

## Volunteer today!!!

**Reins from Above, Inc.** is primarily a volunteer organization. Without volunteers we would not be able to provide so many valuable services to the community. Here are just a few of the many volunteer tasks. Volunteers assist in a variety of ways.

- Leading horses during lessons
- Sidewalking (walking alongside the horse to offer the rider support when needed)
- Grooming horses
- Tacking up horses
- Cooling out horses
- Cleaning tack
- Horse care
- Helping with fund-raisers
- Participating in public relations
- Assisting with administrative duties
- Planning of Special Events
- Anything else that needs doing!

**Reins from Above, Inc.** volunteer leaders must be at least 12 years of age. To volunteer as a sidewalker you must be 14 years of age and older.

By volunteering, you can learn about disabilities, horses and make new friends. You'll gain tremendous satisfaction from watching your riders improve physically, mentally and emotionally. But most of all, you will be making life brighter for individuals with disabilities.

Please check out our wish list on our website.

[www.reinsfromabove.org](http://www.reinsfromabove.org)

Thank you!!!

## I Saw a Child

I saw a child who couldn't walk,  
sit on a horse, laugh and talk.  
Then ride it through a field of daisies  
and yet he could not walk unaided.

I saw a child, no legs below,  
sit on a horse, and make it go  
through woods of green  
and places he had never been  
to sit and stare  
except from chair.

I saw a child who could only crawl,  
mount a horse and sit up tall.  
Put it through degrees of paces  
and laugh at the wonder in our faces.

I saw a child born into strife,  
take up and hold the reins of life  
and that same child was heard to say,  
Thank God for showing me the way.

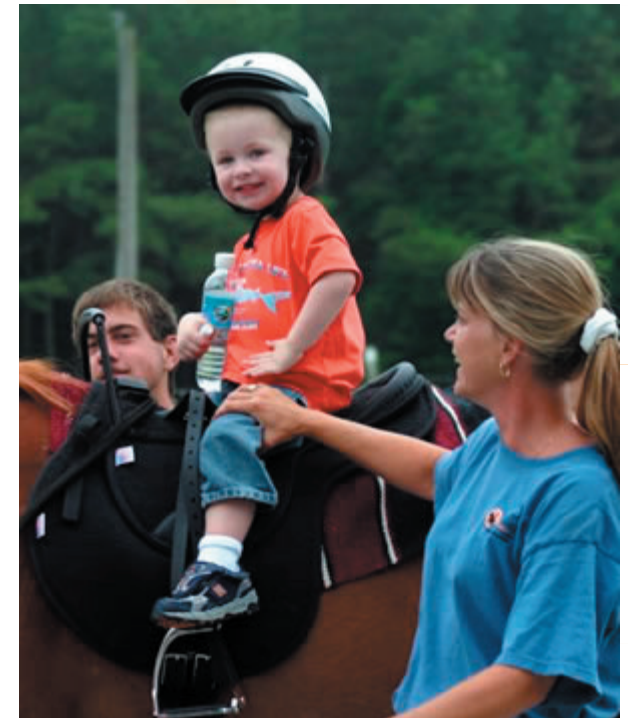
-- John Anthony Davies



Millstream Farms  
12160 Hwy 42 East  
Kenly, NC 27542

(919) 938-1556

[www.reinsfromabove.org](http://www.reinsfromabove.org)



"...with God,  
all things are possible."  
~Matthew 19:26

## Our mission...

**Reins from Above, Therapeutic Riding Center, Inc.** is a non-profit organization that strives to maximize the potential for our students' well-being by providing equine-facilitated activities in the areas of therapy, education, sport, and recreation. RFA also aims to enhance physical and mental skills, aid in mobilization, and promote socialization and communication.



**"We nearly forgot what strange thing it is that an animal, as powerful and intelligent as a horse, allows another, much weaker creature to ride on his back."**

-Peter Gray

## How does it happen?

The gentle rhythmic motion of a horse stimulates the body and works the muscles of the rider in a manner similar to the human stride. Because the horse's gait is similar to the human walk, this particular therapy strengthens and supports the natural motion of the spine and pelvis. Riding and the living interaction between horse, student, and staff, foster self-confidence, trust, and the pride that comes from mastering a new skill. The team, which includes horse and human, helps in the healing of the patient with special needs. Every member of the team is chosen carefully and specially trained to perform this very important job.

## What are the benefits?

Benefits of our program include improved confidence, and self esteem, balance, flexibility, range of motion, muscle tone and strength, behavior, ability to stay on task, quality of movement, and decreased need for medication. Research shows that those who participate in hippotherapy and therapeutic riding can experience physical, emotional, and mental rewards. A special bond is established between horse and rider which encourages unconditional love, trust, and self-worth. This bond is an integral part of our program. The unique relationship formed with a horse can help improve interpersonal relationships. All riders can benefit from increased confidence and coping skills.



## A special thanks!!!

Reins from Above has a new permanent home located at Millstream Farms in Kenly, NC thanks to the very generous donation of land from the Lewis family. Our many thanks go out to Bobby and his family for allowing us to call this "home."

## About our program...

The horse motivates riders to use their hands, legs and voice in ways they've never done before. Children who are deaf learn to balance better.



Children who are blind learn good posture, which strengthens their muscles to help them hold their heads up. Children with Cerebral Palsy break their tendency to bend their legs inward because they're forced to stretch their muscles outward to stay atop the horse. But often more important than the physical accomplishments is that riding horses increases a sense of self-worth and self-esteem.

Therapeutic Riding is the core of our program. Certified instructors, with trained volunteers, assist riders to achieve goals, acquire horsemanship skills, and establish a special bond with their horses.

We serve children and adults (ages 3 and up) with a wide range of special needs, such as cerebral palsy, developmental delays, sensory integration disorder, Down Syndrome, traumatic brain injuries, paraplegia, learning disabilities, multiple sclerosis, stroke, mental health issues and behavior challenges.



Physicians, therapists, counselors, teachers, family members and friends refer participants to RFA. Participants may come to RFA as individuals or as part of a school, recreation, therapy or other group. No clinical diagnosis is necessary to participate; however, participants must have a need for our specialized, therapeutic environment.