

KESTEVEN RIDEABILITY

Newsletter June 2022

Reg. Charity No. 1074079

After two long years it is so nice to be able to say that we are once again fully open for business and running as normal. We have lots of new riders and once again can run group sessions which is very pleasing.

It has been tough with the stop start after the initial lockdown but since Easter we have been able to run all of our riding and carriage driving sessions as well as welcoming back our elderly care home visitors to take 'tea with a pony'

The last half of 2021 was still a little difficult as we maintained our Covid restrictions to a greater or lesser degree depending on the government guidelines and how our clients felt about specific issues such as mask wearing but we still managed to run some sessions albeit in a limited way.

It's great to be back!

Meet Bransby Mushu (Mu)

Mu has come from Bransby Horses—Rescue and Welfare as our Summer loan pony. She is a little star and we are looking forward to having lots of fun with her over the Summer months.

Now that the weather has improved we are taking advantage of our lovely position in the countryside and have mown paths through some of our grassy meadows to set up an activity loop, nature loop and a "relax" loop for our riders. They really enjoy being out in the countryside and smelling the new mown grass as well as looking at all the beautiful wild flowers. It's rather different to riding in the arena!



Bransby Mushu (Mu)



Enjoying a ride through one of our nature trails

Photoshoot fun

During June last year we decided to update the photographs we use for our website and other promotional activities so welcomed Danielle Longotano Raine to the yard to do a photoshoot. We received some fabulous photographs including a lovely montage of our "3 Kings" Rio, Fudge and Bob and also some very nice ones to promote our new activity, carriage driving.



Pepsi with one of our clients, Sue, and her coach Joss.



Our "3 Kings" - don't they look wonderful?

L-R Bob, Fudge and Rio

Carriage Driving



Carriage driving again began in earnest just after Easter. Despite the gap between our sessions last year and beginning again we got off to a good beginning. We decided that we would not enter the RDA National Championships this year but would take part in the RDA Virtual Championship which will be judged in October of this year. Last year's entry produced a top ten result which was very creditable considering many of the other entrants were very experienced having been carriage driving for a number of years.

After receiving a donation from the Melton Mowbray Building Society Charitable Trust we have been able to

purchase some new driving cones. These are made to withstand the wheels of the driving carriage should there be a collision between the carriage and any of the cones, often something which happens in the early days of learning!

Whilst the weather has been so warm we have split our lesson so that we can end with a gentle walk through the fields following the mown path created by our very own Karen Thompson! The smell of newly mown grass is a real precursor for the summer months.

Our new collapsible cones

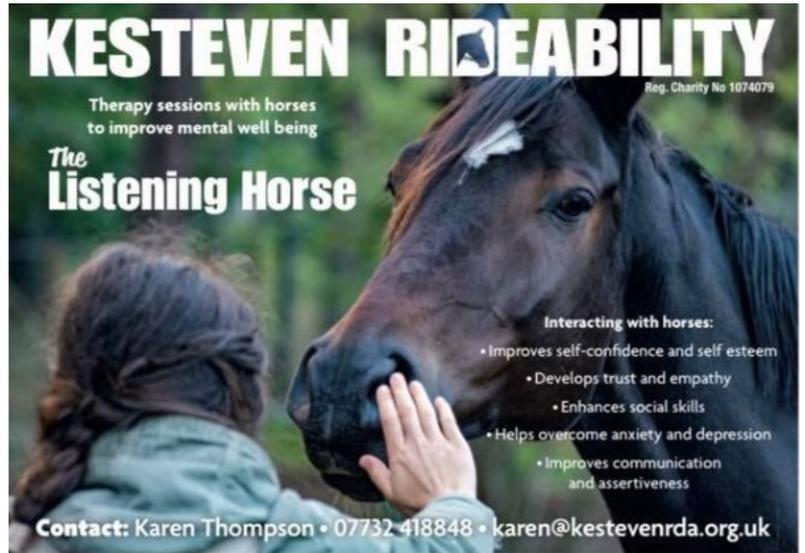


Horse therapy

Our horse therapy sessions are proving very popular and now include not only “Therapeutic Groundwork” but also our new venture “The Listening Horse”. Along with our “Tea with a Pony” activity we are now able to cater for a wide range of clients with differing physical or mental health and well being needs.

The Listening Horse

The UK’s national Mental Health Awareness week, hosted by the Mental Health Foundation, is in its 22nd year. This year, the theme for the week was ‘Loneliness’. Across the country, people will be reflecting on loneliness and how it impacts our mental health. Long-term loneliness is closely linked to mental health problems such as depression and anxiety. Following on from the pandemic, our latest project, The Listening Horse, is aimed at promoting mental well being and bringing people together



Bob responding to one of our visitors at “Tea with a Pony”



Rio meeting his visitors during “Tea with a Pony” and loving every minute



Such a kind boy. How is it that they always seem to know what to do. Rio reaching out to one of our wheelchair bound visitors.

Competition Time

RDA National Championships 2021.



An update on our competitors last year. The competition was run virtually due to ongoing covid restrictions. We were very successful with winners in a number of classes. Emily came 2nd in the showing class with Lemonsholme Prince (Rio) so winning a silver medal. Trefenter Fred (Bob) came 7th in the I/D Walk Trot Test and Emma, riding her own horse, came 3rd in the Canter Test so winning a bronze medal. Our carriage driving Sue came 9th which was only 1 point behind 6th place so you can see how competitive it is at this level.



Katie with Trefenter Fred (Bob) far left, Emily with Lemonshome Prince (Rio) (middle) and Emma in the Canter Test (bottom)



Championships Countryside Challenge Qualifying Competition 2022

Face to face competitions are back this year which is wonderful. We entered a number of our riders into the Countryside Challenge at the Regional Qualifying Competition which took place in April and May at Scropton Horse Centre and were very thrilled when all of them qualified in the top five with two going on to compete in the RDA National Championships at Hartpury in July. We have also entered our wonderful boy Rio (pedigree name Lemonsholme Prince) into the "Showing" class at Hartpury and are hoping for a good result.



Rio with another of our riders



Our winning team with their well deserved rosettes

“Have a go” jumping at Elms Farm

In June some of our younger riders took part in the “have a go” jumping competition at Elms Farm and we were delighted at how they all coped, with some winning a rosette.



Fudge having a great time jumping!



Fudge and his successful rider at Elms Farm



Thomas after his successful jumping competition on the wonderful Rio



Dressage Anywhere

In May Emily entered the British Dressage Intro B Test at Dressage Anywhere scoring over 64%. It was her first time competing in a non RDA class and both she and Fudge were extremely pleased. Well done Emily we are so proud of you!

Achievements

We also must congratulate Emily on achieving her Bronze level proficiency test riding our loan pony, the wonderful Bransby Mushu. (Mu) Emily is one of the first riders in the UK to achieve Bronze level using the new tests. RDA Riding Proficiency Tests have been designed to provide a progressive learning platform for riders. The current Bronze, Silver and Gold tests have been created with the National Championships and Regional Qualifier level riders in mind so that the assessor can get to know the rider and pony and how they are involved with the preparations leading up to the competitions. The Bronze award has an emphasis upon the accuracy of transitions and the effect of the rider's aides on the horse. Success in this means Emily can now go on and try to achieve her Silver and Gold awards. Good Luck Emily!

So many of our riders have achieved awards and certificates this year and here are a few showing off those awards.



Edward after winning his Grade 1 Riding Proficiency Test



Emily with Mushu (Mu) after her success in her Bronze Proficiency Test.



Leo with his Endeavour Award



Thomas after achieving his first Endurance Test, aboard Fudge.



Freya, Tilda and Evie Rose gaining their Grade 1 Riding Proficiency Test .



Elsie, with Karen, after achieving her Grade 1 Proficiency Test

SEIB RDA Centre of the Year 2021 nomination



Last year we were shortlisted for RDA Centre of the Year Award which is part of the [SEIB Livery Yard and Riding School of the Year Awards](#) celebrating excellence in teaching, training and horse care. The winners were announced on September 8th 2021 at a lunch held at the Dalla Burston Polo Club near Warwick. Our very own Karen Thompson attended along with another one of our Trustees, Gay. Sadly we didn't win but it was a lovely experience being part of the day and meeting others who had also been nominated. There was also the opportunity to watch a polo match later that afternoon.



Karen and Gay with our certificate and award for shortlisting. The weather was beautiful. A lovely day for a polo match.

RDA Coach Mentor Programme

In November of last year our very own Karen Thompson was chosen to be a Coach Mentor at the new Princess Royal RDA Academy. This is such an honour which is much deserved. At a ceremony at RDA Central the Princess Royal presented the new Coach Mentors with special riding coats.

A visit from our local Councillor

During August last year we received a visit from our local councillor, Kelham Cooke and also Ed Bracher and Rachel Medill from RDA National Office. They were introduced to the range of activities we offer and met some of our volunteers and trustees. It was lovely to show them what we do and how we have coped with Covid and the associated restrictions.



Karen and Cllr Kelham Cooke with some of our Trustees

Councillor Kelham Cooke and Rachel Medill

A lovely letter from one of our riders and fun in the sun



Rio I love you I Will never Forget
You, you are my favourite pony
and keep it a Secret. You help
me learn and you also make me
the happiest girl on earth.



Robert, Frazer, Amy, Lily, Emily, Victoria and Iris all received their Level 2 Riding awards.

Unicorn manes and tails, diamonds on ponies, cakes and unicorn biscuits made for a fun filled day of activities enjoyed on a beautiful sunny day in August.

We also welcomed riders from Belvoir Vale RDA group



How you can help us

We are now open and operating normally but the past couple of years have been tough. It will take a little time for our income stream to reach the pre-covid levels so any help we are given will be gratefully received. If you can help and would like to here are a number of ways you can do so.

For those who are already supporting us as Pony Angels or by individually donating we are extremely grateful—thank you.



Become a Pony Angel

Pony Angels are supporters who by pledging a fixed amount every month or year help us cover the costs of our RDA ponies. They are very important to us and we are always grateful for the support they give us. Have a look at our website at www.kestevenrda.org.uk or contact ponyangels@kestevenrda.org.uk to find out more and you could be helping to continue the work we already do teaching disabled children and adults to ride.



If you use Amazon you can join their charitable donation site Smile Amazon and every time you shop with them through Smile they will donate to your chosen charity. Like easy fundraising, it costs you nothing to do this. Go to

www.smile.amazon.co.uk to sign up.



Join easy fundraising and every time you buy something online you can raise money for Kesteven Rideability. It doesn't cost you anything. Just go to www.easyfundraising.org.uk join up and select us as your charity then whenever you shop online remember to shop via easyfundraising. It's simple and they even had a little reminder app which will mean you never forget to shop this way.

You can support us and join via our website www.kestevenrda.org.uk

Take part in LotterySK *



Many of our supporters take part in this and we have already had one lucky winner matching five numbers to win £2000!

We retain 50p from the cost of each ticket.

You can buy tickets via our website www.kestevenrda.org.uk

**LotterySK was created in 2018 by South Kesteven District Council.*

Set up to support community projects in the local area, LotterySK operates on the principle of raising money within the community for the community. We empower local good causes to raise money in a fun and effective way. In a time of shrinking budgets and increased community need, LotterySK enables people to support the causes they care most about, helping good causes to connect with their supporters.

A ticket for LotterySK costs £1 per week. There is a top prize of £25,000 and each ticket has a 1 in 50 chance of winning.



You can also donate via Wonderful

Go to our website at www.kestevenrda.org.uk

We realise that it is a difficult time for many people and that finances may be stretched but donating the cost of just one lesson could make a real difference to us. Thank you.

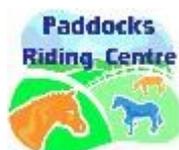
A **BIG** thank you from all of us to the following people for their very generous
Donations

Mike Clark
Tryac
Gill Smith
Hon Mrs C Sacks
P L Jarman
Skylark Endowment Fund
Grantham Kesteven Rotary
Club
Melton Mowbray Building Society Charitable Foundation
Elaine Richards

thank
you!

Rotary Club of Grantham
Kathy Blake
Karen Perry
Mrs J Beckett
Kerry Fletcher
Liz Briggs

Marie Ashton



Jane & Vince Heslop

Chandlers



Andy Honeywood

Sue Hesketh

Gay Hatton

Kathy Blake



Paul Johnson

Thank you to all our Pony Angels
for helping to get us through the
most challenging of years.



Stephanie Smith-Maxwell

Sarah Shelbourne

Suzanne Saunders

Iris Halliday

Rachel Stothert

Michael Jones

Rachel & Lee Williams

Mark Frazer

Ros Wenworth

Kesteven RDA Uniform:

If you would like to purchase Kesteven RDA badged clothing, follow the link from our website, www.kestevenrda.org.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:

On our website...

www.kestevenrda.org.uk

By email...

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You can also find us on...

