

KESTEVEN
Celebrating
30 years
1988 - 2018
RIDEABILITY

Annual Report

2017



2018

Reg. Charity No. 1074079

Group Information

Sessions

Over the past year Kesteven RDA provided just over 450 riding sessions to 30 riders with the help of 20 volunteers. 14 of the riders were aged 25 or younger with 3 taking part for the first time and the disabilities ranged from Physical to Intellectual Disabilities.

Riders

Riding is on a Tuesday with Emily Johnson riding on a Saturday afternoon. The harsh winter has meant a reduction in lessons as the group struggled with freezing temperatures and high winds.

The simulator proved it's worth with most riders switching to sessions indoors.

The Saddle Club has restarted with 5 riders (2 riders sharing a place) and has extended its activities to offering pony care leading to "in house" certificates.

A new venture of horse therapy for elderly people is being launched at the end of May. This will run on Thursday afternoons and funding has been secured for a pilot scheme of 10 sessions.

Volunteers

The number of volunteers actively involved in the group is 20 with 5 of the volunteers aged 25 and under. Encouraging young people to volunteer with Kesteven RDA helps to ensure succession planning and secures a healthy future for the charity. The volunteers consist of Trustees on the committee, riding session volunteers and volunteers who help with the riding holiday, National competitions etc.

Achievements



Winner of the Fronerthig Delyn Aur Most Improved Junior Rider 2017 is James Ford. James rides on a Tuesday afternoon and started riding in 2014. This year his confidence has blossomed as well as his communication skills with volunteers and coaches.

James is now starting to ride independently in walk on the lovely Rio and can complete simple obstacles. He managed the transition from private lesson to riding in a group and interacted well with new volunteers.

The winner of the Kesteven Rideability Most Improved Adult Rider is Liz Charlton who started riding with us on the simulator in 2014. Liz progressed onto Murphy in Spring 2016 and the partnership has flourished over the last few months.



June 2017 - RDA Holiday to the Clywd Special Riding Centre

Thoughts of the volunteers who took part



"I find the holiday incredibly rewarding, to see the riders grow in confidence and learn new skills with their horse. I think it's a great opportunity to meet new horses and try out new things in a safe environment. It's also lovely to see some of the riders come out of their shells with the volunteers. Sometimes on our own yard it's difficult to get the time to talk to and get to know the others, so the holiday is a great opportunity for all of us to get to know each other better too." Claire

"A great group experience for riders and helpers alike, the ponies match beautifully giving the riders a wonderful and beneficial experience to carry through with them." Barbara

"I have just returned from my second Kesteven RDA holiday to Wales as a volunteer. It has been fantastic, more than a successful trip, a confirmation of everything that being a volunteer means to me. Watching and supporting our riders take on the challenge of new horses and a completely different riding environment was amazing. Staying with riders, their family members and fellow volunteers was a unique experience bring us all closer, a truly uplifting 4 days." Liz

"Lovely holiday again with some great volunteers and amazing riders. Such a great atmosphere and everyone joined in to make it such fun. To see how the riders progressed and the smiles on their faces makes it all worthwhile." Ann

"Another fantastic time in Wales, both riders and volunteers get a lot out of the experience. All the riders were wonderful." Marion



"I love volunteering for the RDA... not only do I get to indulge my lifelong love of horses, but I also get to help less able people enjoying their passion for riding too and help them to achieve their own goals, however small, which is very rewarding. The people at Kesteven RDA are a fantastic bunch of people to be around and not only have I found a very rewarding pastime, but also a group of amazing people I am proud to call my friends." Clare

Coach of the Year

At the 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.

Regional and National Competitions

Countryside Challenge and National Champs 2017



The Countryside Challenge competition took place at Scropton near Derby and the group took Fudge to compete with Timmy Lynch and to support Skyla Harris competing on her own pony.

Timmy and Fudge was true superstars and took all the obstacles in their stride. They gained a third place in a strong class and had lovely comments from the judges on Timmy's determination and riding skills.

In the afternoon it was Skyla's chance to shine. Riding her own pony, Gem, she rode with style and polish to gain a qualifying second place in the biggest class of the day. Skyla went forward to the National Championships at Hartpury, Gloucestershire where she gained a second place. 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.



Regional Dressage 2018

The Regional Dressage qualifiers took place at Field Farm near Wymeswold on April 30th and three riders from Kesteven group took part.



Emily Johnson and Fudge gave a very polished performance to win the Grade 1 – 6 walk/trot class and gained the highest score of the day on the Restricted section winning the "Penny Tiptoes Trophy".

Sue Ashton and Rio gained a red rosette at her first Dressage competition and Rio's first time competing for RDA. Timmy Lynch and Fudge were placed third in their debut performance at Dressage. Thanks to Nicky, Sarah, Liz and Karen for their hard work preparing the ponies and grooming/leading etc at the event.



Fundraising Events

Dog Show 2017

This year's Fun Dog Show was well attended with 31 dogs entered over 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 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. For the full results [follow this link](#)



Giant Inflatable 5k run



On Saturday 9th September 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.

Annual Team Quiz Night Jan 2018

Congratulations to the Unique Horns 🦄, winners of our Annual Quiz Night. The team members have been supporters of Kesteven RDA for many years, so it was fitting that they should win this coveted trophy in our 30th year.

New Quiz setters, Sharon and Liz tested all our egghead brains and had a great mix of questions. Over 17 teams took part and raised over £670 for the charity which is a great way to start our 30th celebrations.



Social Media

Currently we have 421 likes on our Facebook page and this is linked to our Twitter account. We have received enquiries from potential new riders and volunteers from these sources. The website continues to attract new clients and sponsors with some funders using the site to check that the group's activities fit their criteria before approaching us

Pony Angels

The group own two ponies Rio and Fudge and hire other ponies from The Paddocks Riding Centre to help run the sessions. Rio's and Fudge's board and lodgings are paid for by the Pony Angel scheme. There are six businesses and seven individuals who are contributing towards the scheme which guarantees a set monthly payment, or a discount on services provided, to cover their costs.

Our Pony Angels are:

Hills Poly Print	Move N Eat	The Paddocks Riding Centre
Lincs Rug Wash	Avenue Veterinary Centre	Jane & Vince Heslop
Helen Peglar	Ros Wentworth	The Sheard family
Mark Frazer	Alyx Snowball	Andy Honeywood
Kathy Blake	Laura Lynch	

Donations

Further donations this year have been received from:

Skylarks Foundation	Grantham Camra	Barkston Garage
Linzi Lloyd Henry	Grantham and District Search Club	Tryac
Waynflete Charitable Trust	Spalding and District Riding Club	Grantham Rotary
Wilpeg Trust	Grantham Lions	Yorkshire Bank
Daedalus Masonic Lodge	Phoenix Card	

Thank

You