

# RDA Tea with a Pony...



Riding for the Disabled Association (RDA) has launched Tea With a Pony, a new meaningful activity to help those living with dementia and other long term conditions.

Tea with a Pony is a simple yet effective session and RDA is now inviting care home residents and those living in their own homes to enjoy a cup of tea and cake, while revisiting memories from years gone by.

If you or someone you know might enjoy Tea With A Pony, why not contact your local RDA group:



My nearest 'Tea With A Pony' RDA Group is:

RDA National Office contact: Lucy Wake E: [lwake@rda.org.uk](mailto:lwake@rda.org.uk) T: 01926 476307

