

## **Trustees Report.**

**Report of the trustees relates from 1 March 2022 to 28 February 2023.**

### **Our Aims**

The Fort centre RDA Maghera (therein known as the Fort centre - Company No. NI660376) are a voluntary charity (registered under Charity no. 104575) aiming to provide therapeutic horse riding for children and adults with a range of physical and mental disabilities within the Mid Ulster area. The Fort centre became an incorporated organisation in April 2019.

### **Public Benefits**

The service provided by the Fort centre has numerous benefits. Horse riding improves physical health in areas such as balance, mobility and core stability, and enhances cardiovascular health. Furthermore, there are mental health benefits associated with horse riding as an exercise, particularly outdoors. These advantages extend to volunteers in addition to riders, as they lead the rides. Wellbeing and confidence are increased, as riders and volunteers have the opportunity to socialise with each other and create relationships in a safe and appropriate environment. Riders and volunteers can learn new skills and receive qualifications related to horse riding and horse care. The group as part of wider RDA adopt their ethos, guidelines and regulations which ensure that the public receive a service delivered by experienced and trained individuals. The Fort centre trustees are well versed in the purposes of the charity and their role in promoting these. The Fort centre building has recently purchased a hoist to allow them to provide rides to a larger number of service users, and a new horse, Bridie. Plans have also been submitted to local council for approval for renovations to our stable block.

### **Group Achievements in 2022/23**

#### **Training**

One new riding instructor has been qualified and joined the centre as a riding instructor.

A new school has begun using the centre for rides for their pupils.

Riding instructor training updated as needed throughout the year.

Child Protection Training completed by all relevant volunteers and committee members.

First Aid Training completed by all relevant volunteers and committee members.

Several riders underwent Grades 1, 2 and 3 with other riders working towards these grades.

#### **Fundraising**

Several local businesses held fundraisers with the fort centre as their beneficiary.

The Fort centre, 'Friends of the Fort' account remains active and is routinely publicised locally.

### **Financial Report**

**Forward audited report for Submission to Charity Commission.**

**Trustee minutes submitted by Sean McKenna**

**Group organiser**