

KESTEVEN RIDEABILITY



Newsletter Feb 2018

Reg. Charity No. 1074079

Time flies and suddenly it's Newsletter time again. With ears pricked forward towards the warmer months, this is a chance to look back at the achievements and events over the past months. Once again we thank you all for your support, and hope to see you at our popular annual dog show in August
The Trustees

Karen awarded RDA Coach of the Year at inaugural presentation

At the recent RDA Coaching Conference held in Solihull the RDA celebrated their first ever RDA Coaching Awards. The awards were set up to recognise and reward excellence in coaching within the RDA disciplines of riding, carriage driving and vaulting and to acknowledge the lasting impact such excellence has upon each of them. Nominated by one of her pupils, our very own Karen Thompson was awarded the **RDA Riding Coach of the Year** title after she was praised for her ability to build confidence and self-belief in her riders. The RDA Coaching Co-ordinator said, "Karen's sessions are delivered with encouragement and positivity. She is dedicated to her work as an RDA Coach and always shares her knowledge and experience. Her leadership has created an RDA group which truly embodies the motto of the RDA 'it's what you can do that counts'.



Paralympian Sophie Christiansen CBE presented Karen with her award at a ceremony which concluded the Annual Coaching Conference an event held each year to enable coaches from the many RDA Groups to come together to share their experiences and to exchange knowledge.

KESTEVEN VOLUNTEERS TAKE PART IN INFLATABLE 5KM COURSE



On Saturday 9th September 2017 a team of volunteers and supporters of Kesteven Rideability tackled a 5k inflatable obstacle run at Newark Showground. The course was packed with the some of the largest and most extreme inflatable obstacles ever created. Our intrepid team flipped, bounced and slid their way round the ten giant inflatable obstacles to raise over £500 for the charity.



The Fun Dog Show was well attended with 31 dogs entered into a variety of classes. Our regular judges Yvonne, Jonathon and Kay were joined this year by surprise guest David Holmes, Chief Executive of British Eventing and they did an excellent job choosing winners from each of the classes.

A couple of champions from last year held onto their titles with Buster proving to be unbeatable as the fastest biscuit eater and Pip still had the waggiest tail in the class.

The toughest class of the day to judge is Best in Show with 12 class winners going forward. Such a huge range of dogs but the judges were unanimous in selecting Digger the Jack Russell as the winner and reserve champion went to Rudy the border terrier. Digger is pictured with his personal fan club who came along to support him and judge, David Holmes.

[Full results on our website:](#)



“Gem” invaluable for Skyla at the National Championships

Skyla Harris gained at second place competing in the Countryside Challenge on her own pony, Gem, at the Riding for the Disabled National Championships, Hartpury, Gloucestershire.

The competition was very strong with Skyla and Gem completing a foot perfect round to put them into second place with a score of 83%. This was Skyla's first time at the RDA Nat Champs which take place at the impressive venue of Hartpury College near Gloucester. Skyla's mum, Anita, was delighted with the result and thanked Kesteven RDA for their help and support especially coach Sarah Harris for taking Skyla round the course.

Skyla is pictured receiving her rosette for RDA Chair Sam Orde.



New for 2018

Equine Therapy for Seniors

Kesteven Rideability is launching a new programme designed to give older adults, with a disability, the benefit of interaction with horses in a beautiful rural setting. The sessions will run on Thursday afternoons over the summer months and will consist of non-riding interaction with the horses. Creating an ideal opportunity for seniors to rekindle their love of equines or to experience a connection with a horse for the first time.

Activities will include learning about equine behaviour, meeting, grooming and leading the horses plus a chance to sit on our horse simulator to learn the basics of riding in a safe environment. The session will be tailored to the individual's requirements with the help of trained coaches and volunteers to ensure a safe, productive experience. Plus a chance for a natter over tea and cakes.

To find out more about this exciting new project contact Karen Thompson

email karen@kestevenrda.co.uk

phone 07732 418848.



Kesteven's Most Improved Riders!

Congratulations to James and Liz, our Most Improved Riders 2017.

The junior shield has been awarded to James for coping with joining a group session over the summer months plus huge improvements in his riding skills.



The senior shield has been awarded to Liz for her improved partnership with Murphy over the past few months and further developing her strength and stamina in trot work. Well done to both riders.

thank you!

**Skylarks Foundation
Grantham Camra
Grantham and District Search Club
Tryac
Waynflete Charitable Trust
Phoenix Cards**

Chandlers



Ros Wentworth

Lincs Rug Wash
Quality Rug washing
Fast Turnaround

...and 'Thank You' to our
lovely Pony Angels

Kesteven RDA Uniform:

You can choose from a range of garments including smart polo shirts, cosy hoodies, gilets and jackets.

The orders are sent direct from Print Bureau,
or you can collect your order from their unit in
Grantham.

On our website...

www.kestevenrda.co.uk

By email...

info@keSTEVENrda.co.uk

By phone...

07732 418848

You can also find us on...

