

# KESTEVEN RIDEABILITY



Newsletter November 2018

Reg. Charity No. 1074079

Another Summer is now over and we are slowly going into Winter but what a wonderful Summer it has been with lots of activities and a new venture, our Silver Hour. It might all be winding down but don't forget that our annual quiz kicks off the new year so save the date—Jan 25th at Carlton Scroop Village Hall.

We hope you have also had a great Summer. Wishing you all a Happy Christmas and a peaceful New Year.

The Trustees

## *Elizabeth Jones wins the Sports Personality of the Year Unsung Hero Award for the East Yorkshire and Lincolnshire Region.*

A trip to the BBC Sports Personality of the Year Award to take part in the final of the Unsung Hero Award is now on the cards for Elizabeth Jones one of our wonderful volunteers. How exciting and what a fitting end to our 30<sup>th</sup> Anniversary year. Elizabeth, known to us as Liz, was nominated by one of our participants as someone who really makes a difference to those who come to Kesteven Rideability to learn to ride or to just be around our ponies and horses.



Liz began volunteering for us four years ago and since then has helped many disabled children, young adults and adult riders take part in riding sessions. Her nomination spoke of her empathy and how she brings confidence and kindness to her riding sessions bringing out the best in each of her riders. Not only does Liz coach she is also a Trustee and our Safeguarding person and helped to set up the new Silver Hour programme, coordinating the sessions and ensuring everything ran smoothly. She regularly volunteers to help with many of the other activities that Kesteven Rideability is involved with such as supporting our riders at competitions, taking them on holiday or just helping with our charity fundraising none of which we could do without volunteer goodwill.

Liz received her award from the team from BBC Look North (East Yorkshire and Lincs), after a day of very wet, cold weather. It was fascinating watching Liz being interviewed and filmed for the programme. We did not know at this point that she had been chosen as Regional winner believing only that she had been shortlisted. What a fabulous surprise we had when gathered together for a "photo" later in the afternoon the Look North team produced a plaque and presented it to Liz announcing that she was the Regional winner for the East Yorkshire and Lincolnshire area!



Look North filming a lesson with Liz

We are all so pleased for her – a well-deserved accolade. Congratulations Liz and good luck for the final which takes place in Birmingham next month.

Postscript: Look North (East Yorks & Lincs) aired a lovely piece of film about the BBC Unsung Hero Award for this region interviewing Liz and showing what she does. They also showed a clip on their Facebook page. Catch it if you can.



Liz with her horse Murphy

## A Summer of Competition

April kicked off the competition season with entries to the RDA North Midlands Regional Dressage Qualifiers held at Loughborough. The weather had not been very good and it was touch and go whether we would be able to attend. The wind had been really strong and gusty; not good for the horsebox and its valuable cargo! But things improved and it was a most successful day although very very cold. Emily, riding Fudge came first in the Restricted Section, also producing the highest mark of the day. Sue riding Rio and competing in her first Dressage competition brought home a red rosette and Timmy, also riding in his first Dressage competition came third on Fudge.



Timmy and Fudge doing their Dressage Test

In May we took part in the “Have a go” day at Scropton RDA Centre. This was an opportunity for those who had not competed before to have a go at

doing a dressage test or the countryside challenge—or both!

Sue and Rio did their first off the lead rein dressage test winning another red rosette. Rio was a star, particularly as this was his first independently ridden test as an RDA pony.

Timmy and Fudge came second and Lou, Timmy and Sue all also successfully completed the countryside challenge.

## Pony Angel Party

We are very grateful to our Pony Angels who support us throughout the year by regularly donating to the upkeep of our RDA ponies Fudge and Rio.

In September we held a “Pony Angel” party to say “thank you” to all our Angels and invited them to come along with any friends any friends and family to meet the ponies they sponsor. It was a good excuse for tea and cake and there were some lovely choices including, beetroot, lemon drizzle, double chocolate and cherry bakewell. Karen riding Rio and Emily riding Fudge opened the afternoon with a musical dance in the Arena to the song “Happy”. It was an uplifting start to the proceedings and everyone enjoyed watching them. Clever ponies!



Competing in the Countryside Challenge



## 30th Anniversary Celebration Ceilidh



September saw us celebrating the 30th Anniversary of Kesteven RiDeAbility with a fun filled evening of dance. What an achievement to reach such a milestone. The Ceilidh kicked off with some simple dances but as the evening progressed got more complicated although it was hard to see where one dance began and another finished!

The Higgledy Piggledy Band provided the music and the Sizzling Sausage Van provided hot sustenance for those who wanted more than a bag of crisps and a bottle of pop. The dancing was fast and furious but nobody got left behind and the evening went with a real swing; everyone getting into the spirit.

A raffle completed proceedings and funds raised will help to keep Rio and Fudge, our two RDA ponies, fed and watered over the winter for which they are both extremely grateful!

## In the press

In November we featured in not one but two magazines! Lincolnshire Life ran a lovely article about Kesteven RiDeAbility, how it began and how it was celebrating its 30th Anniversary year. There were some lovely photographs illustrating what we do as a group including the headlining one of Karen with her horse Budleigh.

This was followed by Woman's Weekly who ran an article about one of our riders. Sue has been riding with us for three years now and the article told the story of how she began with Kesteven RiDeAbility and what it means to her to be able to ride a horse, despite her disabilities.



## Most Improved Rider Awards

Once again it was time to award the shields for this year's most improved riders. Emily took the award for Most Improved Adult Rider and Timmy the award for Most Improved Young Rider. Congratulations to them both.



If you want to keep up with our monthly exploits, one of our riders is now contributing a blog to the Genius Equestrian website. Find it at:

[www.geniusequestrian.com](http://www.geniusequestrian.com)



## The Silver Hour: equine therapy for seniors

In May we welcomed our first participants to our new programme, The Silver Hour. This innovative programme of equine therapy was devised so that older disabled adults could experience and benefit from being with horses and ponies in a safe and supported environment.

The arrival of our first guests was greeted with excitement. How would the afternoon go? Would they enjoy being with our horses and ponies? We needn't have worried, Newton House Care Home were a joy to host and enjoyed every moment of their first visit. Karen gave a brief introduction including "what not to do" - we didn't want any feet trodden on! And then each person was introduced to the wonderful Rio, Sox, Fudge and Murphy.

Whilst those in wheelchairs were shown how to pat and fuss their pony the more mobile were helped to do a bit of simple grooming such as brushing a mane. Rio adores being groomed and was in his element whilst Fudge, Sox and Murphy stood quietly and allowed the visitors to get to know them. After a good session of fussing we then offered our guests tea and cake. What a lovely end to the afternoon.



As the summer progressed we also welcomed visitors from Lancaster Grange Care Home, Newark and Harrowby Lodge, Grantham. The sessions ran each Thursday afternoon throughout the summer months and everyone who came said what a wonderful time they had had.

We hope to repeat the programme next year. Fingers crossed we get the same weather—each week it was so warm and sunny that we were even able to enjoy our tea and cake outside. Perfect!

## Grace wins Best in Show Award

Our annual dog show took place in August on probably the only wet day of the Summer! But despite this lot of dogs came and took part in the fun. Grace the cocker spaniel won best in Show whilst a couple of the Cranwell Bloodhounds tried to get in on the act by escaping their pen and pretending to be competitors! The tea tent had lots of yummy cakes and the hook a duck, bookstall, tombola and silent auction stands were kept busy. Despite the rain it was a very successful afternoon and we raised a healthy amount of money.



One of the "escapee" bloodhounds!



Best in Show

A **BIG** thank you from all of us to the following people for their very generous donations...

Community Books, Grantham

Meridian Daylight Lodge, Grantham

Hon. Mrs C Sacks

RAFC Thrift Shop

Rotary Club of Grantham

Skylarks Endowment Fund

Wilpeg Trust

Daedalus Lodge, Sleaford

Waynelete Charitable Trust

William Peters Lodge, Grantham

Yorkshire Bank, Grantham

Melton Mowbray Charitable Foundation

thank  
you!

*Marie Ashton*

*Andy Honeywood*

*Kathy Blake*

*Mark Frazer*



*Jane & Vince Heslop*

*Paul Johnson*



*Helen Peglar*

**Chandlers**



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



*Laura Lynch*



*Stephanie Smith-Maxwell*

*Rachel Stothert*

*Ros Wentworth*

*Rachel & Lee Williams*

## Kesteven RDA Uniform:

If you would like to purchase Kesteven RDA badged clothing, follow the link from our website, [www.kestevenrda.co.uk](http://www.kestevenrda.co.uk).

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.

### Contact Us:

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