <sup>th</sup>	9	10	11	12	13	14	15	
	6 <sup>th</sup>	16	17	18	19	20	21	22	
	7 <sup>th</sup>	23	24	25	26	27	28	29	
APR 2014 四月		30	31						- Regular Term Ride 常規季度課堂 (1-10/4) - Ching Ming Festival 清明節 (5/4) - Easter Holiday 復活節假期 (15-24/4) - New Helper Training 新義工訓練日 (29-30/4)
	8 <sup>th</sup>			1	2	3	4	5	
	9 <sup>th</sup>	6	7	8	9	10	11	12	
		13	14	15	16	17	18	19	
		20	21	22	23	24	25	26	
MAY 2014 五月	10 <sup>th</sup>	27	28	29	30				- Labour Day 勞動節 (1/5) - Regular Term Ride 常規季度課堂 (7-29/5) - The Birthday of the Buddha 佛誕 (6/5)
						1	2	3	
	11 <sup>th</sup>	4	5	6	7	8	9	10	
	12 <sup>th</sup>	11	12	13	14	15	16	17	
	13 <sup>th</sup>	18	19	20	21	22	23	24	
JUN 2014 六月	14 <sup>th</sup>	25	26	27	28	29	30	31	- Regular Term Ride 常規季度課堂 (3-12/6) - Tuen Ng Festival 端午節 (2/6) - Passing Out Ceremony 畢業禮 (3-5/6) - Group Ride 一日騎馬樂 (17-26/6)
	15 <sup>th</sup>	1	2	3	4	5	6	7	
	16 <sup>th</sup>	8	9	10	11	12	13	14	
		15	16	17	18	19	20	21	
		22	23	24	25	26	27	28	
		29	30						

10<sup>th</sup> September 2014 秋季課程開始

Notes: There is NO RIDING and RDA lessons are automatically cancelled when:

當天文台發出以下警告，所有傷健策騎課堂會自動取消：

- Typhoons Signal No. 3 or above is hoisted; 懸掛三號颱風訊號或以上；
- A Red or Black Rainstorm Warning is in effect. 紅色或黑色暴雨警告生效時。



Lo Wu Regular Term Ride 羅湖常規季度課堂

RDA Term Holiday or Public Holiday 季度假期或公眾假期



# Volunteer Application Form 義工報名表

Name 姓名 (中文Chi)	(英文Eng)
DOB 出生日期	ID Card No. 身份證號碼
Gender 性別 <input type="checkbox"/> Male 男 <input type="checkbox"/> Female 女	Occupation 職業
Address 地址	
Tel 電話	Mobile手提電話
Fax 傳真	Email 電郵

Location(s) Preference 工作地方意向: Please put tick (✓) in appropriate box(es) 請在適當方格內加(✓)

<input type="checkbox"/> <b>Pokfulam Public Riding School</b> <b>薄扶林公眾騎術學校</b> 75 Pokfulam Reservoir Road, Pokfulam, Hong Kong 香港薄扶林水塘道七十五號 Tel 電話: 2875 7711 Contact 聯絡: Max Cheng	<input type="checkbox"/> <b>Tuen Mun Public Riding School</b> <b>屯門公眾騎術學校</b> Lot 45, Lung Mun Road, Tuen Mun, N.T. 新界屯門龍門路四十五號地段 Tel 電話: 2454 9961 Contact 聯絡: Danny Yee	<input type="checkbox"/> <b>Lo Wu Saddle Club</b> <b>羅湖騎術會</b> Ho Sheung Heung, Sheung Shui, N.T. 新界上水河上鄉 Tel 電話: 2454 9961 Contact 聯絡: Danny Yee
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Day(s) & Time Available 可參與義務工作的日期和時間:

<input type="checkbox"/> Tue 星期二 (上午9:30am – 12:00pm) <input type="checkbox"/> Wed 星期三 (上午9:30am – 12:00pm) <input type="checkbox"/> Wed 星期三 (下午3:00pm – 4:30pm) <input type="checkbox"/> Thu 星期四 (上午9:30am – 12:00pm) <input type="checkbox"/> Thu 星期四 (晚上7:00pm – 8:30pm) <input type="checkbox"/> Fri 星期五 (上午9:30am – 12:00pm) <input type="checkbox"/> Fri 星期五 (下午3:00pm – 5:30pm) <input type="checkbox"/> Sat 星期六 (上午7:30am – 11:30am)	<input type="checkbox"/> Tue 星期二 (上午9:00am – 12:00pm) <input type="checkbox"/> Tue 星期二 (下午2:00pm – 4:30pm) <input type="checkbox"/> Wed 星期三 (上午9:00am – 12:00pm) <input type="checkbox"/> Wed 星期三 (下午2:00pm – 4:30pm) <input type="checkbox"/> Thu 星期四 (上午9:00am – 12:00pm) <input type="checkbox"/> Fri 星期五 (上午9:00am – 12:00pm) <input type="checkbox"/> Fri 星期五 (下午2:00pm – 4:30pm)	<input type="checkbox"/> Tue 星期二 (上午9:00am – 12:00pm) <input type="checkbox"/> Wed 星期三 (上午9:00am – 12:00pm) <input type="checkbox"/> Thu 星期四 (上午9:00am – 12:00pm)
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The following information helps us to bring your knowledge and experience into full play. Kindly tell us what you would like to do! Please attach extra page, if necessary.

以下的資料有助我們發揮您的學識和經驗。請告訴我們您喜歡的工作。如有需要，請用另一頁紙書寫。

Experience With Riding For The Disabled 協助傷殘人士習騎的經驗?

☐ No沒有 ☐ Yes有 ☐ Details詳情: \_\_\_\_\_

Riding Experience 騎馬的經驗

☐ No沒有 ☐ Yes有 ☐ Details詳情: \_\_\_\_\_

Medical Experience 醫療的經驗 (e.g. Doctor, nurse, physio, first aid, etc已考獲醫生、護士、物理治療師、救傷等證書)

☐ No沒有 ☐ Yes有 ☐ Details詳情: \_\_\_\_\_

General Interest and Experience (e.g. administration, teaching, legal, art, music, accounting, working with children, fund-raising, etc.)

興趣和經驗 (例如: 行政、教學、法律、文藝、音樂、會計、兒童工作、籌款等)

About RDA sources (multiple selections) 從何得知有關本會的服務 (可選多項)

☐ Newspaper 報章 ☐ Media傳媒 ☐ Internet 網絡 ☐ Sch./ Org. 學校/機構 ☐ Magazine/ Leaflet 會訊/ 宣傳單張  
☐ Friend 朋友 ☐ Expo 展覽會 ☐ Other 其他 (Specify請列明): \_\_\_\_\_

**I hereby declare that I undertake to be a volunteer helper at my own risk. I accept full responsibility for my actions and behaviour when attending RDA sessions.** 本人謹此聲明，在香港傷健策騎協會有限公司習騎活動擔當義工所遇到的一切風險，將由本人自行承擔，並同意對本人的言行負責。

Signature簽署: \_\_\_\_\_ Date日期: \_\_\_\_\_

After completion, please return to RDA office via post or fax. 填妥後請郵寄或傳真至本會辦公室。



# Donation Form 捐款表格

I would like to make a donation to RDA. 我樂意捐款資助香港傷健策騎協會有限公司。

I enclose donation of 我願意捐款港幣 HK\$ \_\_\_\_\_

## DONOR'S INFORMATION 捐款者資料

Donor's Name 捐款者姓名 \_\_\_\_\_ \*(Mr先生/ Mrs太太/ Miss小姐/ Ms女士)

Address for Receipt 收據郵寄地址 \_\_\_\_\_

Tel 電話 \_\_\_\_\_ Fax 傳真 \_\_\_\_\_

E-mail 電郵地址 \_\_\_\_\_

Donation Receipt Payable 捐款回條抬頭 \_\_\_\_\_

## DONATION METHOD 捐款方法

Crossed Cheque 劃線支票 \_\_\_\_\_

Cheque No. 支票號碼 \_\_\_\_\_

Please make your cheque payable to “**Riding For The Disabled Association Ltd**” and mail to us with this completed form  
支票抬頭請填寫「**香港傷健策騎協會有限公司**」，並連同此表格寄回本會

Address 地址: Tuen Mun Public Riding School, Lot 45,  
Lung Mun Road, Tuen Mun, N.T.  
新界屯門龍門路四十五號地段屯門公眾騎術學校

Tel 電話: (852) 2454 9961

Fax 傳真: (852) 2465 5914

Email 電郵地址: [info@rda.org.hk](mailto:info@rda.org.hk)

OFFICE USE

CODE

DATE

## Notes 注意事項

1. An official receipt will be sent for any donation of HK\$100 or above. 捐款滿一佰元以上可發收據。
2. RDA will only keep personal data on file for sending our receipts and information. 您的個人資料只供寄發本會收據及資訊。



Form No. \_\_\_\_\_ (Official Use)

## 《資料更新表格》 Information Updated Form

為使香港傷健策騎協會有限公司可以更有效地向捐款人或會員傳遞本會會訊和提供服務，敬請填妥下列資料，傳真至2465 5914 或電郵至 [info@rda.org.hk](mailto:info@rda.org.hk)。如有查詢，請致電2454 9961與本會職員聯絡。

Riding for the Disabled Association Ltd. would like to update the information of Donors or Members for continuous our services and updated news, please send us your information by fax to 2465 5914 or email to [info@rda.org.hk](mailto:info@rda.org.hk). For any enquiries, please feel free to contact our staffs at 2454 9961 or email to : [info@rda.org.hk](mailto:info@rda.org.hk)

英文姓名(先寫姓氏)： \_\_\_\_\_ 中文姓名： \_\_\_\_\_  
English Name (Surname first) \_\_\_\_\_ Name in Chinese \_\_\_\_\_

通訊地址： \_\_\_\_\_  
Correspondence Address \_\_\_\_\_

住宅電話： \_\_\_\_\_ 辦公室電話： \_\_\_\_\_ 手提電話： \_\_\_\_\_  
Home Phone \_\_\_\_\_ Office Phone \_\_\_\_\_ Mobile Phone \_\_\_\_\_

傳真號碼： \_\_\_\_\_ 電郵地址： \_\_\_\_\_  
Fax (optional) \_\_\_\_\_ Email Address \_\_\_\_\_

公司名稱： \_\_\_\_\_  
Company \_\_\_\_\_

會員簽署： \_\_\_\_\_ 日期： \_\_\_\_\_  
Signature \_\_\_\_\_ Date \_\_\_\_\_

- ☐ 如欲以電郵方式收取本會會訊，請在方格加上✓號。  
☐ if anyone want to receive the e-copy of magazine, please tick the box

本表格收集的資料，用於向捐款人或會員提供本會資訊及符合本會章程宗旨的會務用途。有關資料將存放於捐款人或會員記錄檔案中，捐款人或會員本人有權以書面通知查閱及更正。

Information collected will be used for communicating with members or donors and/or other purposes as prescribed under rules and regulations of the association. Such information will become part of our donors and membership record and donors or members have rights to request access to, and to request the correction of, their personal data, upon submission of written requests to the Honorary Secretary of the Association.