

Crystal McKean – How Therapeutic Riding has helped me.

When I am on Dandy I feel calm, stronger, and relaxed. For six weeks of the program, I didn't have to pay to ride. This allowed me to go out with Janna a lot more (Janna is my respite care worker). Being able to spend time with Janna, meant my parents had time alone, so the money was very well spent on going out with Janna. Our whole family benefited by me having enough money to go out with Janna. The program also allowed me to spend time in the barn and overnights with Patty (the director of Hinchinbrook Farm Society). So the program allowed me to spend time with the horses, the goats, the two dogs (Hugo and Kelly), Dexter the cat, and the bunnies. I think the goats are very funny – especially Rosie. The program also allowed me to work with the volunteers getting Dandy ready for me to ride. I learned to work in a team. What I like best about the program is that it allows me to do things that I could not do before the program. The best examples are the respites and the riding of Dandy. Thank you for giving me the chance to ride and to live out my dreams. Without the supports, I could not do this at all!

Crystal McKean