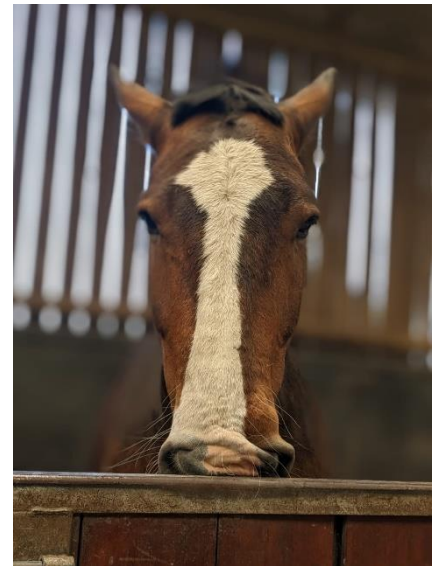


# South Bucks RDA NEWSLETTER

| Summer 2023

## *HELLO & WELCOME*



It's been busy! I'd like to thank everyone who donated tombola prizes and the fabulous fundraising team who have been busy. Both Pip and Freddy have been out and about meeting people and ensuring the South Bucks team were not missed at The Fulmer Family Fun Day and the 'Almost' Donkey Derby organised by Burnham Beeches Rotary Club.

Our riders have really enjoyed riding round the new obstacles in the woods, the Countryside Challenge course and attending the Regional Show. None of which could happen without our volunteers, thank you all! Let's hope for a lovely Summer of riding and having fun with the horses, they certainly need the exercise to help with the grass bellies!

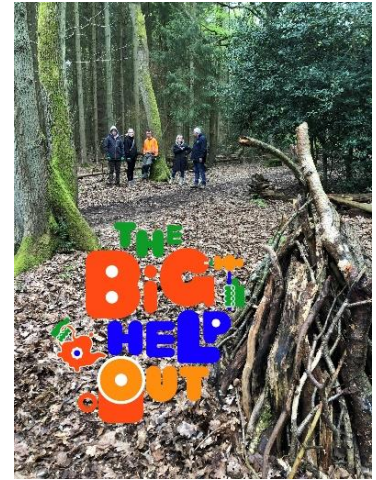
Frankie  
[Frankie.Payne@Southbucksrda.org](mailto:Frankie.Payne@Southbucksrda.org)



| SBRDA Summer 2023

**Thank You**

**Thank you** to everyone who supported the BIG HELP OUT to celebrate the Coronation. With your help we were able to clear tracks in the woods, clear blocked drainage ditches, make riding obstacles safe, re-lag our cold-water tank and get the arena ready for lessons.



**Thank you**, Burnham Beeches Rotary Club for your continued sponsorship of Duke, who is such an important member of our horse and pony team. Michael Adigun and Una King came along to see Duke in action with Jake and met Lexi riding Freddie too.



**Thank you** to Urenco, a local company based in Stoke Poges, for their kind donation of £750. It is very much appreciated; we are incredibly grateful that they thought of South Bucks RDA when looking for a local charity to support. This will help fund several new hats that we have had to purchase to comply with the latest safety standards.

**Thank you** to Father Jim and the Parishioners of St Pauls' in Harefield for their donation of £100. This will cover a visit from the Farrier for two of our ponies who have their feet trimmed and front shoes replaced every 6 weeks!

**Thank you** to Tesco in Slough (and Francis) who are ahead of the game and delivered wine for our mulled wine at Christmas.

**Thank you**, Paul and Sibylle for photocopying our marketing leaflets.



Please make all cheques payable to South Bucks Riding for the Disabled Group  
 Registered Charity No: 1136630  
 01753 662796 or email [enquiries@southbucksrda.org](mailto:enquiries@southbucksrda.org)

## | SBRDA Summer 2023

### Our Riders & Participants

It's a busy time of year, well done to everyone who completed our In-house Countryside Challenge course, you all rode brilliantly.

Andrew Tolmie videoed his Level 2 Show Jumping entry for the Regionals on the very enthusiastic Chequers (yes Chequers has found his calling).

We took 14 riders to the Regional Show at Berkshire College, thank you to all our volunteers who bathed, plaited, held horses, led. We couldn't do this without you. Our riders did us proud, some qualifying for the National Championships in July.



Regional Show 2023 - Results			
Congratulations to everyone who competed			
we are very proud of you all			
Countryside Challenge - Led			
Teagan	Wolfie	68.50%	4th
Ben	Wolfie	65%	5th
Countryside Challenge - Led with Side Walker			
Aubree	Chequers	80.80%	1 <sup>st</sup> Q
Rosie	Chequers	80.50%	2 <sup>nd</sup> Q
Mya	Billy	79.3%	3 <sup>rd</sup>
Countryside Challenge - Independent - Junior			
Tom	Chequers	84.3%	1 <sup>st</sup> Q
Countryside Challenge - Independent - Senior			
Andrew	Harpa	91.8%	1 <sup>st</sup> Q
Intro to Dressage - Led, Walk - Junior			
Harrison	Wolfie	67.62	1 <sup>st</sup> Q
Sophia	Billy	64.76	4 <sup>th</sup>
Intro to Dressage - Led, Walk - Senior			
Bryony	Harpa	62.62	1 <sup>st</sup> Q
Intro to Dressage - Led, Walk & Trot			
Pav	Billy	71.25	1 <sup>st</sup> Q
Grade 6 Dressage - Unled, Walk			
Joe	Harpa	69.41	2 <sup>nd</sup> Q
Grade 6 Dressage - Unled, Walk & Trot			
Charley	Harpa	70.56	2 <sup>nd</sup> Q
Grade 3 Dressage			
Natasha	Wolfie	63.53	1 <sup>st</sup> Q
Show Jumping - Senior Level 2			
Andrew	Chequers	75%	3 <sup>rd</sup>
Show Jumping - Senior Level 3			
Harry	Harley	86%	1 <sup>st</sup> Q
(riding with Lambourn Group)			
<p><b>Thank you to our amazing helpers - we couldn't do it without you</b>                      Lucinda, Claire, Zara, Romilly, Carol, Hazel, Terry, Elaine, Alison, Julie,                      Beth, Emma, Sarah, Leanne, Layla &amp; Aimee</p>			



More pictures at the end of the newsletter.



Please make all cheques payable to South Bucks Riding for the Disabled Group  
 Registered Charity No: 1136630  
 01753 662796 or email [enquiries@southbucksrda.org](mailto:enquiries@southbucksrda.org)



SBRDA Summer 2023

All of the riders from Coteford Junior School entered the RDA National Creative Writing Competition as an educational exercise associated with their riding activities. Jolly well done everyone for making the effort and congratulations to Lauren, Thea and Flynn who were placed in their respective Classes what a fantastic result. There are more than 500 RDA Groups throughout the UK so the number of entries will have been large and the standard of writing high. We are so proud of you all.



Laura, Flynn, Thea

And we thought the work was so great we have used some of it to talk about our Group when we go to events.



Our Coteford riders have also been taking their Stage 2 Proficiency Tests, well done .....

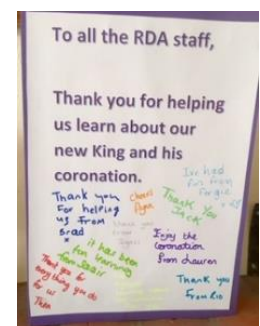


Rio, Anne, Saair, Flynn & Isa



Bradley, Lauren, Anne, Thea & Jack

*'I Just wanted to say a huge 'thank you' to all the staff and volunteers yesterday at the open day for Coteford Parents. It was so lovely to meet all the horses that Thea talks about and to see all the new skills she has learnt. Just wishing you all some warmer weather!'*



Please make all cheques payable to South Bucks Riding for the Disabled Group  
Registered Charity No: 1136630  
01753 662796 or email [enquiries@southbucksrda.org](mailto:enquiries@southbucksrda.org)

## | SBRDA Summer 2023

### Our Horses

We have welcomed two new horses to the South Bucks team.

**Harpa** a 16.2hh, 10-year-old chestnut Portuguese warmblood mare, who is already a firm favourite qualifying four riders for the National Championships



**Chorus** a 15hh 13-year-old Grey Connemara gelding, he is very new and learning his job at the moment and will hopefully be in lessons soon.

We asked some of our volunteers about their favourite horses, and this is what they said.

#### Duke by Lucinda

Often uncertain what to expect and of what is expected of me, I soon found Duke to be an empathetic soul. His sensitivity combined with the transparency of his feelings makes him a great teacher, for should I slide back the bolt of his stable and be greeted with a scowl, the likelihood is I need to calm down and show greater consideration in my actions. When my appearance is barely worth waking up for, I can be reasonably certain I'm on the right track. Whenever I am at a loss at a time when Duke is in his stable, then a little chat with him and possibly a wiggly nosed nuzzle always helps me to get back into the swing of things.



While leading Duke in lessons, he has on occasions been quite forthright in letting me know if he is concerned or displeased but he has never done so in a way that has been a risk to his rider, even in those times when his mane has been tugged or a sudden shout echoes in our ears. He pays attention to people and is impressively solid when the odd bean bag or yellow duck drops through the air.



## | SBRDA Summer 2023

When I am lucky enough to ride Duke, I don't ever want to get off (except perhaps for a quick stretch) as he feels as comfortable and safe as sitting in a favoured sofa spot. Schooling sessions may sometimes end with me blowing harder than he is but typically find me hugging his neck like a limpet, so pleased am I with how hard he's tried and the lovely feeling he has given me. Joyful and enthusiastic out on a hack, Duke has always been brave enough to take the lead should a stablemate falter in the face of a tree stump or two.

Duke's loyalty is honourable, at least to George, and taking him out to their field, slipping off his headcollar (while simultaneously bracing as a scratching post) and watching him set off to find his friend is one of my day's great pleasures.

### **Wolfie by Claire**

I have been volunteering at South Bucks RDA for a year, and I love every moment of my time on the yard. I am a Tuesday morning helper, and from my very first day was made to feel so welcome by the wonderful group of staff and volunteers.

I hadn't been around horses for quite some time, so I had lots of questions, but nothing was too much trouble and I have learnt so much.



It's a place that gives so much back to the volunteers. I feel so present and relaxed when on the yard, the horses have a calming aura and I love the break it gives me from my busy life as a mum of two teenage boys, wife and business owner! I feel like I've really bonded with some of the young people who come along on a Tuesday, it's a place where they can learn to ride but also feel safe, share their thoughts and worries, have fun and feel part of this wonderful community. It really is a magical place.

I love working with all of the horses, but Wolfie and George are my firm favourites, even when Wolfie lets me know, he's not too keen on having his girth tightened!

I honestly believe the RDA will be part of my life forever more. Sometimes people say 'oh what a lovely thing you do' when I tell them I volunteer but honestly, I get as much out of it as I put in ...Tuesday mornings are definitely a highlight of my week.

### **Mabel by Hazel**



Everybody loves Mabel, riders, volunteers and staff alike. She came to South Bucks RDA in May 2016 when she retired from her career in dressage. She is a very gentle 25-year-old bay, thoroughbred/Irish draught whose registered name is, inappropriately in my opinion, Criminal Girl.

Children who have never been on a horse before soon gain confidence on Mabel. Over the years at SBRDA she has also helped the more experienced riders progress and gain enough confidence to go to regional and national competitions with lots of success. However, with advancing years she prefers to stay at home and let the youngsters take over that role.



| SBRDA Summer 2023

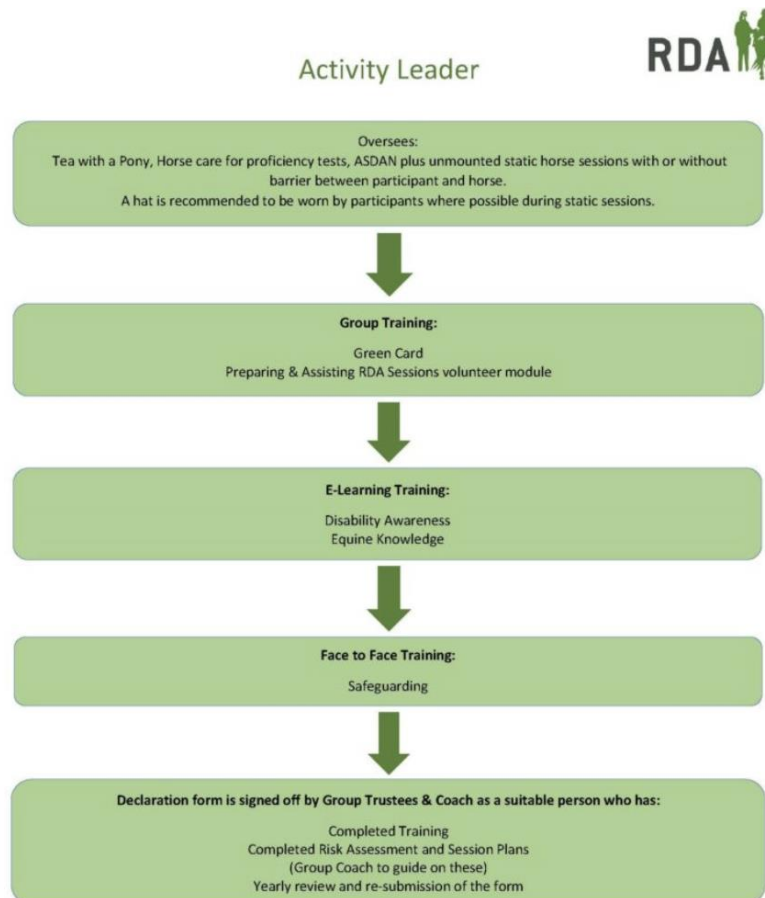
**Our Volunteers**

Sue Phipps who was a volunteer at South Bucks for many years as a coach and Trustee came for a visit, it was lovely to see her and have a get together.



Don't forget there is lots of E-Learning on the RDA National E-Learning website – [www.rda-learning.org.uk](http://www.rda-learning.org.uk), with useful and interesting short courses, covering areas such as: Safeguarding; Equine Knowledge; Disability Awareness; and Person-Centred Approaches.

If any volunteers would like to be even more involved, there is a new RDA role of Activity Leader which we would like to include at South Bucks, the role oversees non ridden activities e.g., stable management sessions, tea with a pony, pat-a-pony sessions etc. This will enable us to offer more opportunities to our participants. The flow chart below shows you the training you need. If you are interested speak to Frankie and/or Theresa who is happy to guide you through this.



Please make all cheques payable to South Bucks Riding for the Disabled Group  
 Registered Charity No: 1136630  
 01753 662796 or email [enquiries@southbucksrda.org](mailto:enquiries@southbucksrda.org)

| SBRDA Summer 2023

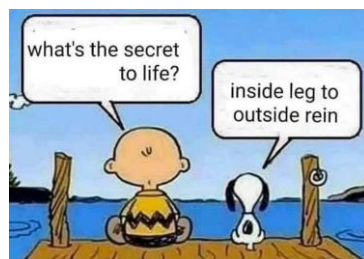
**Training**

Robert Pickles (British Horse Society Fellow - [www.robertpickles.com](http://www.robertpickles.com)) was with us in April to work with our volunteers and staff. It was great to have so many people come along and enjoy the day.



*I just wanted to thank everybody involved in arranging a brilliant training session this morning and this is the only way I know how to do this. It was really enjoyable, so full of learning and gave everyone the chance to really ask questions and get hands on experience with knowledgeable and helpful feedback from both Robert Pickles (who was an excellent teacher), Frankie and the RDA instructors - all equally generous in sharing their time, knowledge and patience. We even had tea, coffee and a lovely lunch thrown in for good measure. As a result, I definitely feel a lot more confident and will hopefully be a more useful RDA volunteer going forwards and really do appreciate very much all the time and effort that went into organising such a well thought out and beneficial morning for us. **Lorraine***

We were very pleased to host Sue Kayser, a group coach from Penniwells RDA, for 3 Tuesdays at the beginning of term, to learn how to coach different types of riders. She had to coach both individuals and a group session. She learnt about the importance of signing and how to use symbols to let her riders be more independent. She successfully passed her assessment to become and RDA Coach. This will enable her to be called on to coach in a variety of places.



Please make all cheques payable to South Bucks Riding for the Disabled Group  
 Registered Charity No: 1136630  
 01753 662796 or email [enquiries@southbucksrda.org](mailto:enquiries@southbucksrda.org)



| SBRDA Summer 2023

**Celebrating friends who we have lost.**

**Adrian Sparks**

Adrian joined the Group as a physically disabled rider in the late eighties. Although he worked full time, he was a regular weekend rider and was involved in many of the Group's activities. He was one of the stars of the Musical Ride 'the Kings New Clothes' which performed at Stoneleigh in 1990. He moved to Devon when he retired from work, where he sadly died. He leaves a wife Gill, a son and a granddaughter.



**Ann Cutcliffe OBE**

Ann joined the Group in 1985 and very soon became a regular instructor. She was very popular and innovative and much loved by the riders whom she taught. She was particularly interested in Dressage and lent her horse Huggybear to some of the riders to compete at the National Championships. After many years at South Bucks, she went on to Chair the RDA Dressage Committee and later became involved in the British Paralympic Association and joined the International Paralympic Equestrian Committee. She leaves a husband Peter, two daughters and three grandchildren.



Please make all cheques payable to South Bucks Riding for the Disabled Group  
 Registered Charity No: 1136630  
 01753 662796 or email [enquiries@southbucksrda.org](mailto:enquiries@southbucksrda.org)

## | SBRDA Summer 2023

### Fundraising

Sunday 7<sup>th</sup> May saw the South Bucks RDA fundraising team back in action, our first event of 2023 we attended the Fulmer Family Fun Day at King George's Field in Fulmer, this was the first event where Freddie came along, he now shares the fundraising duties with Pip, Freddie proved to be very popular drawing the crowds over to our stall, the weather was kind to us with lots of sunshine and lots of people with money to spend, we ran two tombola's, a money tree and pin the tail on the cardboard cut-out of Forrester, our thanks to Romilly for looking after Freddie, Francis, Emma F, Emma M, Jen, Max and Gina for her help with the admin and of course everybody who so kindly donated prizes for our tombola.



And thank you Lucy for introducing so many people to Freddie, and your Dad for waiting while you did!



Amazon Smile has now closed, please remember you can still support us by using Easy Fundraising. It's easy to use with known brands and so far, we have raised over £2000.

[www.easyfundraising.org.uk/causes/southbucksrda](http://www.easyfundraising.org.uk/causes/southbucksrda)

### Legacies and Donations

Sometimes the Group is fortunate enough to benefit from a legacy. It is important that if you know anyone, who would like to mention us in their will, that South Bucks is stated otherwise the legacy could go to RDA National. This has happened and it is very difficult to rectify. Any donation or legacy should always have South Bucks in the wording not just Riding for Disabled, this will enable it to always reach its intended destination. Thank you.

Please don't hesitate to contact us if you have any fundraising ideas or can offer any help.

**Alan Lawrence**

Trustee Fundraising

07881 950147



Please make all cheques payable to South Bucks Riding for the Disabled Group  
 Registered Charity No: 1136630  
 01753 662796 or email [enquiries@southbucksrda.org](mailto:enquiries@southbucksrda.org)

| SBRDA Summer 2023

**A few bits of admin.**

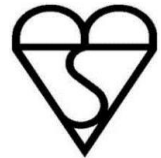
We now have some marketing materials, we have leaflets about: Volunteering, Horses & Ponies, The Benefits of Horse Riding, Fundraising & SEND Schools, we're hoping to add to these in the future. These are available electronically and we have paper copies. We also have contact cards, tables runners and banners, if you would like copies of the leaflets or to borrow the materials, please contact Emma or Gina.



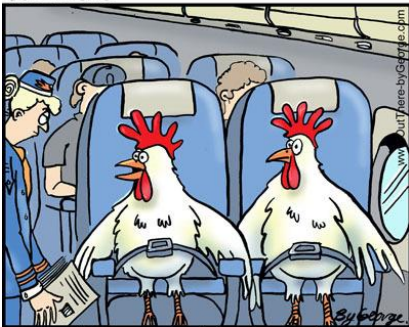
**Hats**

Please can everyone borrowing a hat take care of our hats – we had a problem last week at the Regional Show when some labels had been pulled out since they were last checked, and we were unable to use them (there was only a small panic!) All labels are important especially the Kitemark. We are now having to replace 12 more hats. If you are riding regularly, it is worth buying a hat of your own. The current standards are:

- British PAS 015: 2011 - with BSI Kitemarked or Inspec IC Marked.
- European VG1 – with BSI Kitemarked or Inspec IC marked
- EN1384-2017 with BSI Kitemarked or Inspec IC marked
- American ASTM F1163: 2004a or 04a onwards provided it is SEI marked
- SNELL E2016 with a Kitemark.



**Out There**



**Signing in and out**

Please can we ask everyone who comes on site, including riders, parents, carers, teachers, volunteers and visitors to make sure you sign in **and out**, this will ensure we comply with fire and safety regulations.

.....And if you're late for your lesson, don't worry, give us a call and we'll wait for you. Remember to drive slowly when you're on the premises.



Please make all cheques payable to South Bucks Riding for the Disabled Group not just Riding for the Disabled. We cannot pay them into the bank if they are payable to RDA – Thank you.



Please make all cheques payable to South Bucks Riding for the Disabled Group  
Registered Charity No: 1136630  
01753 662796 or email [enquiries@southbucksrda.org](mailto:enquiries@southbucksrda.org)



## Congratulations

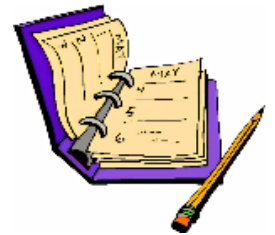


To our Vice President Natasha and her husband Marc on the arrival of Joshua.

## Dates for your Diary

Wednesday 28<sup>th</sup> June  
Friday 14<sup>th</sup> – Sunday 16<sup>th</sup> July  
Tuesday 10<sup>th</sup> October – 7pm

Trustees Meeting  
National Championships, Hartpury College  
South Bucks RDA AGM



If there is anything you would like raised at the Trustees meeting, have a chat with a Trustee (you'll find their details on the noticeboards) or ask Gina to let them know.

If you have any thoughts or comments about the Newsletter let Emma know [emma.ford@southbucksrda.org](mailto:emma.ford@southbucksrda.org) or 079564 82911. Thanks to Romilly for her help and support writing content for the newsletter.

## Final thoughts from Di

### THANK YOU

A big Thank you for Frankie and her incredible group of volunteers who prepared the horses and ponies for the Regional Show and gave up their time on Sunday to help with the riders at the Show. The riders all had a wonderful day with several qualifying for the Championships, and the horses and ponies looked amazing! THANK YOU

### Di Redfern, Chair



## In-house Countryside Challenge 2023



Please make all cheques payable to South Bucks Riding for the Disabled Group  
Registered Charity No: 1136630  
01753 662796 or email [enquiries@southbucksrda.org](mailto:enquiries@southbucksrda.org)



# Regional Show 2023



Please make all cheques payable to South Bucks Riding for the Disabled Group  
Registered Charity No: 1136630  
01753 662796 or email [enquiries@southbucksrda.org](mailto:enquiries@southbucksrda.org)