

KESTEVEN RIDEABILITY

Annual Report

2022



2023

Reg. Charity No. 1074079



Group Information

In order to bring this the Annual Report into line with our submissions to the Charity Commission this is a short report covering the period 1st Sept.2022 to 31 March 2023. This follows on from our last report which covered the period to August 31st 2022. Going forward this Annual Report will cover the period 1st April to 31 March which is in line with our annual Charity Commission submission.

Sessions

In our 35th year the group is going from strength to strength and our services are never more needed. In the last year we delivered 1040 sessions to 90 participants. This included riding, driving and non- riding sessions such as Tea with a Pony. Our volunteers are now back to pre-Covid levels.

Riders

With the ongoing increase in our client numbers we now run sessions all day on Tuesdays, Thursdays and Saturdays.

Sully, our simulator, continues to enable us to provide therapy sessions and is also an alternative when the weather is unsuitable for outdoor sessions.

We continue to welcome older and less advantaged people with disabilities to our "Tea with a Pony" afternoons and also to our therapy sessions "The Listening Horse" For these we now make a nominal charge. Both activities take place in our beautiful surroundings and can include meeting and grooming, simple groundwork such as leading plus opportunities to chat and enjoy tea and cakes.



We continue to offer Carriage Driving sessions which are very popular for those clients who can no longer ride or who want an alternative equine challenge. Over the summer we were able to purchase a new pony, Elsa, and hope that she will enable us to increase the number of carriage driving sessions we can offer once she has completed her training. This was made possible by a grant from the Sir Peter O'Sullivan Charitable Trust to whom we are very grateful. The sessions run on a Tuesday.

Elsa

Volunteers

The number of volunteers actively involved in the group at present is 22 and we welcomed 2 new volunteers this year. Many of our volunteers are young people and we like to encourage this as it helps us to ensure succession planning and helps secure a healthy future for the charity.

Our Trustees

Kesteven RiDeAbility is supported by a board of Trustees who lead the charity and decide how it will be run. We must comply with all relevant charity laws as well as our own governing document. All of our Trustees are voluntary with some having specific responsibilities. Each person uses their individual skills and experience to support KR and help it to achieve its aims.

Present Trustees are:

Nicola Webber [Chair]

Sharon Watson [Secretary]

Gay Hatton [Treasurer]

Karen Thompson [Group Organiser]

Claire Honeywood

Elizabeth Jones [Safeguarding]

Clare Brown

Emily Johnson [Rider representative]

Susan Jane Ashton [Rider representative]

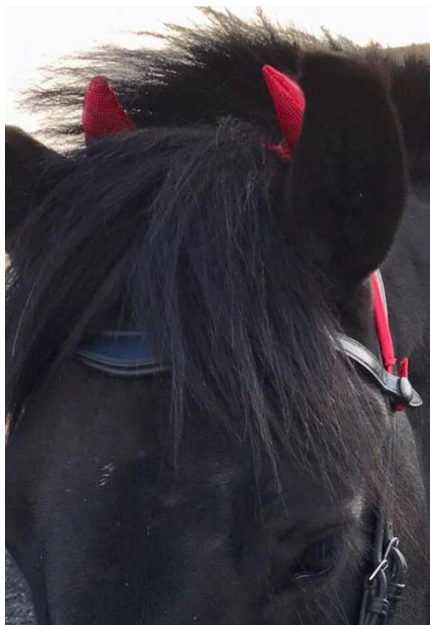
Gill Smith [Horse and pony welfare]

Our Activities

In our 35th year we continue to be very busy and have seen an increase in the number of clients wanting to ride as well as to try out Carriage Driving. Until Elsa is fully trained we cannot offer any more driving sessions but she has stepped up to be another riding and therapy pony so her role is very much a dual one.

Hallowe'en.....

October saw our spooky event for Hallowe'en. The younger riders really enjoyed their day painting ponies, riding on the spooky simulator and taking part in the spooky games.



Rio with his spooky horns!



Fudge in his coat of many colours



Ooooo a scary skeleton!

Coach Mentor

In November 2021 our Senior Coach and Proprietor, Karen Thompson, had been selected to be a Coach Mentor at the RDA Princess Royal Academy. In February of 2023 Karen returned as a mentor to further support new coaches as they go through their training.

Rider Achievements

Each year we present awards to our adult and junior riders. For 2022 the winner of the Fronerthig Delyn Aur Trophy for the Most Improved Junior Rider was Lily Andrews for improving her riding skills and progressing to trotting, cantering and jumping over the past 12 months.



Lilly riding Rio

Our most improved adult rider was Frazer Wright who is learning to control his horse and is working towards independent riding. He was presented with our Most Improved Adult Rider shield.



Frazer with Bob

Additionally many of our riders passed their riding proficiency and horse care tests and gained their Endeavour Awards.





RDA Virtual National Championships October 2022

We were very successful in this years' competition with two of our riders qualifying for the jumping. Grace and Thomas showed great aptitude for this activity and Rio really enjoyed the change of pace. When the results came out we were thrilled to see that Grace came 1st and Thomas 3rd out of a total of 19. What a result!

Volunteer achievements and activities

We are so grateful to our many volunteers and it is so nice to be able to show piece their achievements. In



November Sharon completed her training to become an Activity Leader. Without our volunteers we could not run our sessions so a heartfelt thankyou to Sharon for her commitment and hard work.

Christmas Tree Festival

In December the group took part in the charity Christmas Tree Festival at St Wilfrum's Church in Grantham.

This is a lovely way to show case the group and remind people of who we are and what we do.



Each of the angels represented one of our pony angel sponsors.

Swimarathon

Into the New Year 2023 and the volunteers were once again in the thick of it taking part in the Annual Rotary Club of Grantham Swimarathon. Despite being out of practice they achieved their goal and raised an amazing £2,000.



Silver Hour and Equine Therapy



Our Tea with a Pony and Listening Horse sessions have always been successful and it was heart-warming to see Dementia UK share some of the photographs we have of our visitors. Here is Rio doing what he does best; dozing whilst being stroked!



At present we continue to provide regular sessions for two care homes in our locality as well as a number of mental health charities and individuals. These take place on a Thursday when the participants are introduced to our ponies and given time to interact with them before tea and cakes are served. The groups are all very appreciative of the chance to visit and throughout the summer, weather permitting, many of them build bonds with one or more of our ponies.

As a result of these programmes and under the umbrella of RDA UK we are now registered with the Human and Equine Interaction Register (HEIR) and can display their kitemark on our promotional

literature and social media postings.



Carriage Driving

In March of 2023 we were able to purchase a new pony to enable us to increase our carriage driving sessions. Elsa is in training at present but will hopefully be able to begin her carriage driving journey next summer.

Nominations



In March of 2023 we were short listed for the RDA Carriage Driving Group at the Carriage Driving Awards. It was very exciting and although we didn't win we were very proud to have been put forward. and were very happy with our third place.

Pony Angel party

In September 2022 we held our annual Pony Angel Party which is intended to thank all those who sponsor our RDA ponies: Rio, Fudge and Bob. With fundraising curtailed over the Covid19 period they provided a much needed injection of funds to enable us to keep them all fit and able.

Each party is also an opportunity to showcase our activities. This year we introduced our Angels to the activity of carriage driving.

This is a new for the group but has become very popular. Those who take part on a Tuesday competed against each other around an obstacle course. The winner was Rosemary who completed in the optimum time without dislodging any of the balls off the cones. Afterwards tea and cake was provided before all three ponies were introduced to their sponsors.



Pony Welfare



All of our ponies enjoy the best of care and receive regular health checks. During the year they are weighed to ensure they receive the correct worming treatment and to ensure they are strong enough to carry our riders. Physiotherapy sessions help them to maintain their muscle strength and aromatherapy allows them to relax. A new treatment is salt inhalation which has been an amazing non-medical treatment to counteract any pollen irritation they may suffer from.

This is Fudge enjoying his aromatherapy and massage session. Looking very relaxed!

Pony Angels

The group own four ponies: Bob, Fudge, Elsa and Rio and hire other ponies from The Paddocks Livery Centre to help run the sessions. At present we have 19 supporters, 4 of whom are businesses, contributing toward our ponies' board and lodgings through the Pony Angel Scheme. This guarantees a set monthly donation or a discount on services provided.



Our RDA ponies: Bob, Fudge & Rio



Not forgetting Elsa!

Our Pony Angels

Ros Wentworth	Sue Ashton	Kathy Blake	Chandlers
Mark Frazer	Gay Hatton	J & V Heslop	Hills Polyprint
Andy & Claire Honeywood	Iris Halliday	Lincs Rug Wash	Sue Hesketh
Suzanne Sanders	Sarah Shelbourne	Stephanie Smith-Maxwell	
Rachel & Lee Williams	Michael Jones	Paul & Gill Johnson	

Donations have also been received from:-

The Sir Peter O'Sullivan Charitable Trust

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Rotary Club of Grantham (Swimarathon)