



April 2022

CASP News

Messages from CASP...

The start of the year has certainly been a challenging time for many Centres with rain and floods, we are glad to hear that all horses and humans are safe though. We know for other Centres there have been challenges restarting following COVID shutdowns and restarting programs is certainly a busy time. Good luck to all Centres as you rebuild and get ready to recommence.

COVIDSafe Plan

Part of the COVIDSafe plan is to comply with the government requirements in relation to masks and isolation. Please stay informed of the requirements particularly in the case of COVID positive cases that have been in contact with Centres. The current Self Isolation rules can be viewed here: <https://www.nsw.gov.au/covid-19/stay-safe/testing/self-isolation-rules>

STATE WORKSHOP – 21/22 MAY 2022

Registrations are now open for this Workshop. Please ensure all registrations are complete and submitted by 14th April 2022.

WISH LIST

Does your Centre need a specific item? We know we all crave new Volunteers, Coaches, Horses but what about the smaller things? Is there a particular item you would like to help your horses or programs that we could locate in another Centre???

In the spirit of sustainability and with the upcoming Coaching workshop we may be able to organise a swap meet! Send an email to training@rdansw.org.au with either what you need or what you have spare and we will attempt to find new homes for it!

2022 CENTRE SUPPORT SCHEME – SELF ASSESSMENT AUDIT

All Centres must complete a Self Assessment - no later the 6 weeks after commencing programs at the Centre for 2022. Please complete the Self Assessment here: <https://www.surveymonkey.com/r/QCSZYKX>

ADMINISTRATION CHANGES

We have welcomed a new Administration Assistant, Kristy, who will be assisting Nicole with behind the scenes administration processes. First point of contact will always be Nicole at training@rdansw.org.au

If you have specific support required, questions or concerns please email casp@rdansw.org.au

Take care, stay well and stay up to date with more information available at:

www.health.nsw.gov.au

SAVE THE DATE

RDA(NSW) State AGM and Coaching Workshop Saturday 21 & 22nd May – Richmond Centre

Topics to be covered:

- Laminitis and implications of Pasture
- Rider Assessments and Biomechanics
 - Weed Management
 - SES Large Animal Horse rescue
- Coaching Self awareness and Co-Regulation
- Focus groups including Lesson planning for Adult participants
 - Saddle fit and recognising pain in horses
 - Vision impairment
- Communicating with Participants in an RDA setting

Registrations Close 14th April

RDA(NSW) Dressage Video Competition Closing Date – 14th June

More info to come

RDA(NSW) Championships Dressage / Gymkhana Gala / Mounted Games 26th – 28th August

Sydney International Equestrian Centre

ACCESSING THE RAM:

There are many requests for assistance to access the RAM online. To help we have put together a short Video: <https://youtu.be/mLiw3uXuH0>

ONE ON ONE MENTORING

If you would like to connect with an experienced Coach as part of a Mentoring program please email training@rdansw.org.au. Open to all levels of Coaches – we want to help support you!

If you would like to book some time with an experienced Coach in conjunction with the upcoming RDA(NSW) State Coaching workshop there are timeslots available Friday 20th and Sunday 22nd May.

RDA(NSW) COACHES NETWORKING FACEBOOK GROUP

If you haven't yet joined the Networking Facebook group then NOW is the time.

We are hoping to continue to support Coaches around NSW with a place to ask questions and keep in touch with others from around the State.

The link for the FB group is: <https://www.facebook.com/groups/rdanswcoaches/>

FOCUS ON AUTISM

April is Autism Awareness Month

The cultural language of two approaches to Autism

@more than one neurotype

Negative Medical Perspective

ASD
Autism Spectrum Disorder
Condition
Mild/severe
High/low functioning
Asperger's
Based on deficits
Person needs to change
Special education
"Living with autism"
"These children have autism"
Only diagnosis valid



Positive Identity Perspective

Autistic
Autie / Autist
Different types of brains
Neurodiversity
Neurodivergent
Neurominority
Autistic pride
Society needs to change
Accessibility education
"I am autistic"
"Autistic children"
Self identification valid



MORE
THAN
ONE
NEUROTYPE

MICROAGGRESSIONS AGAINST AUTISTICS

WORDS LIKE, DISORDER, DISEASE, EPIDEMIC,
IMPAIRMENT, SYMPTOMS, CURE OR "SUFFERING WITH."

WELL EVERYONE'S
A LITTLE AUTISTIC

WHY WOULD YOU
SEEK A LABEL LIKE
AUTISM?

YOU SEEM SO
NORMAL. YOU DON'T
LOOK AUTISTIC.

LOOK ME IN THE
EYES WHILE I'M
SPEAKING.

YOU'RE NOT AT
ALL LIKE MY
AUTISTIC CHILD.

YOU'RE OBVIOUSLY
HIGH FUNCTIONING.

YOU'RE AUTISTIC?
BUT YOU'RE SO
EMPATHETIC.

DON'T LET
YOU'RE AUTISM
DEFINE YOU.

@THE CHRONIC BOY