



**Wellow Group
Newsletter
Winter 2014**

RDA



2014 - GROWING TOGETHER
confidence | skills | communication | fun | responsibility

DEAR FRIENDS OF WELLOW RDA,

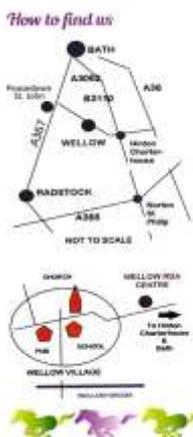
Thank you all for your help and support during 2014.

Wellow RDA has now been operating for over 26 years and currently has over 100 riders and 40 volunteer helpers. To mark this event we have launched a new leaflet, packed full of useful information. Copies can be obtained from your coach or downloaded from the news section of our website: <http://www.wellow-rda.org.uk>

Lisa Adlam, Editor

Contact details

You may like to keep up to date with our events on the 'Friends of Wellow RDA Group' on Facebook, '@wellowrda' on twitter, by looking on the schoolroom noticeboard or via our website - www.wellow-rda.org.uk. Our new email address is: wellowrda@gmail.com. Please make sure we have your current contact details, as we would prefer to send you your newsletter by email. Tell us if you need a paper copy and we'll either keep one for you at the RDA office or send one to you if you are unable to pick it up.



Riding Sessions

NEW PLACE TO GO AND SEE RIDERS AT THE FOLLOWING TIMES:
Monday: 10am - 12pm (school)
Tuesday: 10am - 12pm (school)
Wednesday: 10am - 12pm (school)
Thursday: 10am - 12pm (school)
Friday: 10am - 12pm (school)
Saturday: 10am - 12pm (school)

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WELLOW GROUP
Riding for the Disabled Association



Our new leaflet, available from Wellow RDA and in the classroom at the indoor school



Our Musical Ride, videoed and choreographed by the riders which won 4th place at the National Championships.

If you no longer wish to receive information from us, please contact the sender and we'll remove your details from our contact list.



RDA, OUT AND ABOUT ...

Annual General Meeting – this was held on 19th June in the Indoor School. It was followed by a talk, given by Anne Allen, on the history of Wellow RDA over the last 26 years. Two of our riders, Laura and Polly then demonstrated their National Championships dressage tests. The new committee members are as follows: Pat Caudle - Chair; Anne Allen; Charlotte Obolensky; Ellie Aggett; Lisa Adlam; Lizzie Bush; Rose Hawkins; Sue Toland; Trish Gray and Elaine Britton. Tracey Eames and Frank Shellard are non-voting members of the committee. Julie Smith has stepped down and we thanked her for her many years of service.

The Monmouth Rebellion – Dolly joined some of her friends in re-enacting part of the Monmouth Rebellion on 27th June.

The RDA ran a stall at **Three Ways School Fete** on Sunday 29th June. This helped to raise our profile amongst parents and many positive comments were received about our work.

The Wellow Trekking Centre Open Day on the 6th July started with a Musical Ride by RDA riders followed by other displays, archery, BBQ and having a go on Henry the mechanical horse! It was also an opportunity to tell visitors about our work and to raise money through the sale of refreshments and running a tombola.



Dolly as a Cavalier's war horse re-enacting the Monmouth Rebellion.

The National Championships were held at Hartpury College, Gloucestershire between the 18th and 20th July. The weather was very variable with classes being cancelled on the first day due to flooding and very hot and sunny on the Sunday. Many thanks go to Anne Allen for all the hard work she put in to get us to Hartpury (yet again!). Thank you to Tracey, Jeanette, Pat, Harriet and Lizzy for helping with our riders and horses and to Chrissie and Catherine for volunteering at the Nationals, collecting score sheets for all groups.

Results:

- Fourth place in the Musical Ride, which our riders videoed and choreographed themselves;
- Abigail riding Merlin – 2nd in the Walk, Trot, Canter Dressage and 3rd in the Freestyle classes;
- Georgia riding Sprite - 10th in her first Walk, Trot dressage test;
- Laura riding Dolly - 13th in a large Dressage class;
- Lucy riding Pinto – 3rd in Level 2 Show Jumping, a new event for us, 2nd in Dressage and 4th in Countryside Challenge and 2nd in Combined Training;
- Mary riding Merlin – 2nd in the Dressage 3rd in the Countryside Challenge and 4th in the Dressage;
- Megan riding Dolly – 3rd in the Countryside Challenge;
- Polly riding Sprite - 7th in the Dressage, 5th in the Freestyle classes and 1st, with her picture of Sprite, in the Art class.



Mary riding Merlin in the dressage competition at the RDA Nationals in Hartpury, Gloucestershire.

RDA, OUT AND ABOUT ...

The annual Wellow RDA three day holiday took place on the 2nd to 4th September and this year was based at the Wellow Trekking Centre. Highlights were a ride up the railway track and through the woods; Shetland pony agility; hack to the local pub for lunch; a scavenger hunt; the best turned out and gymkhana competitions. Riders and helpers alike had a wonderful time.

Anne gave a talk at Horse World on Thursday 2nd October about RDA. She took along Polly, with her Special Olympics medals, Brooke and her Shetland, Chelsea.

Anne took her Shetland, Chelsea, along to Sainsbury's store in Midsomer Norton on Saturday 11th October to meet our new fundraisers and to explain the terrific work that our volunteers do. She was accompanied by Brooke (as Chelsea's 'minder') and Rose, along with several other volunteers who rattled buckets. Sainsbury's had already planned a car boot sale and in-store activities for Saturday 29th November.



Riders enjoying the annual Wellow RDA holiday, with country rides and gymkhana competitions.



Anne and her Shetland pony, Chelsea, and helpers including Brooke fundraising for RDA at Sainsbury's in Midsomer Norton.



Thank you Waitrose in Bath for repainting the classroom and for our Christmas decorations.



Our mounted nativity was a great success, was well attended, and the costumes were fantastic.

Anne took Becky, one of our riders, and Noddy, our black cob, to a **dressage event at the Avon RDA Centre** in Bristol on Friday 31st October. They won 6th place. This was a good achievement for their first outing with Wellow.

Volunteers enjoyed drinks and nibbles on Friday 5th December, whilst putting up the Christmas trees and decorating the indoor school and classroom. Thank you Waitrose for the marvellous decorations.

The mounted Nativity play took place on Sunday 14th December in the indoor school. We said a fond farewell to Martin, the vicar, who has led the service for many years and wished him all the best in his new parish in Brighton. Anne presented prizes to deserving riders and Santa arrived on horseback to the delight of the children. Thank you to all the helpers, riders and corporate sponsors who helped the event to be a great success and also to raise £339.



OUR HORSES AND PONIES

Dolly has been her usual stalwart self and is working well.

Lorax was working really well but lately has developed some lameness which we are in the process of investigating.

Carys, who was on loan to us, returned to her owners in Wales at the end of the Summer holidays.

Noddy, a new addition to the team, hasn't settled into RDA work and is currently for sale. He is a good looking, 7 year old black cob, who is ideal for showing, hunting and fun rides.



Dolly carol singing at the Fox and Badger in Wellow.

OUR STAFF AND HELPERS

Thank you to Anne, our staff and helpers. You do an amazing job and we really couldn't do without you. A special thank you to Helen Fry, who is stepping down from running the tombola and raffles at our events. She's done a sterling job for many years and has been one of our most dedicated major fundraisers.

Join our Team of Helpers If you know of anyone who would like to join the team of volunteers, please let Anne or Pat know. We always need people to either help during session times, leading horses or walking beside them to assist the riders or to raise much needed funds. It doesn't matter whether it's for a one off event or a longer term commitment.

Corporate Sponsorship Thank you to those companies who kindly donate their services, time or products to us. We really do appreciate it. Special thanks to: Printsetters of Two Mile Hill, Kingswood for providing our new information leaflet; Sainsbury's of Midsomer Norton for refreshments at the Nativity; Waitrose in Bath for the Christmas decorations and to its staff, who painted our indoor classroom on the 22nd November and to all those who have given vouchers and goods as raffle prizes.



Becky riding Noddy at the Avon Dressage Competition

FUNDRAISING FOR WELLOW RDA

Your fundraising makes a big difference

About half of our income comes from fundraising. Without this vital money, the existence of our RDA group would be in jeopardy. Please get involved and support us in any way you can, and remember that *gift aid donations can add an extra 25% to what we receive.*

Midsomer Norton Sainsbury's- Wellow RDA is the chosen 'Charity of the Year' at Midsomer Norton Sainsbury's. We would like to thank them for their generous support and especially for the mince pies and mulled wine served at our Christmas Nativity, and for raising £46 from their car boot sale on Sunday 30th November.

Racecourse Bucket Collection - A bucket collection at Bath Racecourse on 14th June raised £1,700. An extremely large turnout that day helped to boost the coffers! Thank you to the racecourse staff and our volunteers for making it such a great fundraiser.

Cards for Good Causes - Wellow RDA was one of the charities invited to sell Christmas cards in Frome Church between 22nd October and 17th December. Thank you to those who bought cards and to our volunteers who manned the church. The final amount raised will be released after publication.

Midsomer Norton Carnival – Anne, Pat and riders, Owen and Brooke (and their parents), along with Polly and Helen, braved the wet weather and joined in the carnival on Monday 10th November to raise £48 with a bucket collection. Anne and Pat finally finished the course at 11pm! The others who were soaked to the skin, had gone home earlier to dry out and go to bed, except Nigel who went to work – thank you for your support in such dreadful weather!

Table Top Tack Sale - The sale in Wellow Village Hall on Tuesday 18th November raised £200. It was organised along the lines of an indoor car boot sale with refreshments, great cakes, a raffle and car park attendance provided by members of the RDA.

Carol Singing - Volunteers, riders, parents, carers and friends could be heard carol singing on Saturday 13th December, outside Wellow's Fox and Badger Pub. We were joined by RDA's Dolly, Lorax and Noddy and raised £176.

Waitrose Bag Packing - Thank you to Waitrose in Bath for allowing us to volunteer to pack their customers' bags on 23rd December and to our own helpers, who manned the 10 tills during the day. Well done all in raising a fantastic £1795.



Competitors in our Christmas Gymkhana

USEFUL INFORMATION

Riding Hats

If you are thinking of buying a riding hat, please note that the EN 1384 (BS EN 1384) standard has been discontinued. Hats bearing this standard alone can no longer be used in many riding establishments or competitions from the end of 2015. Hats bearing dual standards (e.g. **PAS 015 and BS EN 1384**) will still be allowed. Please contact your riding venue/event organiser or look up the Beta Guide to Riding Hats on the British Horse Society Website for further information. The British Horse Society website has lots of other useful information and downloadable free leaflets.



Term Calendars are now available on the News section of the website by clicking on the link in the right hand column.

Wellow RDA branded clothing can be ordered from Nationwide Uniforms. They offer a friendly and efficient service to many RDA groups. Their details are: Tel: 01790 754522
<http://www.nationwideuniforms.co.uk/> NationWide Uniforms, Moschatel Ltd, Vale Road, Spilsby,



LOOKING FORWARD - DIARY DATES

Friday 20th February - Avon Dressage Day. Venue - Avon Riding Centre, Bristol.

Monday 18th May - The Regional Dressage and Countryside Challenge qualifiers. Venue - Avon Riding Centre, Bristol.

Monday 25th May - Fun Dog Show. Venue - Indoor School, Wellow Trekking Centre.

Thursday 18th June - AGM. Venue - Indoor School, Wellow Trekking Centre. Speaker - Jan Bradshaw, insight into her long distance trek along the St. Michael's Ley Line.

Sunday 28th June - Wellow fun ride. A 3, 6 or 10 mile route with leading rein and jumping options available. Proceeds to Wellow RDA and Wiltshire Air Ambulance. This event is kindly organised by Saxon Dressage Group.

Friday 17th - Sunday 19th July - RDA National Championships. Venue - Hartpury College, Gloucestershire.

Saturday 8th August - Gatcombe Musical Ride. Venue - Festival of British Eventing, Gatcombe Park, Minchinhampton, Stroud.