

Riding for the Disabled Association Ltd.

HONG KONG



馳騁

香港傷健策騎協會有限公司

NEWSLETTER 會訊



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Ms. Apple Wong
Administration & Projects Manager
(Appointed Office-In-Charge)



Mr. Andrew Shellum
Head Instructor



Ms. Carol Chan
Public Relations Officer



Ms. JoElle Scott
Assistant Instructor



Ms. Emily Lee
Accounting Administrator



Ms. Clara Siu
Office Administrator (Tuen Mun)



Ms. Catherine Chan
Office Administrator (Pokfulam)

Shek O Golf Club – Annual Golf Day Luncheon

RDA was honored to be invited by one of our volunteers Mrs. Debbie Davidson, the Lady Captain at Shek O Golf Club, to attend the Shek O Golf Club Anniversary Golf Day Luncheon on 22 Oct 2020. Our Chairman Mr. Thomas Yeung and Honorary Treasurer Mr. Benson Wong attended the luncheon and introduced RDA together with its mission and services to all honorable guests present that day. All in attendance appeared to be very impressed by the unwavering dedication of RDA to provide its services to the disabled community in Hong Kong. A total of HKD66,800 was raised at luncheon and donated to RDA to help support our services. RDA would like to express its heartfelt gratitude to all donors and Shek O Golf Club.

Carol Chan



石澳高爾夫球會週年高球午宴

本會衷心感謝義工 Mrs. Debbie Davidson 邀請出席2020年10月22日舉行的石澳高爾夫球會週年高球日午宴，本會主席楊存洲先生聯同榮譽司庫黃煒邦先生一起出席，席間楊主席向嘉賓介紹本會，讓所有嘉賓明白本會給予傷健人士的服務，在場不少嘉賓深受感動到並隨即慷慨解囊，活動中共籌得港幣六萬六千八百元善款以作支持本會運作。本會在此萬分感謝活動中所有善長人翁及石澳高爾夫球會。

心悅



Riding for the Disabled Association Annual General Meeting 2020

In view of the prevailing COVID-19 pandemic, the Annual General Meeting of the Riding for the Disabled Association was held on 1st December 2020, via video conferencing.

Dr. Anthony Chow, SBS, JP, Former President of RDA, and Mr. Thomas Yeung, Chairman of RDA reported on the major activities and achievements during 2020, including but not limited to the progress of the Para-Equestrian athletes, Hong Kong Junior Para-Dressage Training Programme, and also fund raising events such as, the RDA Annual Charity Ball and the Shek O Golf Club Anniversary Golf Day Luncheon. Dr. Chow expressed his gratitude to the Hong Kong Jockey Club, the Hong Kong Jockey Club Charity Trust and all donors for their continuous support to RDA.

During the meeting, Mr. John Witt was elected as the new Chairman of the Voting Members Committee succeeding Mr. John Slosar, who has voluntarily stepped down from this position while remaining as a Voting Member. Mr. Philip Chen, GBS, JP was elected as the new President of RDA succeeding Dr. Anthony Chow, SBS, JP. RDA would like to convey their sincere and heartfelt appreciation to both Mr. Slosar and Dr. Chow. Mr. Slosar had kindly supported us in a number of major events, and most notably co-hosted The 7th RDA Asia Pacific Conference Farewell Cocktail for all overseas and local delegates at his personal residence. Mr Slosar also led the founding of and represented the first Title Sponsorship at the 2016 Annual Charity Ball. Dr. Chow who has recently retired from his position after his six years of service as RDA's President and also a previous Voting Member of RDA has supported RDA in many ways with his wise counsel and extensive experience and knowledge, as well as his many wonderful charity singing performances, which helped to secure a high number of donations at several of our Annual Charity Balls.

The 2020 Annual General Meeting concluded with good wishes for RDA to continue making positive contributions to the Hong Kong disabled community in the year ahead.

Suey Heung

香港傷健策騎協會二零二零年度週年大會

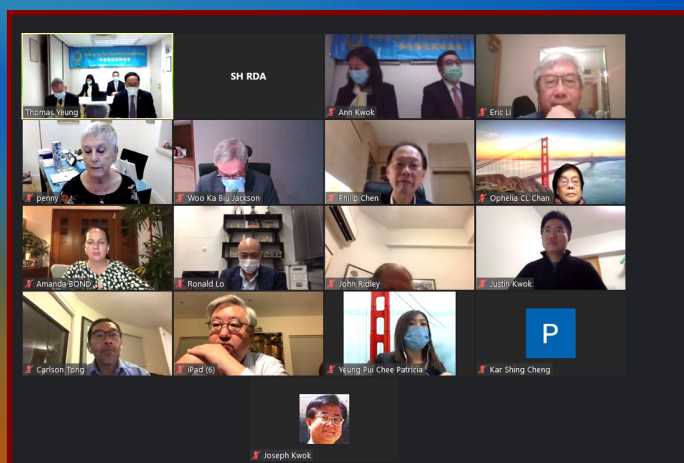
因應新型冠狀病毒疫情持續，香港傷健策騎協會週年大會於二零二零年十二月一日透過網上會議形式進行。

本會前任會長周永健博士太平紳士及主席楊存洲先生在會上簡述二零二零年香港傷健策騎協會的主要活動和成果，包括傷健馬術運動員比賽進展、香港傷健馬術青少年訓練計劃及籌款活動：週年慈善餐舞會及石澳高爾夫球會週年高爾夫球日等。同時，周博士亦感激香港賽馬會、香港賽馬會慈善信託基金及其他捐助者一直支持本會。

大會上，韋梓強先生獲選為遴選委員會主席接替卸任該職位並留任為遴選委員的史樂山先生。同時，陳南祿太平紳士接替周永健博士太平紳士獲選為本會新一任會長。本會在此向史樂山先生及周博士表示衷心謝意，史樂山先生在多項重要活動上支持本會，包括聯合主辦第七屆亞太會議謝幕雞尾酒會，該次盛會主要去招待所有海外和本地參加者，並替本會領導籌辦首屆冠名贊助的2016年週年慈善餐舞會。而剛卸任的周博士，過去六年以遴選委員及會長身份服務本會，同時他在各方面給予不同的建議，並於週年慈善餐舞會中作出許多精彩的慈善演唱，為本會籌得善款。

二零二零年度週年大會完滿結束，期望香港傷健策騎協會來年繼續為香港的殘疾社群作出更多貢獻。

香美怡



Postponement of RDA Annual Charity Ball 2021

Due to the current situation of COVID-19, RDA regrets to inform you that our Annual Charity Ball 2021, originally scheduled to be held on 15th January 2021, will be postponed.

Despite this ongoing period of uncertainty we have over the past few months been preparing for this event, as for RDA the Annual Charity Ball is our main fund raising event each year and it is crucial in supporting our services. Unfortunately, in light of the significant increase in COVID-19 cases in Hong Kong recently, and in order to protect the health of our guests and follow the government's latest regulations on group gathering prohibition, we have had to make the difficult decision of postponing the Annual Charity Ball. We apologize for any inconvenience this causes and trust that you understand that the health and safety of our sponsors, honorable guests and participants is our highest priority.

Once again, we are very grateful for your kind support and the positive impact funding raising events such as this are able to have on the lives of the disabled people in Hong Kong, as the donations make a significant contribution to our operational finances, which in turn help us provide lessons for disabled riders providing them with an unforgettable experience as well as therapeutic benefits. We will continue to observe the development of the epidemic and schedule a suitable date for the event as soon as it is becomes possible.

Carol Chan

香港傷健策騎協會週年慈善餐舞會2021將延期舉行

基於現時新型冠狀病毒疫情嚴峻，本會宣佈原定於2021年1月15日舉行的週年慈善餐舞會將會延期舉行。

過去數月，縱使疫情難以估計，但本會一直盡力去籌辦這個被視為每年主要的籌務經費的活動。不幸地，現時香港的新型冠狀病毒染疫個案持續上升，為了保障賓客的健康及遵守政府限聚令，本會經過認真思量，決定將活動壓後舉行，不便之處敬請原諒。同時，希望各位明白及體諒本會是以保障贊助者、貴賓及出席者的健康為大前提，才作出延期的安排。

再次感謝各位對本會的支持，令傷健人士得到幫助。亦希望各位繼續支持本會的運作，使到傷健人士能夠享有本會提供的免費馬術復康治療。本會將持續留意疫情進展，另覓適當時間舉行本會週年餐舞會。

心悅



Ongoing Support for Our Disabled Community

This year has been a challenge for most people in Hong Kong and around the world with the ongoing COVID-19 Pandemic. Throughout the year with the closures of special schools under the Education Bureau and the Hong Kong Jockey Club Public Riding Schools, our therapeutic riding sessions have also been significantly impacted. As we strive to return to a sense of normality and to provide the benefits of riding to our beneficiaries, we have tried to continue running some sessions between the riding school closures. During the summer we were able to run lessons for a few weeks for selected riders who did not need as much hands on assistance from volunteers. Unfortunately these sessions did not last long as Hong Kong went through the 3rd wave of COVID-19. We once again opened up sessions for some of the schools and riders in October when the situation appeared to be improving.

Regular training sessions have also been conducted for our volunteers at Tuen Mun while ensuring that all government social distancing guidelines were followed. During the training sessions our volunteers were able to practice their leading skills while also taking the opportunity to get used to leading while wearing masks. We would like to thank all of our volunteers, riders and schools for their continued support and patience during this difficult year and we remain very hopeful that lessons will be able to resume as soon as is it safe to do so.

Andrew Shellum

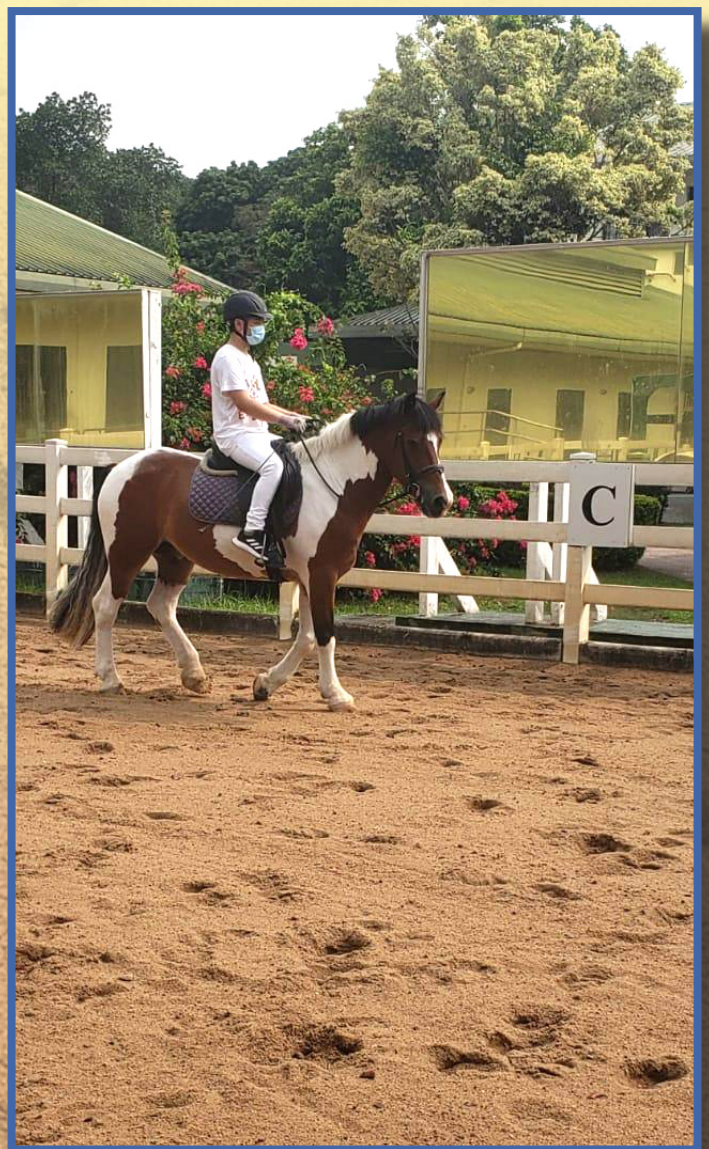


持續支持我們的傷健社群

新型冠狀病毒疫情持續，香港及世界各地因疫情而面對嚴峻的挑戰，隨著教育局核下的特殊學校和香港賽馬會公眾騎術學校暫時關閉，本會的馬術復康課程也受到極大影響。為了讓騎生可以享有習騎為他們帶來的好處，我們努力嘗試在騎術學校復課與學校停課之間，持續舉辦一些短期課程。在去年暑假期間，本會甄選了數位不需要太多義工協助的騎生，為他們提供了為期幾週的課程。可惜香港經歷了第三波新型冠狀病毒疫情爆發，這些課程並未能維持很長的時間。其後，十月時本港疫情稍有緩和，本會隨即為部分騎生再次提供策騎課堂。

同時，本會亦在嚴格遵守限聚令及保持法定的社交距離的情況下，於屯門公眾騎術學校為義工進行定期訓練。在培訓期間，本會的義工能夠練習領馬技巧，及適應在提供服務時戴上口罩。在此艱難的一年裡，本會感謝所有義工、騎生及學校的支持和耐心，我們非常希望能夠在安全的情況下盡快恢復課程。

心悅



Rider's Story – Leong Pui Yee

Many people who lead busy lives in the city often ignore the importance of sports because of their demanding workload, and since the emergence of COVID-19 it has become even more difficult to participate in sport. The epidemic has meant that everyone often needs to stay at home. During this period of time, most of the people have come to understand that everything is not inevitable, and that we all need to cherish life, as if we own it! In fact, many people with disabilities love sport. However, due to physical inconvenience, many sports are not suitable. Our rider Leong Pui Yee (“Pui Yee”) realised very early on when she was younger that she liked different types of sport, but unfortunately she wasn't able to participate.

When Pui Yee was learning to walk, she found that her feet suffered from cramps and her feet flexed when she walked. However, Pui Yee was still interested in sport, but she usually had trouble walking, not to mention running and ball games. She seemed to be limited to what she could do so, but she was able to try swimming. When Pui Yee was in school, the physical education teacher always asked her to sit beside him. Of course, she felt uncomfortable having to sit out and often could only watch other schoolmates doing exercises, and this made her heart sad.

But Pui Yee did not give up easily. She has tried bowling, fencing and other sports but they were all unsuitable. Eight years ago to Pui Yee's delight, she saw an equestrian course specially designed for the disabled, which was organized by RDA. Pui Yee realised that this could be the sport for her so she plucked up the courage to try, and discovered that horse riding was indeed the most suitable sport for her. Looking back she remembers that in the beginning she felt scared about the prospect of riding a horse. Fortunately, she finally overcame her fear and gradually began to enjoy riding. One of the most important things Pui Yee has gained from horse riding is the enjoyment and fun of sports that she has longed to experience from an early age. In addition, Pui Yee has greatly improved her balance, helping her to walk more smoothly and ascend stairs more easily. Pui Yee has become more content and happy and fulfilled since she began to ride horses.

For Pui Yee, riding rehabilitation therapy has not only improved her physical challenges, but also given her confidence, and given her a chance to have a dream. She is hoping to start competing in small competitions and then gradually have the opportunity to participate in more advanced competitions with the view to becoming a para-equestrian athlete in the future.

Carol Chan



騎生故事分享 - 梁佩儀

都市人經常以工作忙作理由忽略了運動的重要性，現在想做也難，畢竟疫情令大家經常要留在家中，相信這段時間大部份人深深體會凡事不是必然，擁有時需要珍惜！其實，不少傷健人士喜歡運動，但礙於身體不方便，很多運動項目也不適合，本會騎生梁佩儀自少便體會到喜歡卻做不到的痛苦。

佩儀小時候學行路時，發現雙腳患有痙攣，走路時雙腳會屈曲，偏偏佩儀從少喜歡運動，但平時行路亦不暢順，莫說跑步及球類運動了，能夠嘗試的只有游泳。求學時，體育課老師總讓佩儀坐在旁邊，心裡當然不好受，往往只能看著其他同學做運動，內心苦澀。

但佩儀性格不容易放棄，她嘗試過打保齡、劍擊等運動卻全不適合，幸好八年前在網上看到香港傷健策騎協會舉辦、專為傷健人士而設的馬術課程，於是便提起勇氣報名，懷著姑且一試的心情，最終找到最適合自己的運動。不過，佩儀回顧首次騎上馬背時，內心非常害怕，幸好最後克服了，並且漸漸享受騎馬，而最大的得着是能像平常人般重拾運動的樂趣，性格變得開朗了，而且騎馬令佩儀大大改善她的平衡力，行路變得暢順，行樓梯亦容易了。

對佩儀而言，遇上了馬術復康治療，除了讓她的身體問題有明顯改善外，亦讓她自信了，更獲得一個追夢的機會，希望由小型比賽開始，慢慢有機會去參加大型的傷健馬術比賽，成為運動員呢！

心悅



Rider's Story – Khan Anthony Sterling

"Child with a mother is like a treasure..." In the eyes of mothers, the children are always the most beloved one no matter what. Mother and child are connected during nine months' of pregnancy. Even if the child is born and become an individual, there is no hindrance to the blood connection.

Due to the genetic disease "Cardiofaciocutaneous (CFC) syndrome", Khan Anthony Sterling ("Khan") has endured many physical challenges since he was a child. In addition to the abnormally large head, his hands and feet are not well developed, and his verbal expression is not as good as a n able bodied child. His mother "Tanni", however, has never given up on her son. On the contrary, she has taken extra special care of him and given all her love to Khan. Quite early on she also made the decision not to have another child so she could give all her devotion to Khan. She wanted to take care and love Khan wholeheartedly even though he appeared physically challenged in the eyes of others.

When Tanni had been pregnant with Khan for six months a problem was discovered. At that time, her belly was larger than that of a normal pregnant woman. After examination, the doctor judged that the embryo might have problems. Therefore, Tanni produced a lot of amniotic fluid to protect her baby. From then on Tanni needed to stay in hospital and rest in bed whilst under continued observation. Tanni had a difficult pregnancy but she remained resilient throughout. When Khan was born, he cried loudly, and in Tanni's eyes her son was no different from any other child. It was soon discovered however, that Khan had a genetic disease known "Cardiofaciocutaneous (CFC) syndrome". Since then, they have had to face many different challenges, including Khan having to undergo different operations beginning when he was only nine-months old.

When Khan became enrolled in a special school, he was exposed to horse riding rehabilitation therapy during an event. In the beginning, Khan did not enjoy the experience of riding on horseback, and kept crying. However, Tanni insisted on letting him continue, because she thought that she needed to try and not be so protective and she also thought that the more difficult things her child felt and encountered, the greater the need would be to slowly overcome them. She wanted her son to be strong.

With the careful assistance of coaches and volunteers at RDA, and the encouragement of Tanni, Khan began to enjoy the fun of riding. Tanni is grateful for the changes she has seen in her son. The muscle development of Khan's feet has significantly improved, and Khan has become cheerful and confident. He takes delight in showing pictures of his horse riding to his relatives and friends. When relatives and friends admire him for being able to ride a horse, a confident smile shows on his face. These changes have been important to both Khan and Tanni, and as a mother it is definitely her greatest satisfaction.

Carol Chan



騎生故事分享 - 恩朗

「世上只有媽媽好，有媽的孩子像個寶……」這句歌詞真的一矢中的！在母親眼中，無論孩子如何，也是她們心中的一塊肉，十月懷胎母子相連，縱使孩子出生離開母體，成為個體，也無阻血脈相連而來的親情。

恩朗因基因病「心臟面部皮膚綜合症」，自小已經存在不少身體問題，除了頭部異常大外，雙手及雙腳發育欠佳，言語表達也未如正常孩童，但母親丹妮卻從未因此放棄，反而比其他母親更用心照顧孩子，付出的愛更是全部，為恩朗而打消再生小孩子的念頭，只想全心全意照顧及愛護這個在別人眼中非一般的兒子。

其實，丹妮懷胎六個月時，已發現不妥，當時她的肚子比一般孕婦大，醫生檢查後判斷胚胎可能有問題，所以母體產生了很多胎水去保護，亦因此丹妮也要在醫院躺床接受觀測，可見孩子未出生丹妮已經比一般孕婦辛苦。恩朗出世那一刻，一如正常嬰孩放聲大哭，在丹妮眼中與其他孩童沒有分別，惟未幾已經發現患有「心臟面部皮膚綜合症」，從此兩母子的生活需要去面對不同挑戰，包括九個月大的恩朗開始進行不同的手術。

幸好，到恩朗入讀特殊學校時，因一次活動而接觸到馬術復康治療，初期恩朗騎上馬背時並不享受，更因此大哭了一場，惟丹妮卻堅持讓愛兒繼續嘗試，只因她認為孩子越感困難的事情，更需要慢慢去克服，不應因愛兒的特殊而過於保護，反之更想培養恩朗的意志力。

隨著恩朗在本會教練及義工的悉心協助，加上母親的鼓勵，他由不喜歡習騎，到後期享受騎馬的樂趣，更令丹妮感恩的當然是看到兒子的實際改變，雙腳肌肉發育有明顯改善外，性格亦變得開朗及自信了，在親友前更主動展示自己騎馬時的照片，當親友因此讚賞他能騎馬時，更露出自信的笑容，這些改變對丹妮這位母親而言，絕對是最大的滿足。

心悅





Happy Retirement!

Retirement of HKJC Riding Instructor Mr. Leung Wai To David

We would like to thank HKJC Riding Instructor Mr. Leung Wai To David (To Sir) for his help with RDA over many years. Whether riders, volunteers and staffs, they can feel the dedicated teaching from To Sir, which has benefited them a lot, and our lesson can also runs smoothly. Everyone at RDA would like to wish him the happiest and very well deserved retirement.

香港賽馬會馬術教練梁偉滔先生榮休

香港傷健策騎協會在此特別鳴謝香港賽馬會馬術教練梁偉滔先生過去多年的協助，無論騎生、義工及工作人員，均能感受到梁教練盡心盡力的教導，令他們獲益良多，而本會課堂亦能夠順利進行。本會全人在此祝願梁教練榮休後生活愉快！



*With
the
Compliments of*



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust

同心 同步 同進 RIDING HIGH TOGETHER



Acknowledgments

HSBC  滙豐

tricolor

The Business Enablers



香港馬主協會慈善基金有限公司
The Hong Kong Racehorse Owners Association
Charitable Foundation Limited

TMF
GROUP

Autumn 2021 Calendar (TM) 二零二一年春季課程時間表 (屯門)

Month	Wk	Su	Mo	Tu	We	Th	Fr	Sa	Remarks	
月份	週	日	一	二	三	四	五	六		
2月 Feb			1	2	3	4	5	6		
		7	8	9	10	11	12	13	9-19/2	農曆新年假期 Lunar New Year Holiday
		14	15	16	17	18	19	20	18-19/2	新義工訓練 New Helpers Training
	1st	21	22	23	24	25	26	27	23/2	恒常策騎開課 Regular Term Riding Start
		28								
3月 Mar	2nd		1	2	3	4	5	6		
	3rd	7	8	9	10	11	12	13		
	4th	14	15	16	17	18	19	20		
		21	22	23	24	25	26	27	23-26/3	一日騎馬樂 (獨立騎生照常) Ride (Independent Rides as usual) Group
		28	29	30	31					
4月 Apr						1	2	3	30/3-9/4	復活節假期 Easter Term Break
		4	5	6	7	8	9	10	5/4	清明節 Ching Ming Festival
	5th	11	12	13	14	15	16	17		
	6th	18	19	20	21	22	23	24		
	7th	25	26	27	28	29	30			
5月 May								1	1/5	勞動節 Labour Day
	8th	2	3	4	5	6	7	8		
	9th	9	10	11	12	13	14	15		
	10th	16	17	18	19	20	21	22	19/5	佛誕 Buddha's Birthday
	11th	23	24	25	26	27	28	29		
		30	31							
6月 Jun	12th			1	2	3	4	5		
	13th	6	7	8	9	10	11	12	8-11/6	畢業週 (課堂如常進行) Graduation week (lessons as usual)
	14th	13	14	15	16	17	18	19	14/6	端午節 Dragon Boat Festival
		20	21	22	23	24	25	26		
		27	28	29	30					

2021年秋季課程於 9月開始 Autumn Term 2021 will start in September

- Notes:
- All RDA riding lessons will be cancelled when: 當天文台發出以下警告，所有傷健策騎課堂將會自動取消:
 - Typhoon Signal No. 3 or above is hoisted; 懸掛三號颱風訊號或以上;
 - Red or Black Rainstorm Warning Signal is in effect; 紅色或黑色暴雨警告生效時。
 - Thunderstorm and/or Amber Rainstorm Warning Signal is in effect: at the discretion of the Instructor. 雷暴警告及/或黃色暴雨警告信號生效時: 由教練決定。
 - We cannot guarantee that replacement session will be provided. 我們不能保證會提供補課。



Autumn 2020 Calendar (PFL) 二零二零年春季課程時間表 (薄扶林)

Month	Wk	Su	Mo	Tu	We	Th	Fr	Sa	Remarks	
月份	週	日	一	二	三	四	五	六		
Feb			1	2	3	4	5	6		
		7	8	9	10	11	12	13	9-19/2	農曆新年假期 Chinese Lunar New Year
		14	15	16	17	18	19	20	17/2	新義工訓練 New Helpers Training
	1st	21	22	23	24	25	26	27	23/2	恆常策騎開課 Commencement of Spring 2021
		28								
Mar	2nd		1	2	3	4	5	6		
	3rd	7	8	9	10	11	12	13		
	4th	14	15	16	17	18	19	20		
	5th	21	22	23	24	25	26	27		
		28	29	30	31					
Apr						1	2	3	30/3-10/4	復活節假期 Easter Term Break
		4	5	6	7	8	9	10	5/4	清明節 Ching Ming Festival
	6th	11	12	13	14	15	16	17		
	7th	18	19	20	21	22	23	24		
	8th	25	26	27	28	29	30			
May								1	1/5	勞動節 Labour Day
		2	3	4	5	6	7	8	4-7/5	一日騎馬樂 (取消早上恆常策騎課, 獨立騎生照常) Group Ride (no morning school Term Ride lessons; afternoon Independent Ride lessons as usual)
	9th	9	10	11	12	13	14	15		
	10th	16	17	18	19	20	21	22	19/5	佛誕 Buddha's Birthday
	11th	23	24	25	26	27	28	29		
		30	31							
Jun	12th			1	2	3	4	5	1-5/6	畢業週 (課堂如常進行) Graduation week (lessons as usual)
	13th	6	7	8	9	10	11	12	12/6	學期結束 End of Term
		13	14	15	16	17	18	19		
		20	21	22	23	24	25	26		
		27	28	29	30					
Jul						1	2	3	1/7	香港特別行政區成立紀念日 HKSAR Establishment Day
		4	5	6	7	8	9	10		
		11	12	13	14	15	16	17		
		18	19	20	21	22	23	24		
		25	26	27	28	29	30	31		

2021年秋季課程於 9月開始 Autumn Term 2021 will start in September

Notes:

- 1) All RDA riding lessons will be cancelled when: 當天文台發出以下警告, 所有傷健策騎課堂將會自動取消:

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- 2) We cannot guarantee that replacement session will be provided.
我們不能保證會提供補課。





Riding for the Disabled Association Ltd

香港傷健策騎協會有限公司

Tuen Mun Public Riding School, Lot 45, Lung Mun Road, Tuen Mun, NT Tel: 2454-9961 Fax: 2465-5914 E-Mail: info@rda.org.hk
Pokfulam Public Riding School, 75 Pokfulam Reservoir Road, Pokfulam, HK Tel: 2875-7711 Fax: 2875-7933 E-Mail: infopfl@rda.org.hk
Website: www.rda.org.hk Charity Reg. No. 91 / 1615

Volunteer Application Form 義工報名表

Name 姓名	(Chi 中文)	(Eng 英文)
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"/> Pokfulam Public Riding School 薄扶林公眾騎術學校 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: Ms. Catherine Chan 陳小姐		<input type="checkbox"/> Tuen Mun Public Riding School 屯門公眾騎術學校 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: Ms. Clara Siu 蕭小姐
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 – 5:00pm) <input type="checkbox"/> Thu 星期四 (上午 9:30am – 12:00pm) <input type="checkbox"/> Fri 星期五 (上午 9:30am – 12:00pm) <input type="checkbox"/> Fri 星期五 (下午 3:00pm – 5:00pm) <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)
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 協助傷健人士習騎的經驗? <input type="checkbox"/> No 沒有 <input type="checkbox"/> Yes 有 Details 詳情: _____		
Riding/Horse Experience 騎馬的經驗 <input type="checkbox"/> No 沒有 <input type="checkbox"/> 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) <input type="checkbox"/> No 沒有 <input type="checkbox"/> Yes 有 Details 詳情: _____		
Knowledge and Experience 知識及經驗 <input type="checkbox"/> Photography/Video Making 攝影/影片製作 <input type="checkbox"/> Working with Children 與小孩工作 <input type="checkbox"/> Working with people with disabilities 與傷健人士工作 <input type="checkbox"/> Media 媒體 <input type="checkbox"/> Others 其他 (Please specify 請說明) _____		
How did you find out about RDA Hong Kong? 您如何得知香港傷健策騎協會? <input type="checkbox"/> RDA HK Website 本會網站 <input type="checkbox"/> RDA Facebook 本會臉書 <input type="checkbox"/> Search Engine 搜尋工具 <input type="checkbox"/> Friends 朋友 <input type="checkbox"/> Others 其他 (Please specify 請說明) _____		

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. Please note that RDA Hong Kong may take photos or videos during the volunteering session and or RDA events for publicity purposes 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 fax or email. 填妥後請傳真或電郵至本會辦公室。



Riding for the Disabled Association Ltd

香港傷健策騎協會有限公司



捐款表格 Donation Form

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

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。

Tuen Mun Public Riding School, Lot 45, Lung Mun Road, Tuen Mun, NT
Pokfulam Public Riding School, 75 Pokfulam Reservoir Rd, Pokfulam, HK
Website: www.rda.org.hk

Tel: 2454-9961
Tel: 2875-7711

Fax: 2465-5914
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E-Mail: infopfl@rda.org.hk
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Website: www.rda.org.hk

Charity Reg. No.: 91/1615

Form No. _____ (Official Use)

《資料更新表格》

Information Update 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。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 so that we are able to provide an effective service and so that we can keep you up to date on the happenings at RDA HK. Please send us your information by fax to 2465 5914 or email to info@rda.org.hk. For any enquiries, please feel free to contact our staff at 2454 9961 or email to : 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.

Address: c/o Tuen Mun Public Riding School, Lot 45 Lung Mun Road, Tuen Mun, NT
Email: info@rda.org.hk Tel : 2454 9961 Fax: 2465 5914
Website: www.rda.org.hk