

Riding for the Disabled Association Incorporating Carriage Driving
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RDA East Region Newsletter

No 8.

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Welcome to the 8th edition of the RDA East Region newsletter.

I do hope you will enjoy reading about the successes and activities happening in our Region and will feel inspired to send in an article about yourself or your group for the next issue.

Last November we held the first East Region Supra Conference in Newmarket to which HRH The Princess Royal was invited. Delegates from many groups in the East Region and a few from the North Midlands Region attended, many of whom met the Princess. (Article inside)

In celebration of RDA's 40th Anniversary and in recognition of the incredible input of volunteers towards RDA's success, HRH The Princess Royal, kindly agreed to the creation of the RDA President's Award. Each year 20 volunteers will receive this award. In 2010, we nominated Sue Jenkins of Digswell Place, Hertfordshire, and Diana Mellows, the retiring East Region Driving Representative. Both received their awards from The Princess Royal at the National Championships, Hartpury on 10th July. Many congratulations to them both.

Last year we received 8 nominees for Volunteer of the Year 2009/2010. It was extremely difficult to select one from such an impressive list of very worthy volunteers, but in the end the panel had to make a choice and we selected David Mills from the Shelley Centre for Therapeutic Riding. The other seven nominees all received "Over and Above" awards. David was also selected by the National Office panel to be one of three finalists for the National Volunteer of the year. At the AGM in London, Clare Balding, presented trophies to the winner Dawn White and also to the other two finalists, David Mills and Christine Humble.

On May 9th we held the East Region Qualifying Competition at Oaklands College. Once again entries were high and an excellent day was enjoyed by the riders and their families. Many of them went on to represent the East Region at the National Championships at Hartpury in July with great

success. Congratulations to all and a big thank you to Sarah Moreland and Sue Jenkins who spend a huge amount of their time organizing this day.

I would also like to highlight, how lucky we are to have such excellent Regional Training Days organized for us by Sally Campbell-Gray and Sue Diggins. They are very popular and nearly always oversubscribed. On behalf of all helpers and instructors, thank you Sally and Sue for the thought and hard work you put into Regional training.

I wish you fun, happy and safe riding and driving during the coming months.

Christine, East Region Chairman

Cover photo - Margaret Lupton addressing the conference, taken by Andrew Gourlay.

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2010 East Region Supra Conference



Our first Supra Conference was held at the Bedford Lodge Hotel in Newmarket on Wednesday 3rd November in the presence of HRH The Princess Royal. Naturally this attracted a high attendance from all around the Region.

The Princess Royal opened the conference with a wide ranging talk on the Association, drawing on her considerable knowledge and understanding of the RDA. She particularly emphasised the importance of volunteers; the problems we may face in the future, and the value of getting together at conferences, as so often groups work in isolation.

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Our National Chairman, Sam Orde, then gave an inspiring talk on her project to develop a small group into an RDA Centre, describing the many setbacks and problems that had to be overcome on the way. As you all know, the centre is now well established and everyone involved should be very proud to be associated with the Pegasus Project.

We were very grateful to Margaret Lupton for traveling all the way from Scotland, to vividly describe for us the trials and tribulations of her carriage driving successes. We were all deeply impressed by her determination to succeed, and to achieve the goals she had set herself. She is a truly inspirational person and a great example to us all.

Sue Adams-Wheeler, having warmed the conference up with her experiences with RDA in Russia, prior to the arrival of the Princess, was prevailed upon to continue with more stories and anecdotes in her scheduled spot after lunch. Her fascinating and entertaining talk was greatly enjoyed by us all.

The highlight of the Conference for many of us was watching participants from around the Region receiving their ASDAN certificates from the Princess. All of them were immensely proud, and some well rehearsed curtsies and bows were carried off with great aplomb.

We were all particularly delighted by the Princess's insistence on meeting as many delegates as possible. We managed to arrange for six groups of eight to be introduced before lunch, and the same number after lunch, plus a few extra. Overall, over a hundred delegates had the opportunity to meet the Princess, all of whom were impressed by her genuine interest and knowledgeable questions, amidst much humour and laughter!

Lastly, but most important, I must thank everyone who helped to make our first Supra Conference such a great success. It is difficult to thank everyone who helped personally, but I am particularly grateful to Carolyn Rayner, the organizer, who put in hours of work and sorted out problems, whilst retaining her sense of humour. I must also give a big thank you to Andrew Gourlay, for setting up the sound and IT, and for being our official photographer. (By the way, all the photographs were copied onto discs and sent to each County Chairman, so if you haven't yet had a chance to view them, please get in touch with your County Chairman to borrow the disc.) And of course, a big thank you to everyone who attended, and made the Conference such a great success.

Christine Stone



EAST REGION AWARD RECIPIENTS

President's Award: Gilly Roper. **UKCC Level 2 Certificate:** Heather Campbell, Caroline Dudley, Kath Hatwell, Lorna Mitchell. **Long Service Awards East Region:** Sally Campbell-Gray (40), Sue Diggins (35). **Cambridgeshire, Jillian Raymond Group:** Delia Wingfield-Digby(25). **Hertfordshire, Herts & Essex Border:** Janet Birch (25). **Norfolk:** Jane Cane (40). **Norfolk & Norwich Group:** Shirley Kemp (25), Jackie Lawson (25), Elaine Littleboy (25), Angela Read (25). **Buckingham House Group:** Chrissie Gooderham (25) Norwich & Dist: Jenny Green (25) *unfortunately Jenny was unable to attend*. **Suffolk, Newmarket Group:** Sue Greenwood (25). **The Shelley Centre:** Valerie Cadman (25), Mary Dale (25), Patricia Easton (30), Elaine Smith (30).





ASDAN ~ LIST OF RIDERS RECEIVING CERTIFICATES

BARROW FARM GROUP: Faye James *TC*, Lisa Chandler *TC*, William Swire *TC*, Brett Sears *TI*, Dominik Setterington *TI*, Charlotte Fieldson *TI*, Jennifer Clark *TI*, Amy Brown *TI*. * **ELIZABETH CURTIS GROUP:** Annick Topping *TC*, Charlotte Roomes *TC*. **SAFFRON WALDEN GROUP:** Amy Flood *TC*, Shannon Mallyon *TI*. * **UPMINSTER GROUP:** Amy Dennis *TI*, Natalie Falco *TC*, Robert Blackmore *TC*, Luke Smith *TC*, Aaren Matthews *TC*, Zachary Gillespie *TC*, Charlotte Bridges *TC*, Michelle Watts *TC*.

Well done to all!

TC - Transition Challenge *TI* - Towards Independence



ASDAN News

Portfolios from candidates all across the Region and indeed the UK, were successfully moderated at RDA National Office in June 2010 and each one of the candidates was awarded with a beautiful certificate to celebrate their fantastic achievement.

In November 2010, it was a very proud moment for 20 candidates, who were chosen to receive their ASDAN Certificates from HRH The Princes Royal at the Supra Regional Conference in Newmarket. A fantastic day was had by them all – with memories to last.

There are still many groups who regrettably aren't doing ASDAN – if only you had a go with just one rider, you would be hooked.

It seems that Instructors are assuming that they are the ones who would have to do the work – not so; many of our volunteers love being involved and could really make a difference to the lives of the riders. They could do the taking of photos and completing of paperwork, whilst liaising with the instructor as to the content required for the lesson. Instructors would find that ASDAN is actually a very handy tool.

So groups, please contact me if you would like a taster of how it's done – I am more than happy to come along and show you completed portfolios. These range from candidates who have completed with just sensory levels of help and don't even ride – to those who ride and can do lots more for themselves.

Just have a go! Good luck – and have a really great summer.

Kath Hatwell, ASDAN Practitioner/Advisor for the East Region

Cambs county trip to Newmarket Stud



The sun came out and added to the enjoyment of a happy afternoon at the National Stud at Newmarket on Thursday 13 May. 58 Cambridgeshire RDA Group members had a very interesting and informative trip round the Stud. Our guide, Charlotte Collins, shared her considerable knowledge with us all, keeping everyone entertained with her quick witted talk. We were able to see the young foals and their mothers in the fields and then to view the stallions, the covering yard, and to learn about the daily routine of the Stud. We had an opportunity to talk to Paddy the Head stallion Lad and to discuss how he handled the stallions. The Stud is such a special place, and I was only sorry that not all the Groups were able to join in, due to having riding lessons, but there is always another occasion!

Photo taken by Christopher Amory, Chairman of Sawston Group.

25 Years of Riding at the Mid Norfolk Group



From an article in the Wymondham and Attleborough Mercury (7th October 2010). Text by Stephanie Brooks, photos by Denise Bradley.

A charitable group dedicated to providing horse riding experiences has celebrated its 25th birthday.

The Mid Norfolk Group for the Riding for the Disabled Association (RDA) allows children and young adults to ride horses once a week with the help of qualified instructors and volunteers. The aim is to provide a unique kind of therapy for the riders and improve their general wellbeing.

Last Wednesday, the Group celebrated its special anniversary with an afternoon of riding and games at the Eden Meadows Riding Centre, in Rocklands. A further party for the association's many volunteers over the years will take place later in the year.

Val Rogers, trustee and secretary for the Group, said it was a rewarding charity to work for. "You can see great advancements particularly in the children. Sometimes with the adults it can possibly be the only way that they can participate in the sort of exercise that others would do normally," she said.

The association is one of dozens of similar groups across the country affiliated to the national RDA. It takes children from about four-years-old into adulthood. Some have remained with the Group since it started. When it began, the charity first found a home at the Dereham Riding Centre, but has also based at Holme Hale, near Swaffham, North Tuddenham and Larling before settling at The Eden Meadows Riding Centre in 2000. It currently has about 20 volunteers and 25 riders.



Going Riding

*Today I'm going riding, a riding, a riding
Today I'm going riding
As pleased as I can be*

*My horse is standing waiting, a waiting, so patiently
I've got my boots and riding hat
She's mine, all mine, you see*

*I'm sitting on the saddle, all soft with fleecy sheepskin
Her ears and mane before me
In shining blonde array*

*"Sit tall" my teacher tells me
"And hold the reins so gently"
While riding through the woodland for everyone to see*

*We'll hear the birds all cheeping
Through trees the sun peeping, the squirrels all a leaping
My friend the horse and me*

*And then too soon it's over, it's over, all over
My horse, whose name is Clover,
Will take me home for tea*

*My hands are cold, my horse is too, I think my feet are
turning blue
But we wouldn't miss all this – would you?
My friend the horse and me*

Pat (Digswell Place Group)

2010 Holidays Report

Here we are thinking of holidays ahead this year but I will try to bring you up to date on last year.

Very few Groups applied for a National holiday which is a shame as they are very enjoyable. Details of these are usually sent to your Group correspondent early in the year, so look out for this if you might be interested. Full details of how to apply will be in that booklet together with a booking form.

However, morning / day camps are building up nicely with most Counties having at least one Group holding one of these as follows:

Cambridgeshire Fun Day - 5th August 2010 - Following is a Report from Philippa Hamilton the Cambridge Chairman, who organises this day, it does, indeed sound great fun. Thanks to Phillipa for organising this great day and to Linda Porter Cohen for the ponies.

Saddlers Farm Group. Essex held a 40th anniversary day on 7th July. They have held a Fun Day now for several years usually with a theme which makes the day so different for everybody.

Sugarloaf Group, Essex, held a fun morning in September which was a big success. This same Group, Sugarloaf, took some of their riders to Clwyd, Wales for a holiday. Having taken one Group in 2009 with such success, they decided to do so again. As you will see from the report following, another success - could this become a permanent fixture? What a nice thought.

If you think you might like to do this in your Group , Clwyd details are shown in the holiday brochure. This is a delightful venue with first class facilities I have visited in the past and was most impressed. It does take some organising from the Group end, of course. Well done Sugarloaf.

I believe there may be other Groups doing things on the holiday scene. Please let me know if there are, we would like to hear.

In the meantime = Happy holidays, and thank you on behalf of the East Region Committee

Jace Horner
East Region Holiday Rep.

Cambs Fun Day

We were all most fortunate to have the chance to enjoy another Fun Day in August at Coach House Stables at Chippenham and grateful thanks to Linda Porter Cohen who makes this day possible and has wonderfully behaved ponies.

This year we had 8 young riders from various Groups around the County and the standard was most encouraging. Their enjoyment of the day was a great pleasure to see and riders were able to groom and help tack up their ponies and during the morning take part in an informal lesson and then a hack through the surrounding fields keeping an eye out for the biggest leaf they could spot, who could see a butterfly first, find a feather and look for a pigeon.

During the lunch break we enjoyed an informal quiz guessing the parts of the horse, and what some of the grooming kit was - with a leg bandage being identified as a horse neck scarf - something different!

In the afternoon ponies were tacked up again and the riders played handy pony and gymkhana games before rosettes and time to go home.

Thanks so much to all the instructors, helpers and Linda's staff who gave of their time and help to make this a special day for some of our young riders.

Philippa Hamilton, Cambs County Chairman.

SUGARLOAF HOLIDAY AT CLWYD 2010



As we had enjoyed our holiday so much in 2009 the group decided to take another five riders to Clwyd again this year. Two of the riders and two helpers were attending for the first time. Luckily our two cooks were there again although two other helpers took over the kitchen to prepare breakfast to give them some free time.

The routine was the same. We were given the health and safety chat when we arrived and were then taken to meet the horses. This was to make sure that the riders and instructors were happy with the chosen horses. We did not ride for long as both riders and helpers were tired from the long journey.

Next morning everybody was eager to collect the horses from the paddock and begin the day. The three riders who had been before knew the routine so with a little help they able to take the rugs off, groom the horses and tack up. However the new riders were much younger and did not have the experience so they needed more tuition. This also applied to turning the horses back out every day after riding and cleaning the tack before we were able to return to the bungalow for a much earned cup of tea!

We spent a lot of time walking and trotting round the all weather tracks as well as going up the grassy track to the picnic area (which we did not use!). The water splash was a big success again this year as we never get the chance to do this in our normal sessions! We also had a hack along a bridleway on the site of an old railway track but as this was not on the land belonging to C.S.R.C. we were accompanied by a member of staff. However there was still time for some lessons which included a little jumping, more groundwork and even a little cantering for some.

The weather was surprisingly good and although cold we often saw the sun and only had a little light drizzle now and again. This did make the holiday much more enjoyable as everyone had prepared for the cold and wet.

Needless to say a provisional booking has been made for next year!



South Cambs Group have something to celebrate.....

More than a hundred years of loyal commitment and enthusiasm from our present team of fifteen regular helpers!

Our most recent helper joined a year ago and our longest standing member is Queenie Bridge who has been coming almost every week without fail for a fantastic eighteen years.

Adding up the total number of years input from the present team comes to over a hundred years. I started as a helper about twelve years ago and later took over as chairman and instructor. It's such a happy friendly and reliable team to work with, we all get on well together with real team spirit and of course a great sense of humour! I think it's something to do with the length of time people have stayed, together with having a flexible open approach to everything that has created such a successful group.

At the end of term I will be giving out a range of "long service recognition certificates" to our well deserved volunteers.

Well done everyone,
Heather Campbell

Behind the Scenes of Your RDA Sessions

Have you ever wondered what happens at the week-end on the yard? It is valuable down time for the ponies from their RDA duties, but also it is when their training is done...

Over fifteen years ago Sally Campbell-Gray, (now Hon. Vice President, but at that time Chair of our Group) approached me (a freelance BHS Registered Instructor) to ask me if I would train the RDA ponies at Digswell over the summer holidays. I worked with the minders over that summer on all the things that you probably expect of our ponies as a matter of course: standing quietly at the mounting block; leading in hand; listening to voice commands etc. At that time the ponies were not convinced that that sort of behaviour was entirely necessary! We finished the summer break with a competition, where I invited an external judge to see the minders put the ponies through their paces. I seem to remember, to the credit of her minder, the flightiest pony won the day, much to everyone's consternation.

Following the training, the ponies were found to be much more use to the sessions with their better understanding of what was expected of them and consequently, they found the work less stressful. In addition, the more positive response they got from the helpers and instructors when they were handled set up a much more positive cycle.

The project was so successful that I was asked to continue with the ponies' training and development.

RDA work is mentally and physically demanding on our ponies. The minder system we operate here is a fantastic antidote to this. Further, the calm routine that Sue provides in her yard management gives the ponies security and consistency which helps them to cope with the constant change of handlers and riders. The minder system is a fantastic support to the ponies. Here they get the one to one relationship that they would otherwise miss. They are able to lead a 'normal' life outside RDA where they can hack out, and do more exciting things like jump and compete and therefore not get stale.

But for the ponies to consistently perform well in their sessions with the minimum stress physically and mentally, they also need to be regularly schooled and trained. It means that they build the correct muscles enabling them to carry the unbalanced rider without strain and that they are able to perform the school movements obediently and correctly. This gives our disabled riders the maximum possible benefit from the horse's movement as a therapy and the rider, who may be struggling with any number of issues, has a safe ride from a pony who responds obediently. Through the training, the ponies have consistency in what is expected of them under saddle which helps them to cope with the unexpected and confusing signals they receive in our RDA sessions. The training also prepares new and young ponies for their RDA work.

This training is what happens when the minders have their lessons with me at the weekend. So, every week-end, rain or shine, I spend a large chunk of my working day teaching the minders on their ponies.

The minders more often than not, come to us only with the very limited experience of riding in a riding school group lesson. So taking on a pony can be quite a daunting prospect. And our ponies, who spend all week sussing out their riders and helpers are equally good at sussing out our minders too! So the minders very much need the support of having tuition available to them as well. It means that they are able to learn to ride their charges effectively, without the mishaps that would knock their confidence and create naughty ponies. As we know, ponies are quick to capitalise on a situation, which would have a knock-on detrimental effect on their behaviour in the RDA sessions. The minders are taught to ride and handle the ponies in such a way that it means that the ponies are well prepared to do their RDA work. It would be disastrous if they were "zapped up" for example.

So the minders learn in their lessons to become competent riders, working their way up from the "easier" ponies to the more advanced rides. Going out to compete and eventually getting the kudos of being allocated a young pony in training. In fact, I'm sure she won't mind me telling you, that one minder has just passed her BHS Stage 1 with **full marks!** Well done, Georgina!

Throughout the training each week I am also able to pick up on any signs of stress or anxiety developing in a pony and take appropriate action so that hopefully, you find on Monday morning, the relaxed, happy, obliging ponies you expect, ready and waiting to work in the correct manner for RDA.

I hope that the exemplary way our ponies behave, which is taken as read; how relaxed and unstressed they are; how successfully they compete at RDA competitions, Regionally and at National level and also the quality of ponies that we get offered at Digswell from time to time bears testament to the value of all the work that goes on from everyone behind the scenes to make the RDA experience pleasant, safe and rewarding for riders, helpers, instructors and ponies.

Mary Jones BHS AI INTSM RDA I Regd.
Chief Instructor Digswell Place Group
Herts. County Instructor



*Dicken
with
Amy Sparks
his Minder*

OAKLANDS COLLEGE **2010**











Norfolk County 40th Party

On the 26th June 2010, a Celebration of 40 Years of RDA was held to which all our volunteers working with the ten Groups in Norfolk were invited. It was held at a beautifully restored eighteenth century barn in Garboldisham, by kind invitation of Chrissie and Rob Gooderham, Chrissie being Chairman of Buckenham House Group who were a huge help with preparations and tidying up afterwards.

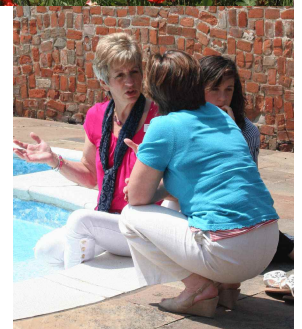


Left: Judy Burroughes, past Chairman, now President, of Buckenham House speaking about the Group.
Right: Thanks are given to Chrissie and Rob Gooderham for their generous hospitality

Sally Campbell-Gray gave her excellent talk on 40 years of RDA, using the Region's new computer equipment for her photographs; then a member of each Group in turn spoke for three minutes about their Group, from its beginnings up to the present time. The talks were very varied and interesting. There were several volunteers present who had been helping from the earliest days of their Group's formation, including one who was at their very first ride some thirty years ago.



For lunch, there was a particularly good hog roast; Allen & Page had kindly given us £50 to help with the costs of the day. All the Groups were organised to bring salads and puddings, resulting in the most wonderful feast, and everyone brought their own drinks. The barn was a stunning venue, the sun shone and much chat within and between Groups was enjoyed.



A Wednesday Morning Rider

I used to be a very able rider many years ago and then, when I was fifteen, my dad died and the shock and trauma brought on health problems.

I didn't take up riding again until I had my three children. I introduced them to the joy of horses; the boys weren't that interested (preferring cars) but I took my daughter for lessons at the age of three and a half and she loved it.

I started again at a local stable and a friend had a horse she let me ride but, unfortunately, by this time I had been diagnosed with M.S. and my balance and confidence had gone and horse riding became very scary.

You may imagine my delight when I met another M.S. sufferer who told me of the RDA and how much it had helped her.

I have been going now for three years and the joy and pleasure it has given me—when I thought I would never get on a horse again—is immeasurable. My confidence is growing, my balance is getting better and it completely destresses me which, with M.S., is important.

I cannot thank enough all the wonderful volunteers and people who have made it possible for me to take up again something I used to love. Their kindness, patience and thoughtfulness are incredible and I shall be forever grateful.

Diane Webb. (Digswell Place Group)



Chloe



-Val Rope receives her 30 year award

Hilary Hodges kindly presented a certificate to Val Rope today for her 30 years as a volunteer with Norfolk Broadland group.

Val has been involved with the group for 30 years this year both as a volunteer and committee member. She is retiring this year and will be greatly missed, we hope she will still pop in to see us after her forthcoming operation. Her help has been invaluable in encouraging new volunteers and helping in whichever role she is able. She has been instrumental in helping our group grow stronger and is inspirational to all.

Martine Spalding

Vice-Chairman
Norfolk Broadland RDA

East Region has created an online photo gallery with Picasa!

Access details will be distributed very soon.

Norfolk County Fun Day 2010

When everyone arrived for the 2010 Fun Day at the Magpie Centre both riders and helpers thought they might be in for a chilly time even though it was mid-June.

This feeling was soon dispelled by the lively indoor gymkhana games where the popular bottle race provided a welcome warm up. Helpers played an important part in the shopping game which was quickly followed by another based on grooming kits. To complete the indoor programme balance and concentration skills were tested with the egg and spoon race.



Meanwhile outside riders took part in a mini countryside challenge. This was a special treat for our riders who usually ride inside and do not normally attend the regional competition. The awarding of impressively large rosettes added to both the sense of achievement and enjoyment.

The day's events concluded with the grand finale of the gymkhana games and the awarding of the County Shield. Everyone was then ready to catch up on all that had happened and relax during a much appreciated picnic lunch. We all headed home tired but pleased with our day out.



Training Day at Wood Green Animal Shelter

The sun shone on the first training day for 2011 which took place at Wood Green Animal Shelter on Thursday 24 March. It proved to be a most popular day for Groups throughout the Region, and the programme was interesting and most instructive.

The subject of Autism and a better understanding of it was explained in an excellent talk given by Dave Victor, Head Teacher of Greenside School. Dave's experiences in teaching children with Autism will be a huge help to Instructors and Helpers during their teaching sessions to continue to have a good relationship with their young riders.

The second talk was given by Sarah Moreland from Oaklands College on Best Practice and how to develop and improve riding sessions aimed at listening to understand, being positive and encouraging riders in their self belief. Sarah's talk was much enjoyed and proved most interesting to all.



to their nearest venue. The day at Wood Green has already taken place and there is a report on this day elsewhere in the Newsletter. There are repeat performances on May 18th (Garboldishman in Norfolk) and October 4th (Marks Tey in Essex). Do apply early to be sure of a place.

There was a Dressage day at Barrow Farm. Well organised by Sue D but very few people took advantage of it.

We sometimes hear Groups say that they cannot attend a Training Day because it is the day their Group rides. Can we please remind everyone that these days are arranged as essential training and we ask that, if a day coincides with the day you usually ride, you cancel that day which, after all, is only one day in the year! We do alternate the days of the week round the Region from year to year which often means cancelling just one day in 2 or 3 years! I visited a Group to-day. One of their schools cancelled a ride because their teacher had to go to the dentist!! So we are sure they will understand our situation!

Training Reviews

This is just a reminder to Group Trustees that it is their responsibility to make quite sure their instructors are up to date with their Reviews.

There is now a complicated system for Groups to check whether all their instructors are up to date, which has been sent to all Group Correspondents from National Office. We hope that all Trustees understand how this works! If not, contact any of your Regional or County Officers

Show Jumping. There is soon to be a working party meeting on Show Jumping. Both our delegates, Vikkie Harding and Sarah Moreland's deputy, were passed as competent and we are hoping that the original draft rules will be relaxed for those Groups who do some pole work with small jumps as part of progression from flat work. We should hear something very soon and will keep everyone advised.

Sally C-G
20.03.2011



Left: Children from the North Norfolk Group, with their rosettes, who have just ridden at the Shire Horse Centre in Runton.

Centre: A training day at Wood Green Animal Shelter.

Right: Sally Campbell-Gray, our Regional Instructor, Clare Pettitt and her riders from Chapel Road School at the Buckenham House Group in Norfolk, showing off their rosettes in the sunshine at Middle Harling Riding School after a most enjoyable and successful session. The teacher in this photo is Alison Beale from Chapel Road School.

That's all for this year folks!

Please send us lots of your stories and photos for next years issue.
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