

Able the Disabled

“Able The Disabled” is the Proactive Vision of two unique women, who grew up in separate parts of the World in different circumstances, but with a common passion. That passion evolved in to a reality as they became close friends; through combining riding and helping those less fortunate within Thailand they created “Able The Disabled.”.

For thousands of physically and mentally disabled people throughout the World riding horses and ponies has become their first step away from the protective shelter of home, or special school, to the hustle and bustle of the outside world.

This has led to new occupations, careers, friendships and a more full and useful life in the community.

Many disabled people benefit from riding, some from the relaxation it gives, others by actually learning to ride. The benefits can be enormous and wide-ranging. They include improvement of balance, coordination, muscle tone, concentration, cooperation and behaviour. A feeling of independence and “I can do it!” is achieved. For many riders their visit to the stables is the thing that they look forward to most in their week and, in some cases, it may be their only opportunity to meet others.

Disabled Riders also gain from the following:

- Improved health and well being.
- Heightened body awareness.
- Improved natural body reflexes.
- Improved balance and posture.
- Improved sequencing of actions.
- Increased hand – eye co-ordination.
- Development of gross and fine motor skills.

The proposed “Able the Disabled” already has two disabled young riders, who have benefited greatly. If you would like to find out more information, offer your services or see how you can make a difference by making a Pledge, please ask one of our members of staff. Alternatively please call ++66 (0) 38 24 8 026 or visit our website www.able-the-disabled.org