

active **4** age

wulvern

over 50's horse riding



your
home
team

over 50's horse riding

Wulvern has teamed up with Age Concern Cheshire to offer the opportunity of horse riding to people who are aged over 50. It is for those people who have not ridden for a long time or for those who have never ridden and wish to try a new activity.



what can you expect?

- 1** Experienced instructors teach the riders with the help of a team of volunteers.
- 2** The volunteer helpers handle the horses and are allocated to one rider each. This ensures safety, balance and helps to instil confidence in the rider.
- 3** The over 50's horse riding project requires every member to:
 - seek informed medical advice prior to participation by any rider
 - be prepared to join a course with 4 other members for 6 half hour lessons.
- 4** The riding school that we use for our project has comprehensive insurance as does Age Concern Cheshire. It is also Association of British Riding Schools, The British Horse Society and Riding for the Disabled Association approved. Should you require personal accident insurance in case you did have an accident, please speak to your own insurance company or broker to arrange cover.
- 5** All riders will be asked to fill in a form that will ask for some personal and medical information. Please note that the information on this form is confidential and will be held and used by Wulvern in accordance with the provisions of the Data Protection Act.



what are the benefits?

The benefits and challenges of horse riding are the same at any age. You will benefit from physical activity, the positive mental health of working with animals and the general well being of being outside.

It must be stressed that horse riding is not suitable for everyone, particularly those who have uncontrolled epilepsy, arthritis in the acute phase (including Still's disease), multiple sclerosis in the acute phase, unhealed pressure sores, brittle bone disease, severe kyphosis and scoliosis. Please note there is a weight restriction of 14 stones.

about the lessons

The lessons will be led by a qualified instructor provided by the riding school. All lessons will be run as a group of no more than 4 people for a weekly half hour session for 6 weeks. Volunteers/staff from Age Concern Cheshire will be there at each session leading each participant under instruction from the tutor. Riding hats will be provided at each lesson and all participants will be asked to wear trousers and boots or shoes with a small heel.

charges

Wulvern and Age Concern Cheshire are running the group at a subsidised cost. The cost to each participant will be £30 (£5 per session) payable to Age Concern Cheshire at the start of the course.

booking

To book a place on the course please telephone Rachel Parker on 01270 503564.

Contact details:

Wulvern House

Electra Way
Crewe
CW1 6GW
Call 01270 506200

Wulvern Choices Crewe

Edleston Road
Crewe
Call 01270 506200

Wulvern Choices Nantwich

Beam Street
Nantwich
Call 01270 506200

Opening hours for Wulvern Head Office

Monday – Friday 8.30am – 5pm

Opening hours for Wulvern Choices Crewe

Monday 9am – 5pm
Tuesday 9am – 5pm
Wednesday 9am – 5pm
Thursday 10am – 5pm
Friday 9am – 5pm

Opening hours for Wulvern Choices Nantwich

Monday and Thursday
9.30am – 12.30pm
1.30pm – 5pm

Supported by



business for older people



If you would like this document in your language, on tape, in large print or in Braille, please ring us on **01270 506200** or ask at one of our offices

Arabic

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Chinese

如欲索取閣下語言的資料，請致電
01270 506200 向我們查詢

Gujarati

આપની ભાષામાં માહિતી મેળવવા માટે કૃપા કરી, 01270 506200
નંબર પર ફોન કરીને અમને પૂછો.

Italian

Per informazioni nella vostra lingua siete pregati
di contattare il seguente no.01270 506200

Kurdish

پۆزا نیاری به زمانه که ی خۆت تکایه به یوه ندیمان ئی بکه به
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Polish

Po informacje w języku polskim prosimy
dzwonić pod numer 01270 506200

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Para informação na sua linguagem, por favor
fale com nos, 01270 506200

Turkish

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01270 506200

Urdu

اچھا زبان میں مزید معلومات کیلئے براہ مہربانی 01270 506200 پر رابطہ کریں۔

