



STaRS membership

You can take an active role and learn more about therapeutic riding by becoming a STaRS member for only \$5 a year.

Yes, I would like to become a member:

- \$5 is enclosed
- Instead, I would like to make a donation of _____

Method of payment:

- Cheque
- Cash

Please send me more information about:

- Our programme
- Sponsoring a rider
- Volunteering
- Becoming a member
- Our Wish List!

Name: _____

Address: _____

City/province: _____

Telephone: _____

FAX: _____

Email: _____

Comments/questions:

Southlands Therapeutic Riding Society

3095 West 51st Ave
Vancouver, BC V6N 3V6
Tel: 604-261-1295

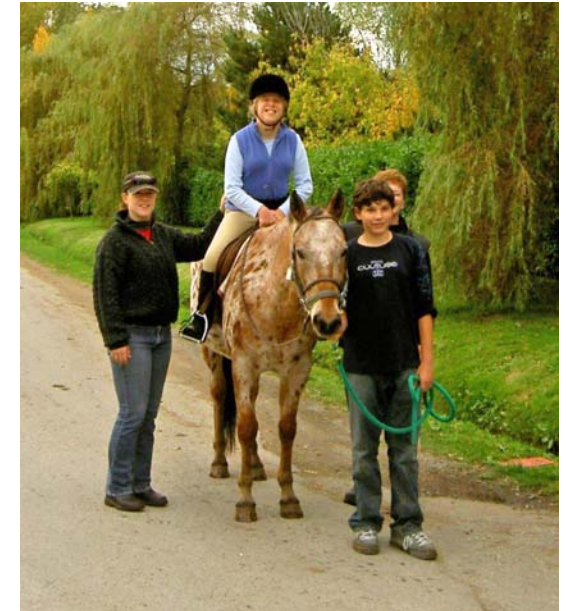


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Disability doesn't mean inability



Why Riding?



Riding a horse is a fun hobby for many people, but for someone with a disability it can be much more—it can be the road to recovery. People with physical, cognitive and emotional challenges are discovering the benefits of therapeutic horseback riding. Whether it's a five year old with Down's syndrome or a 45 year old recovering from a spinal cord injury, horseback riding provides challenges as well as amazing rewards.

The benefits of horseback riding are as numerous as the types of medical conditions. Research shows that participation in therapeutic riding can produce physical, emotional and mental rewards. Because riding gently and rhythmically moves the rider's body in a manner similar to the human gait, riders often show improvement in flexibility, balance, coordination and muscle strength. For those with mental or emotional challenges, the unique bond formed with the horse can lead to greater independence, patience and self-esteem; improved learning, concentration and spatial awareness; and increased motivation to set and achieve goals.

Therapeutic riding

Remedial/educational riding is used to achieve specific goals based on an individual's educational, psychological or cognitive needs. Riding instructors work closely with special educators, psychologists and therapists to set and achieve these goals.

Hippotherapy is a medically-oriented approach conducted by a registered physiotherapist or occupational therapist with specialized training. The goal is rehabilitation through the motion of the horse rather than teaching riding skills.

In **sport riding**, the riding instructor and the rider work to develop equestrian skills for a variety of purposes, including pleasure riding, improved physical fitness and self-esteem, and for competition.

What makes STaRS unique?

- Our facility is located in Southlands Riding Village, within Vancouver city limits.
- Most of our lessons are private or semi-private.
- We operate alongside Pony Meadows able-bodied riding lessons. This may allow some STaRS riders to progress into an integrated programme.

More information

Canadian Therapeutic Riding Association (CanTRA):
www.cantra.ca

North American Riding for the Handicapped Association (NARHA): www.narha.org

National Disability Sports Alliance (NDSA):
www.ndsaonline.org

Federation of Riding for the Disabled International:
www.frdi.net

International Paralympic Committee (IPC):
www.paralympic.org

How to volunteer

Competent volunteers are absolutely vital to our program. They assist with leading the horses, walking alongside riders, and helping tack up the horses for the lessons. Some previous experience with horses is an asset, but is not a requirement.

STaRS funding

Donations are truly appreciated and will be used to fund our program so that no one is turned away for financial reasons. We can issue tax receipts for donations, both cash and "in kind".

Sponsoring riders

. Keeping horses in Vancouver is expensive, and this cost must be covered by the riders. A donation of \$2000. will subsidize about 2/3 of the cost of four 10-week programs for one rider.

Can you help?

If you would like to volunteer, make a donation, sponsor a rider, or help with fundraising, please contact the STaRS office at 604-261-1295. No contribution is too small.

