

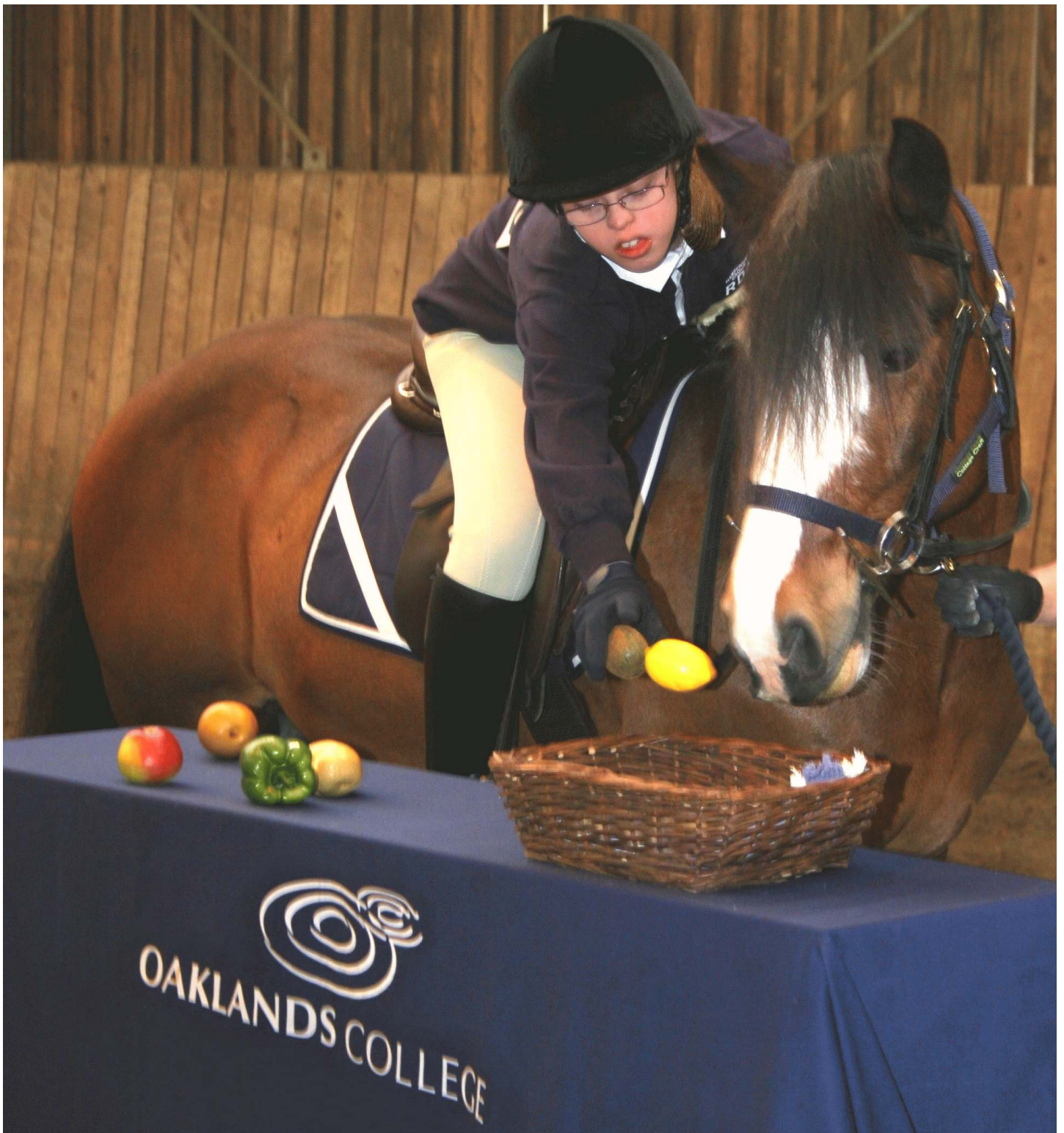
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RDA East Region Newsletter

No 5.

Winter 2007





Welcome to the 5th edition of the RDA East Region newsletter.

It has been another busy year for the Region. As you are all aware in 2007 we changed venue for the Regional Qualifiers from Wimpole Hall to Oaklands College. We were very sorry to say goodbye to Wimpole but after several years of inclement weather and other organisational difficulties we felt we should hold this event where there was an opportunity to have some of the events under cover.

Due to the wonderful support from the staff at Oaklands College the inaugural event was a great success, and we look forward to being there again this year on 11th May.

Once again we must take the opportunity to thank everyone at Wimpole for their fantastic support over the past umpteen years!

On the back page you will see a list of all the Training Days the Region is holding this year. If you have the opportunity do try and get to one. It is always interesting meeting up with other volunteers from different groups.

I hope you enjoy this Newsletter. Do please try to send us material for the next edition, we always want to hear your news!

Sue Diggins
East Region Chairman

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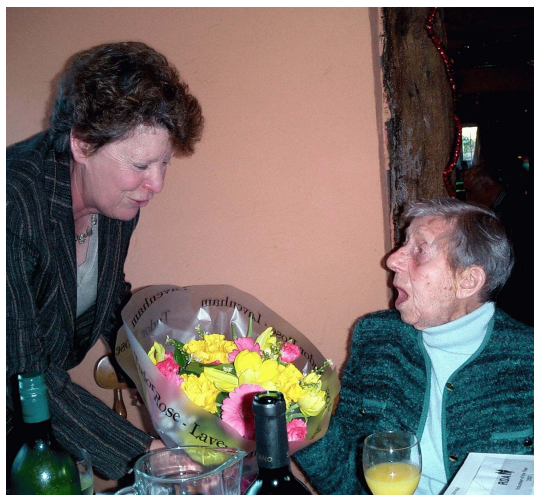
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Volunteer of the Year Award 2007

For the first time this year by introducing the Volunteer of the Year Award, RDA acknowledged volunteers who have made an important contribution to RDA through hard work and often unsung efforts.

The characteristics they were looking for were:

- Organising an event/function or outstanding fundraising work
- Dedication or impact - where the volunteer's service has resulted in an impact for the Group/Region/County or National above and beyond of what is expected.
- Reliability - never lets people down/operates above and beyond what is expected.
- Attitude - "can do"/inspirational, motivational, positive, encourages others to take part approachable etc.



We had four entries for the Regional Award and had great difficulty choosing one above the other three. It is at a time like this that you realise every volunteer deserves an award.

In the end we chose Shirley Cooke from the Mid Essex Group. Shirley has instructed with the Group since its foundation in 1967, as John Currie the Groups' Chairman wrote Shirley is a legend within the Mid Essex Group, her determination and resilience are an object lesson to everybody. One of her pupils said of her "She is truly an expert on horses, helpers and the psychology of timid riders, she teaches by love and believes that nearly everyone can learn to ride despite their physical and mental limitations.

The runners- up were:

Margaret Fowler from the Shelley Centre for Therapeutic Riding in Suffolk. Margaret is Deputy Chairman for the Group, she has been a volunteer for 20 years and is part of the backbone of running the Centre. In the past she has been responsible for organising the maintenance of the Centre (with her doing a lot herself) assessing new riders, meeting and registering all new helpers and has been a major player in organising the many events that are held each year at Shelley.

Carol Carter from the Chiltern and District Group in Bedfordshire. Carol has been with the Group since it started over 25 years ago. She is an Instructor with the Group and has organised many fundraising event including barn dances, sponsored rides and treasure hunts. Her Group writes that she is totally reliable and dedicated.

Sue Goodhall from the Ipswich Group in Suffolk. The Group writes that Sue came to us about 5 years ago with no previous experience with horses or disabled people, she was a very willing and quick learner, soon becoming an encouraging and reliable side-walker. She fund raises for the Group and helps the smooth running of the twice weekly sessions, always arriving early to help set up and providing a welcome coffee for the helpers.

RDA National are making this award a yearly event, the Regional Winner receives a stunning cut glass trophy and their name is put forward to the National Final. Keep a look out for the nomination forms to arrive on your doorstep and choose your Volunteer of the Year for 2008. I know its difficult because all your helpers are Volunteers of the Year!



Sue Diggins - East Region Chairman

Hartpury 2007 – An Amazing Day

by Lynne Kemp

At Oaklands this year Peter Gorman from Buckenham House Group rode a superb Countryside Challenge class on Tula to qualify for the National Championships. So off we set to compete at Hartpury in July. It was miserable weather on the Sunday, pouring rain all day. It was the weekend before all the flooding in Gloucester so we were really lucky that the event was still held. Peter, Tula and their leader Chrissie Gooderham completed a lovely round in the Countryside Challenge class despite the slippery ground. Chrissie had a tough time keeping up with Tula in the trotting section as Tula is a big horse with a long stride and has no difficulty at all with slippery grass! After the Countryside Challenge Peter also competed in the introduction to dressage class and completed a very nice test.



Imagine our excitement at the end of the day when we had just loaded Tula back onto the lorry for the homeward journey when Peter's Dad rushed up to tell us that Peter had won the Countryside Challenge! It was a close run thing though, the second place rider was only 0.2 marks behind! But that was not the end of it, after a short while the dressage results were posted and there was Peter in second place, fantastic! This meant that he also won the Combined Training class (where the 2 scores are added together) and was entered in the Regional Team Countryside Challenge class as a member of the East Region Team. When that result was announced during the presentation ceremony and the East Region Team had won that as well, that was just the icing on the cake.

Peter had also taken part in the horse care and knowledge tests during the day, scoring 92% and a distinction in the standard HC&K test and 42% in the advanced HC&K test. So all in all he came home with 8 rosettes and 3 trophies!

Buckenham House Group would like to thank Tula's owner Sian Miller, and Prue Kenyon of Middle Harling Riding School where she is on working livery for allowing us to take Tula to both Oaklands and Hartpury, for giving Peter such a fantastic experience, and for giving us such a superb result to celebrate during our 30th anniversary year.

Photos courtesy of Martin Kelly and Peter Gorman Snr.



CHARITY PRESENTATION TO RIDING FOR THE DISABLED

On Tuesday 14 November 2007 RDA received a Cheque for £1205.10 from the Army Training Regiment at Bassingbourn (ATR (B)). This was part of the Units Charitable donations, which came from a single event – the Regimental Boxing evening. The event, held in September, made just over £12,000 from entrance tickets and an Auction, all in aid of supporting local Charities. Other recipients' who received donations on the day were:

- The Army Benevolent Fund (ABF)
- Friends of Addenbrookes
- Local Parish Church
- The Station Pre-School group
- The Station Tower Museum



The picture shows Mrs Antonia McKinley, Chairman of Hertfordshire RDA being presented with a cheque by the Lieutenant Colonel Nigel Smith (The LANCS Regiment) Commanding Officer of the ATR in the Officers Mess.



Norfolk County Art Competition 2007



There are two lovely Art Trophies in Norfolk and it was decided to start holding a County Art Competition again after many years in order to be able to present them once more. The subject was 'A Portrait of your Favorite Instructor' and competitors were divided into two Groups: children up to 11 years old and everyone older. There were 20 entries from children but unfortunately none in the adult group.

Ruthanne Tudball, a well-known potter and artist, kindly judged the lovely pictures. The trophy was awarded to the winner, with rosettes to fourth place; all entries received a county special rosette when their art work was returned to them.

This is Adam Gilham of East Norfolk RDA's winning portrait of his Instructor, Heather Cook.



BUCKENHAM HOUSE GROUP - 30 years, and still going strong!



2007 has been our 30th anniversary year and a very busy one.

2006 ended on a high point when in December Lynne Kemp, our Wednesday evening instructor won the BBC Look East Unsung Sporting Hero Award after being nominated by one of her riders.

However, 2007 has proved to be something of a roller coaster year. Things started badly when Mrs Michelle Matthews announced that she would not be renewing her riding school licence at Middle Farm Equestrian. Long standing members of the group dreaded the prospect of having to find yet another stables, as in thirty years we have been forced to make several moves. It was with great relief that we heard that Mrs Pru Kenyon had bought the riding school and that we could continue to ride at Middle Harling. Indeed Pru has proved to be very positive towards RDA and we look forward to a successful association in the future.

The second blow of the year was when Lynn Fox, who instructed the riders from Chapel Road School, decided to give up RDA. This was a big disappointment as with Lynn's help we had been able, for the first time, to take some of the children to the Norfolk County RDA fun day, where both children and helpers had a very exciting time. Thankfully Claire Pettitt agreed to take over the Friday morning rides after the summer holidays. Claire used to teach regularly with Buckenham House Group before she had her young family and we are very pleased to welcome her back again.

Despite the uncertainty over the sale of the riding stables we were able to take five riders and two horses to the East Region Competition at Oaklands, although with a last minute change of horse due to Willow's illness. Despite the change the riders rode well and Peter Gorman qualified for the National Championships in the Countryside Challenge class

At Hartpury Peter and his team of helpers braved the miserable weather to win the Countryside Challenge class and take second in the dressage, meaning that he won the Combined Training class. What an accomplishment for our anniversary year. Riders who attended the Special Olympics East Region Competition in August also had a successful day and brought home several medals and rosettes.

A new challenge for this year was rehearsing a drill ride to music with one of the Wednesday evening sessions and riders and helpers had a lot of fun dressing up as Morris dancers to film the ride for next year's East Region musical ride competition.

Fund raising has also gone well this year and we have received a couple of very generous donations from supporters.

To conclude our special year the group has embarked on an exciting new venture by taking on a horse of our own. Molly joined the group at the beginning of October, on loan from Mr and Mrs Bell of Wood Norton. She is a 15.2hh, 19-year-old Irish Draught mare, a real weight carrier and ideal for our riders, who are mostly adults. Molly is on working livery at Middle Harling Riding School and is already proving popular with the riders.

Of course a birthday wouldn't be complete without a party and on Sunday 21 October we celebrated our anniversary with a lunchtime party in glorious sunshine in the barn at Lyng Farm Garboldisham, thanks to our chairman Chrissie Gooderham and her husband Bob. Guests enjoyed a hog roast lunch with salads provided by the committee, followed by some scrumptious deserts - profiteroles, apple crumble, etc. - also provided by the committee. We are so lucky to have so many talented cooks on the committee! And we must not forget the gallant washers up, Mark Kennett and the gentlemen of the Simms family, no easy task washing up after 140 people!



After the meal there were presentations from Judy Burroughs, group President, giving a potted history of the group illustrated by a display of photographs and videos compiled by Martin and Lucy Kelly. Chrissie then gave an update on this year's achievements including our 30th birthday present to ourselves - Molly, our new horse!



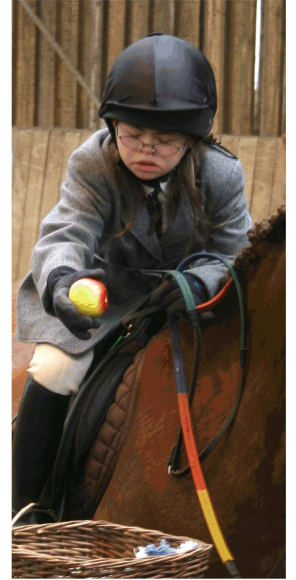
County Chairman, Hilary Hodges took the stage to give a short speech of congratulations and then presented all riders present with commemorative sashes. Finally Christine Osborne, long serving member of the committee since the beginning and chief fund raiser, cut the cake.



Altogether a happy and memorable day. Thanks to all who worked so hard to organise and run the party, and thanks also to all who came along and made it such fun. It was particularly lovely to catch up with the past riders and helpers who we have not seen for some time.

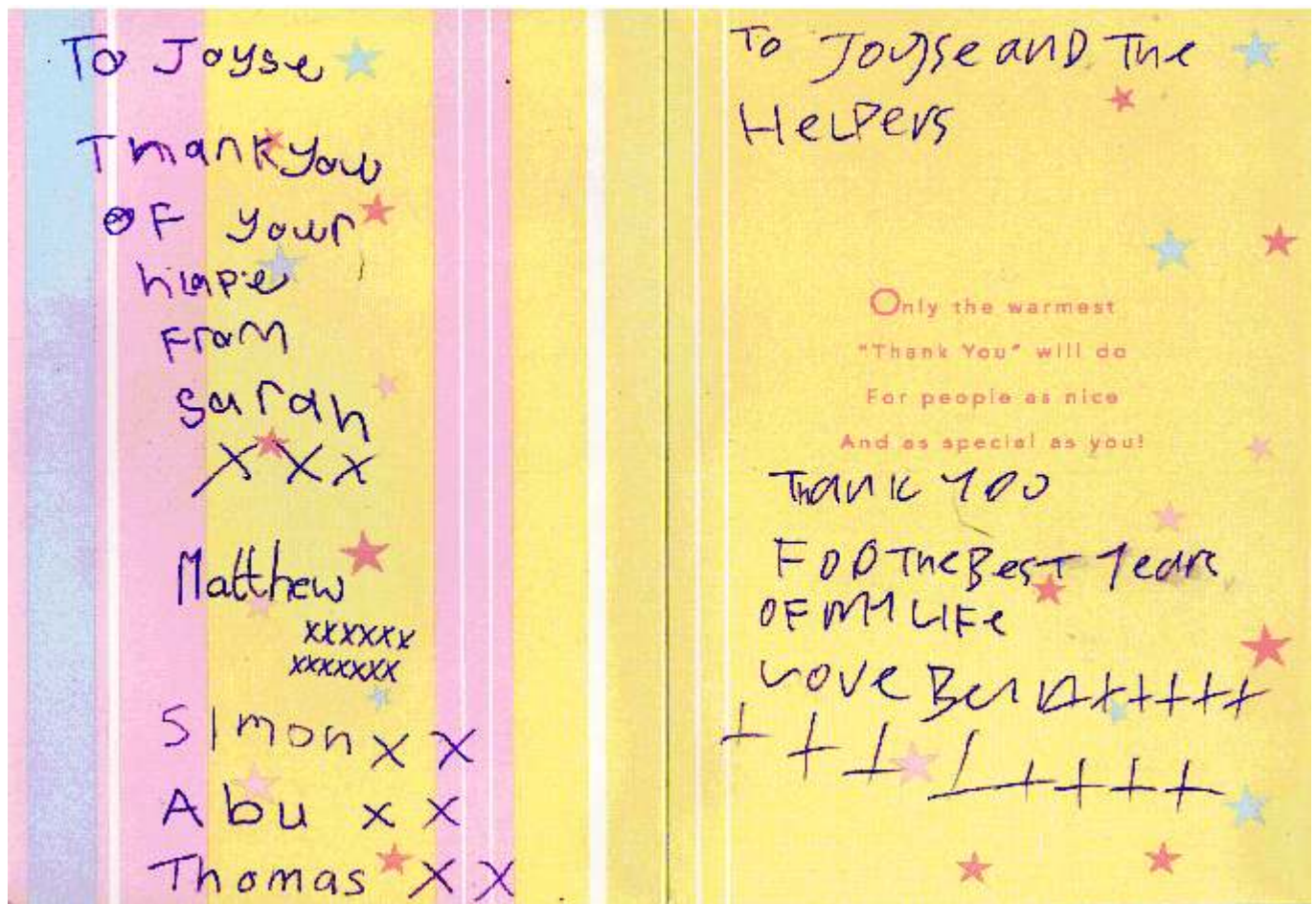
2007

OAKLANDS COLLEGE Regional Qualifiers



How's this for the 'Spirit of RDA'?

The following was received by one of our Groups in the East Region. "Thank you for the best years of my life" - says it all really, doesn't it? The smudges created by the recipients speak volumes about the reaction too!



TRAINING REPORT FOR EAST REGION

This has been a very good year in the Region – from the point of view that all our Training Days were very well attended. The comments/feedback sheets were all encouraging and appreciative, which is very rewarding to those of us involved in the planning. The annual 'Paperwork' day was in Cambridgeshire at Wood Green. There was also a Supra Regional 'Large Centres' day there and it is still interesting, to say the least, that so many of us need reminders of RDA expectations, policies and H&S requirements!

The 4 training days for instructors, loosely based on the syllabus for the RDAI – in Essex, Hertfordshire, Suffolk and Norfolk – were particularly well attended and several of those attending are planning to put themselves forward as candidates for the RDAI exam next year. This is good news as we do need some new younger people with this qualification in the Region. Bedfordshire hosted the 'Physio' Day this year. This was for instructors and covered the medical knowledge needed for the exam. There was also a very interesting talk on equine physiotherapy.

Provisional dates and themes for training Days in 2008 are, briefly, on Musical Rides and the Countryside Challenge at Wood Green, Cambridgeshire in March; also at Barrow Farm, Essex in April and Pettistree, Suffolk in October. There are to be two physio days at Magpie, Norfolk in May and Gaddesden Place, Herts in June. There will also be a helpers training day at Bromham, Beds in June. More details and confirmed dates will be sent to all Groups in the New Year.

Riders put on Ritz for charity

(Recreated from an article in the EADT, 11/08/2007)



Two charity horse riders didn't quite have a ball when they embarked on a novel way of raising money for people with disabilities.

Michelle Rumsey, stable manager at the Hollesley group of Riding for the Disabled (RDA), and Tessa Pearl, a volunteer at the group's premises near Woodbridge, attracted a great deal of attention when they dressed in ballgowns and trekked along the Ridgeway National Trail.

But the weather was so appalling on the last day - radio stations were warning people not to go outside - that the pair were forced to finish their route miles short of the finish.

However, they calculated that due to detours, they had probably ridden about 100 miles anyway, compared with the official 87 mile distance between Overton Hill, near Avebury, to Tring, in Hertfordshire.

Dressage: Stable manager Michelle Rumsey and volunteer Tess Pearl, of the Riding for the Disabled Hollesley group stables, at Sutton, in their ballgowns.

Picture by Andy Abbot (EADT)

Miss Rumsey said "We enjoyed the trip and it was a real adventure but it was very, very hard work. We did not realise how unfit we were. We had booked accommodation for the horses en route and people let us have the stabling and grazing for free, and we slept rough in the lorry. At the end of the trip we felt awfully flat after preparing for it for so long."

The support role for the trip was provided by Cheryl Killen, a volunteer at the RDA.

They have raised £1,150, and this will be spent on a garden project at the Riding for the Disabled premises and a harness for a pony.

Anyone who would like to make a donation is asked to call 01394 410014 or email tess.pearl@lineone.net



ATTENTION ALL GROUP TRUSTEES!

The next phase of Training Reviews for instructors will run from January, 2008 to 31st December, 2008. It is the Trustees' responsibility to make sure that these Reviews are up to date otherwise RDA insurance cover will not be operative. So, please check with your Instructors and make sure that all paperwork is up to date and make the necessary arrangements with a Training Advisor to visit your Group if necessary.

At the same time, please make sure that all Instructors' Log Books are also up to date. It's a good idea to talk to your County Instructor who should always have an up to date copy. No need for instructors to start and complete a whole new Log Book - just insert any new pages that appear from time to time!

SOME HOLIDAY NEWS

It has been the first year that I can remember that our Region has not sent a rider on a National Holiday. However, Day Camps are going well and the following went ahead :

Bedfordshire held a day camp in July. There were six riders from two Groups.

Cambridgeshire 11 children from various Groups had a one day camp in August. This was held at Coach House Riding Stables.

Essex Cedar Hall & Mid-Essex Groups combined for a one day Camp on July 4th. Newhall Group held their first ever Fun Day Camp on August Bank Holiday Monday. A total of 15 riders had a wonderful day.

Norfolk West Norfolk arranged about a dozen separate mornings and they all were a great success.

I hope more Groups will try a Day (or morning) Camp. You can incorporate into it whatever you want. The good thing, I believe, is that you can do things with your riders that you do not have time to do on their usual riding day. They can help with tacking up, for instance, or having a look at the tack room.

I set out below the things you need to know to get your own show on the road. Please call me if you need any more information: Your Instructors must be R.D.A.

2. Horses/Ponies - Assuming you would be at your usual place of riding, this would be no problem. If you should need to bring one or two in from outside they would need to be O.K.'d by your County Instructor.

3. Volunteers. Your usual Volunteers will have completed a volunteer form and Green card. If you need to bring in a few more Volunteers. they would need to complete a Volunteer Form accompanied by a written reference. There is now a Green Card that will cover these occasional helpers jointly

Anyone helping in, any other capacity, i.e, cooking, making drinks or just generally helping to make the day run smoothly could also be included in this joint Green Card.

4. You must have a First Aid person in your team. A qualified Nurse would be even better.

You must inform National of your Day Camp date and supply them with a list of riders and volunteers. This should be done, of course, before the holiday. There is a form for us available from National. This is for insurance purposes.

Jace Horner, East Region Holiday Representative.

Buckenham House Fun Day 2007



On August 5th, the hottest day of the year so far, Buckenham House Group held their annual Fun Day at Middle Harling Riding School.

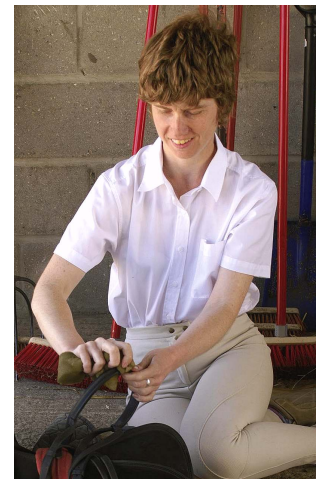


Seven riders took part from both Buckenham House Group and from Mid Norfolk Group. The day started with tack cleaning, then the riders had to fetch their own horses in from the fields and groom them. This is an excellent opportunity to take time and allow the riders to learn and practise their horse care skills, time is so restricted during the normal weekly lessons that this sort of activity rarely gets a chance. The horses were then judged on their tack and turn out and rosettes awarded.

After a quick drink we all went for a long cooling hack in the forest before lunch. There were plenty of wild flowers, birds and even a deer to see in the forest, which made for an interesting time.

The horses had a well-deserved rest in the cool stables while we settled down for a picnic lunch in the shade.

Next on the agenda came a mounted treasure hunt out in the big field. The riders had to solve 6 puzzles and find 6 horse-related items, such as parts of tack or bits of grooming kit. Once they had collected the 6 items and Margaret had checked that they had picked up the correct things she gave them the final clue to find their hidden treasure, a bag of chocolate coins.



To finish the day the riders untacked and turned out their horses.

Many thanks to Prue Kenyon of Middle Harling Riding School for allowing us the run of the yard for the day, and for providing such lovely horses.





Shandy - 1964-2006

It was in 1991, when I was a helper at the RDA at Shelley, that I heard Shandy, the piebald mare, was to be retired at 27 years old and a home was wanted for her. I thought she would be a good companion for my mare, also my seven year old grandson was keen to learn to ride. So it was an exciting day when she arrived here as a Christmas present. "She's a bit big" said my grandson, who was expecting a smaller pony. Shandy was 13.2hh and had been at the Hadleigh RDA branch before coming to Shelley. She was the perfect pony for teaching as child to ride, and they got on so well, although Sandy

used to turn so quickly when being ridden in the paddock to get back to her stable, that on a few occasions her rider would slide off! But he got wise to her ways and made her slow down a bit.

A few months later she was entered in the local gymkhana. She didn't win anything, but was given a rosette as a consolation prize. She was never one to be hurried, except when turning for home!

We had her for 15 years and apart from a few bouts of mild laminitis, she never had any health problems.

In the summer of 2006 the vet found several tumours and suspected cancer.

It was a very sad day when she had to be put down, at the grand old age of 42. We all miss her so much and remember the way she used to kick the stable door, being impatient for her feed and to be let out into the field.

There will never be another horse quite like her and she will always be remembered with great affection.



Sheila Green

RISK ASSESSMENTS

As I go round Groups I am often asked – “Can I do this?”, “Can I do that?”. “Does RDA allow this, or that?”. etc., etc. My reply is usually that there are very few, if any, hard and fast rules in RDA.

“ MAKE A RISK ASSESSMENT – ASSESS THE SITUATION YOURSELF – TRUST YOUR OWN JUDGEMENT BASED ON KNOWLEDGE AND EXPERIENCE!”

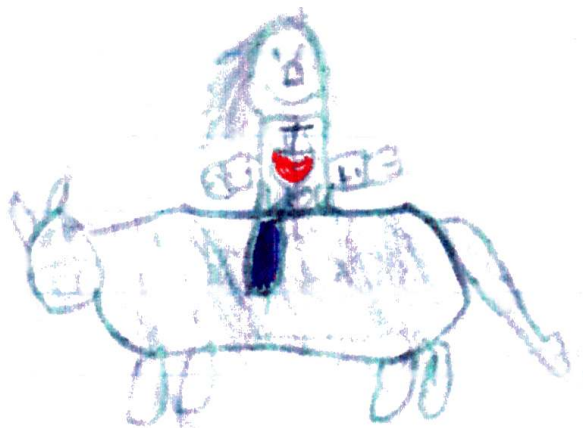
Group Name		Group Address	
Risk Assessment for (event)			
At		Postcode	Telephone
On (date)			
Site assessment undertaken by (sig.)		Assessor's name (printed)	Page of
On (date)	/ /	Assessor's contact telephone number	
	First	Second	Third
Hazard No.	List significant hazards here:	List groups of people who are at risk from the significant hazards you have identified:	List intended controls:

This form is extremely useful and can be used in most circumstances that arise within RDA . A copy can be found in the RDA Manual and in the Instructors' Resource (it can also be downloaded from the RDA website} is very simple to use and provided it is correctly completed, without too much detail, shows that attention has been paid to a possible risk and action taken to minimise this. This would be in the opinion of the person completing it. Make sure that the risk assessment and any actions suggested are followed by anyone else concerned - and make sure the paperwork is filed.

Sally C-G

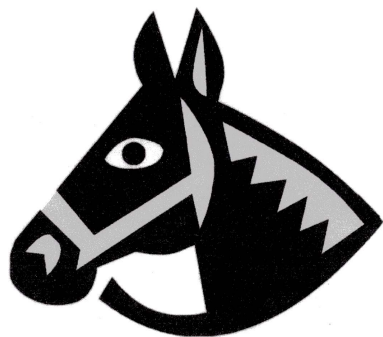
Twin Riders Enjoy RDA

My name is Sophie, I am 10 years old and I have been riding for seven years (I think). Anyway these are what I enjoy doing most at riding. I love doing the gymkhana, riding exams and even just normal lessons. I'm starting to learn to ride without helpers!



My favourite horse is Roger (don't ask me why). I'm glad I passed my riding exam, and I'm hoping I'm going to learn lots more about horses over the next few years. Here's a picture I drew of Roger and me.

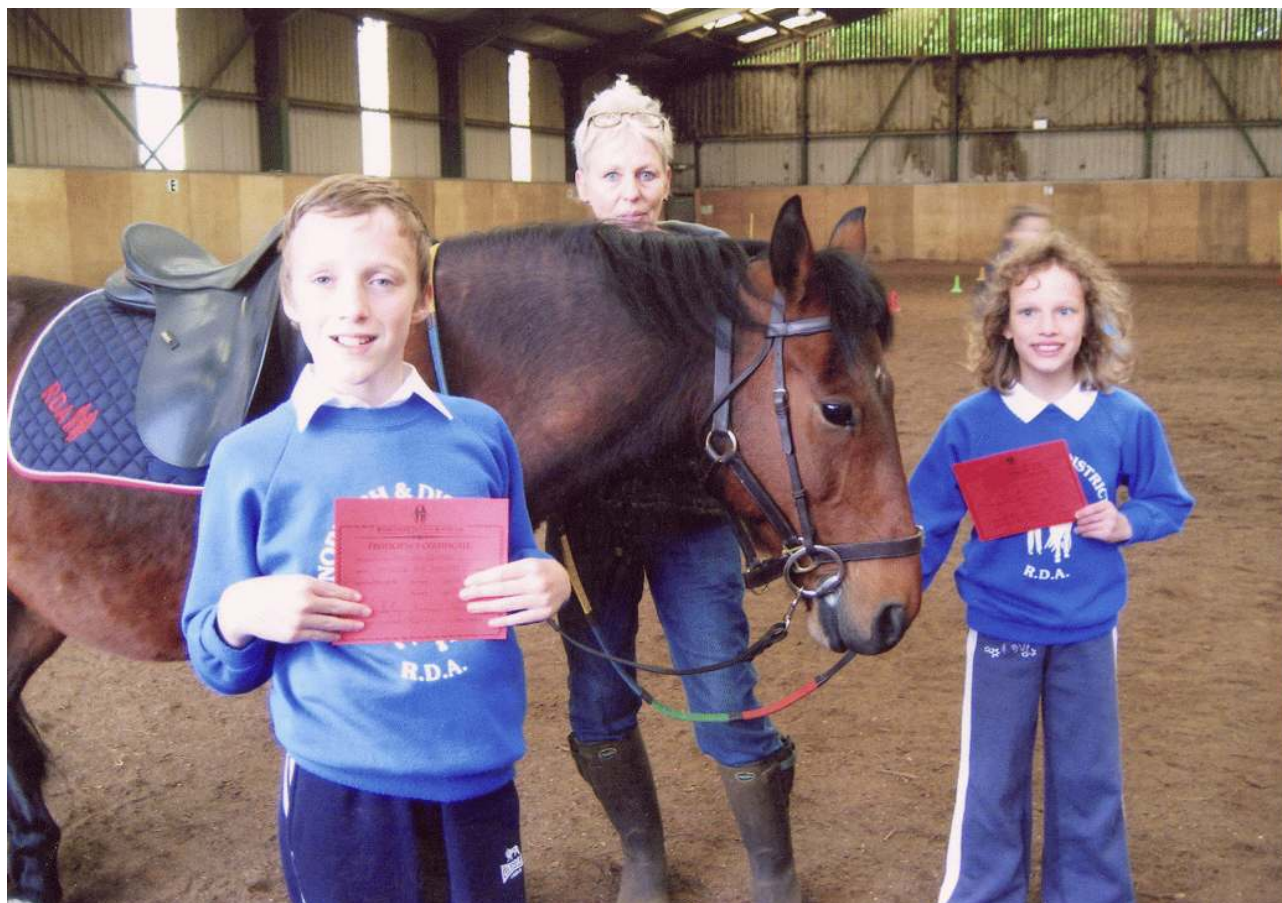
Sophie Deards.



My name is Matthew and I am 10 years old. I started riding when I was only 3 years old, when I could neither walk nor speak. I enjoy lessons, gymkhana and lots more! When it was the day that I had to do my riding exam I was excited and a little nervous (don't worry I did do so revision in the morning)! I am glad I have passed my riding exam and I am hoping I'm going to learn more over the next few years!

Matthew Deards

(Matthew & Sophie ride at the Norwich & District Group)



East Region's Poetry Competition Winner

We are delighted to report that a poem written by nine year old Alexander Mitton has won "Highly Commended" in the Young Poet of the year competition, which was organised by the EDP and Bayer Crop Science. Alexander rides with the Norwich and District Group, and has now been with them for four years.

Dream Land

When people lay snug in their beds
Weird things start filling their heads
Like dragons and flowers, fairies with powers
These dreams rule the land of your sleep.

You can journey across rivers and mountains and stars
You can fly to the planets of Saturn and Mars
You can travel to places that nobody knows
These dreams rule the land of your sleep

Meet animals and people that never grow old
And mischievous elves who don't do what they're told
These people, they wait for you to come with the night
These dreams rule the land of your sleep

Magic it rules and mystery shrouds
In this land where witches fly through the clouds
Places where happiness joyfully plays
These dreams rule the lands of your sleep.

In this world you can chat to the moon and sun
When a real day has finished, this world has begun
There live young and old and in between, white black or even green
These dreams rule the land of your sleep

Alexander Mitton, Lingwood Junior School



*Former Blue Peter presenter, and competition judge,
Simon Thomas pictured with Alexander and the winners.*

RDA Helper Wins Trailer!

Girls have always loved the colour pink — so when trailer manufacturers Ifor Williams donated a pink trailer to the charity Breast Cancer Care there must have been hundreds of little girls up and down the country begging for their parents to place a bid.



The lucky recipients of the distinctive trailer were Celia Potter and her seven-year-old daughter Amelia.

Amelia's father, John Potter, a Norfolk businessman who owns Potters Holidays Ltd, placed his bid online while relaxing on the beach in Cyprus.

The gift served as a Christmas present for both his daughter and wife, who helps with the Norwich & District RDA.

"Amelia is a typical seven-year-old and happens to need transport for her pony Russett, and I knew she would love it to be pink," he said.

The charity auction was part of the annual campaign In the Pink and the trailer was displayed at the Horse of the Year Show.

Mr Potter's bid of more than £6,000 secured the trailer which would usually have sold for £4,000.

Originally published by Katherine Dalgety for Horse & Hound, 4 January, 2008 (now with our Editorial alterations)

STOP PRESS - NEWS OF APPOINTMENTS IN THE REGION!

Anne Mitchell has retired as one of the Essex County Instructors, due to pressure of work at Barrow Farm. However she will continue to help organise and take part in Training Days - thank goodness! - and has now become a registered Training Adviser. We are extremely grateful for all her hard work and excellent advice to Groups over the years. She has been an invaluable help to her County and also in a Regional capacity. We hope this will continue to be the case in an unofficial capacity but, in the meantime, 'Thank you Anne'

Janet Abbott has been appointed a County Instructor in Essex, which role she now shares with Kath Hatwell. Both Janet and Kath are currently also Training Advisers. Thank you Janet & Kath!

Eileen Nash from Bedfordshire and Claire Pettitt from Norfolk have now been appointed as Training Advisers in the Region. Eileen is happy to do Training Reviews outside her own County so any Group in the Region can ask her to attend if they have difficulty in find a Training Adviser in their own County to do their Review/s. We are grateful to Eileen and Claire for agreeing to go on our Regional list.

Sue Jenkins from Hertfordshire is soon to be appointed a new Training Adviser in Hertfordshire. Thank you, in advance Sue. Hertfordshire Groups will be informed in due course.

Sue Diggins has been appointed joint Regional Instructor with me. This is to help with the ever increasing burden related to training in our Region, which is the largest Region in the country. Sue will start to take on this role during the year. Thank you Sue - very much indeed!

ALL GROUPS - Please remember to let your County Instructor AND RDA National, know if there are any changes at all in your Group Instructors. RDANO have just contacted me to check all the names on their Register and it seems that at least 30 instructors in the Region are no longer instructing and should have been taken off their list!

Sally Campbell-Gray 02.02.08.

EAST REGION TRAINING DAYS AND EVENTS

In 2007 our training days were for instructors at all levels. These were very well attended and some delegates went on to take part in a National Course at Clwyd and have applied to take the RDA I exam in 2008. There are to be more courses at Clwyd in 2008. Instructors wishing to apply for these should do so direct to RDANO. This year we hope we've put together 'something for everyone' and look forward to seeing those of you we didn't see in 2007.



Application forms and full details of all these Training Days and Events will be circulated to all Groups approximately 8/10 weeks before the due date.

5th March, 2008. Wood Green Animal Shelters, Godmanchester, Cambs.

TRAINING DAY FOR HELPERS AND INSTRUCTORS - all welcome.

This day will look at RDA 'best practice', especially in leading, side helping and planning within a structure. It will be based on the requirements of the Countryside Challenge and Musical Ride competitions where these skills are of paramount importance, as they are at Group level.

22nd April, 2008. Barrow Farm, Highwood, Chelmsford, Essex.

TRAINING DAY FOR HELPERS AND INSTRUCTORS - all welcome.

This day will be based on a similar format as the one at Wood Green, above.

11th May, 2008. Oaklands College, St. Albans, Herts.

EAST REGION QUALIFYING COMPETITIONS FOR THE RDA CHAMPIONSHIPS.

7th May, 2008. Magpie Centre, Wallington, Nr. Kings Lynn, Norfolk.

A PHYSIO DAY. Led by Lynne Munro, MCSP, Chairman A.C.P.T.R

This day will look at the requirements for the RDAI exam, including the importance of a centred seat for all riders.

17th June, 2008. Gaddesden Place, Hemel Hempstead, Herts.

A PHYSIO DAY. Led by Gerry Walker, F.C.S.P., A.C.P.T.R.

This day will look at the requirements for the RDAI exam, including the importance of a centred seat for all riders.

26th June, 2008. Elizabeth Curtis Centre, Bromham, Beds.

TRAINING DAY FOR HELPERS. NEW HELPERS ESPECIALLY WELCOME.

12th/13th July, 2008. RDA NATIONAL CHAMPIONSHIPS AT HARTPURY.

16th October, 2008. Hollesley RDA Group, Pettistree Hall Farm, Woodbridge.

TRAINING DAY FOR HELPERS AND INSTRUCTORS - all welcome.

This day will be based on a similar format as the days at Wood Green and Barrow Farm.

S.C.G. Jan. 08.

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That's all for this edition folks, we hope you have enjoyed the latest issue? Don't forget to send us your photos / stories etc. in readiness for our next attempt (which we hope to distribute later this year)!