

**KESTEVEN**  
*Celebrating*  
*30 years*  
**1988 - 2018**  
**RIDEABILITY**

# Annual Report

**2018**



**2019**

Reg. Charity No. 1074079

# Group Information

## Sessions

Over the past year Kesteven RDA provided just over 460 sessions to 31 participants with the help of 30 volunteers. 10 of the riders were aged 25 or younger with 4 taking part for the first time and the disabilities ranged from Physical to Intellectual Disabilities.

## Riders

Riding takes place primarily on a Tuesday with Silver Hour (a therapy session for older people) taking place on Thursday afternoons and one rider having an individual lesson on Saturday.

The simulator continues to provide a means to give therapy sessions for those not able to ride and to provide an indoor alternative during inclement weather.

The Saddle Club runs after school on Tuesdays with 5 riders (2 riders sharing a place) and has extended its activities to offering pony care leading to "in house" certificates.

The new venture of horse therapy for elderly people was launched at the end of May 2018 and proved to be a huge success. Further funding is being sought to run sessions in the summer 2019.

## Volunteers

The number of volunteers actively involved in the group is 30 with 7 of the volunteers aged 25 and under. Encouraging young people to volunteer with Kesteven RDA helps to ensure succession planning and secures a healthy future for the charity. The volunteers consist of Trustees on the committee, riding session helpers and people who help with the riding holiday, National competitions etc.

## Achievements



Winner of the Fronerthig Delyn Aur Most Improved Junior Rider 2018 is Timmy Lynch. Timmy has progressed in his riding really well this last year competing in both the Regional RDA competition where he came third in his class and also at the Regional Fun Day held at Scropton Riding Centre.

Timmy and Thomas Underwood-Harley also achieved their RDA Proficiency Tests 1 & 2 Riding this year. Congratulations to them both.



The winner of the Kesteven RiDeAbility Most Improved Adult Rider is Emily Johnson. Emily also competed at the Regional competition claiming a first place and also the distinction of achieving the highest marks of the day. At the moment she is also riding our second RDA pony Rio and getting to know him.

## In the Media

We were fortunate to be featured in two magazines this past year.

November's Lincolnshire Life did a lovely article about Kesteven RiDeAbility



and how Karen set it up and developed it into the successful venture it is today. The headline photograph was of Karen and her horse Bud, a beautiful photo and a good choice as he has been with her for much of the journey. Other photographs illustrated some of the things we do such as our Silver Hour, Dressage and Physical Therapy with our youngest riders. A fabulous photo session with photographer Danielle Longotano Rain meant that we had some lovely photos of what we do to complement the article.



The second article was in Woman's Weekly and was about one of our older riders, Sue Ashton, and how her wish to learn to ride was made possible by Karen at

Kesteven RiDeAbility. Both articles were beautifully written and showcased the charity really well in its 30<sup>th</sup> anniversary year.



## RDA Pony Ambassador

Riding for the Disabled launched their new website in March and our very own Rio was chosen to be the pony representative for all RDA ponies. As there are around 2,500 horses working for the RDA nationwide we were thrilled and honoured that Rio was chosen. He is a very special horse. Rio is an 8yr old Dales pony and joined us three years ago. He provides physical therapy for riders of all ages and abilities and takes part in our weekly Silver Hour which offers access to horses for the elderly disabled.

Rio is the perfect ambassador for RDA horses everywhere as he is patient, intelligent, healthy and adaptable as well as having a kind and loving nature.



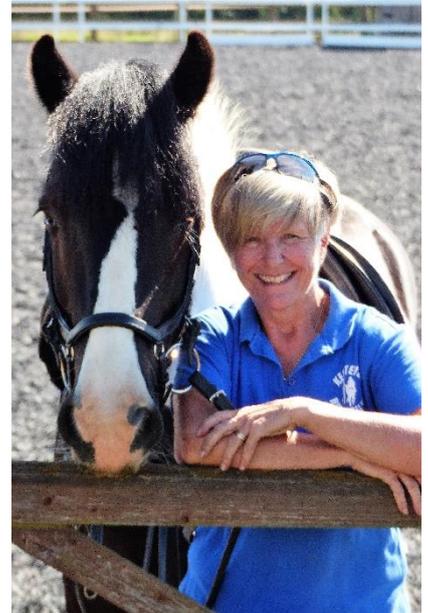
# BBC Sports Personality of the Year “Unsung Hero” Award



In November we learned that one of our volunteers, Liz Jones, had been shortlisted for the Unsung Hero award for our area. This award is given as part of the BBC Sports Personality of the Year Award and is part of the Inspire programme encouraging people to take part in sport of any kind. BBC Look North came down to the stables to make a short

piece about her and showcasing what we do. Liz had been nominated by one of our riders as an example of the wonderful volunteers we have who enable us to do everything we do. Without them nothing would be possible.

It was an interesting day although the weather was very wet and cold. Despite this we were chuffed when Liz was announced as the winner of the East Yorkshire and Lincs region. Liz went to the final which was held as part of the BBC Sports Personality of the Year Award but sadly didn't get crowned the “Unsung Hero” of “Unsung Heroes”. Despite this we are still proud of what she achieved.



## Regional Competitions

### Regional Fun Day 2018



This was held at Scropton near Derby and we took along Sue Ashton, Timmy Lynch and Lou Talbot along with our ponies Rio and Fudge. The day was a chance for our riders to experience competition away from home. Sue and Rio rode their first

independent dressage test together and achieved first place with a mark of 69.4%. Rio was a little star as this was his first independently ridden RDA competition. Timmy and Fudge came second in their class and all three competitors rode great rounds in the Countryside Challenge.



*Photograph courtesy of Matt Dalley*

### Dressage Anywhere

Sue Ashton and Rio took a video test in preparation for the Regional RDA competition in April. This was their first attempt at the Championship Grade 1 test and they did very well coming second with a mark of 70.59%

## Silver Hour

Our *Silver Hour* successfully launched in 2018, helped very much by the lovely sunny weather. This was a programme of equine therapy designed for elderly disabled adults to help older disabled members of the community benefit from interaction with horses to reduce stress and anxiety. The programme also offered an ideal opportunity for older people to rekindle their love of equines or to experience a connection with a horse for the first time.

By chance the *Silver Hour* enabled us to make a wish come true for Babette, who, as a 98<sup>th</sup> birthday gift to herself, wanted to get on a horse for maybe the last time. The *Silver Hour* is not specifically designed for the older, disabled adult to



ride but as Babette had been an accomplished horsewoman in her younger days and we had a horse suitable we felt that as we could, we should help make her wish come true – to ride maybe one last time. Despite her age Babette was full of determination and confidence so it was hat first then a try out on



Lloyd, our magnificent mechanical horse, to see how she managed. A few reminders about sitting position and she soon slipped into rider mode and was happily walking in time with Lloyd's rhythm. Why couldn't she ride again? We couldn't see any reason why not so we selected Fudge as the best fit for her and with the aid of our volunteers the rest is history.

Everyone was so thrilled at her achievement. A short video made on the day and posted on Facebook with Babette's permission obviously resonated with people as it has been viewed over 45K times, shared over 500 times and liked in excess of 700 times.

Kesteven RiDeAbility is all about what you can do and Babette's ride on Fudge just shows that you are never too old to have a dream, or to achieve it.

As the summer progressed many of those taking part have begun to build up real bonds with our horses and it is quite touching to see the effect just being with an equine can have upon an individual. We are beginning this year's sessions on May 19<sup>th</sup> and already have groups booked in.

## Fundraising Events

### Dog Show 2018

The weather wasn't kind to us for the dog show but it didn't seem to affect the turnout. There were so many different breeds all coming to show off their waggiest tale, appealing eyes, musical sits and quickest biscuit eater and despite the rain no one was really bothered about getting wet. The Cranwell Bloodhounds made a visit and what a bundle of fun they all were. Bouncing around their pen desperate to be fussed over.

Grace, the springer spaniel won best in show. The book stall, Tombola, Hook the Duck and Guess the



Name of the Dog were a great success with everyone testing their luck, whilst the hot drink and yummy home-made cake stall did a roaring trade – every cloud!

Our visiting photographer, Danielle Longotano Rain, was kept busy taking photographs and the rain let up in time for some lovely ones of our winners and their owners. Despite the weather everyone was in good spirits and we raised almost £1,000 to help keep Rio and Fudge in the manner to which they both aspire!

*Photograph courtesy of Danielle Longotano Rain*

## Pony Angel party

This was the first time we had run an event like this but we wanted to thank all those people who sponsor our ponies as “Pony Angels”. Whilst we run fundraising activities throughout the year our Pony Angels provide constant support to our ponies Rio and Fudge.

The afternoon began with Rio and Fudge demonstrating to music in the arena which was a great way to get the party going. Looking their magnificent best they “danced” to the song “Happy”. Emily who rides Fudge and is very accomplished worked the dance with Karen on Rio.



Afterwards our *Angels* were introduced to them both and were able to find out more about what they do as RDA ponies as well as giving them both a lot of fussing and petting; This made Rio’s day as in order of preference his favourite pastimes are eating, being fussed and sleeping; work comes a long way down the list.

Lots of lovely home-made cakes and tea and coffee were on offer and it didn’t seem long before we were saying goodbye to everyone. It was nice to meet some of our *Pony Angels* and be able to thank them for supporting us.

## Celebration Ceilidh

This was held in September to celebrate Kesteven RiDeAbility’s 30<sup>th</sup> Anniversary. It was a wonderful evening and lots of people came to support us and have a fun time. Music was provided by the Higgledy Piggledy Band who played a great range of music and also ‘called’ the dances Tickets had sold well but we still had people turning up on the night and with lots of raffle prizes we raised over £600. 30yrs as a Group is a real achievement and one Karen can be rightly proud of. Bringing together her volunteers, pupils, and friends both in and out of the equine world, was a lovely way to celebrate such a milestone.

## Annual Team Quiz Night Jan 2019

This year the shield was won by the "Scrambled Heads" team. Congratulations to them. We had over 17 teams competing again and the evening was a great success raising £650 for the charity.



## Social Media

Currently we have 587 Likes on our Facebook page and 612 Following, both of which represent a rise from last year. The page is linked to our Twitter account. We often receive enquiries from potential new riders and volunteers from these sources. The website continues to attract new clients and sponsors with some funders using the site to check that the group's activities fit their criteria before approaching us

One of our riders also writes a Blog each month about our activities and her riding journey. It can be found on the Genius Equestrian website. [www.geniusequestrian.com](http://www.geniusequestrian.com)

## Pony Angels

The group own two ponies Rio and Fudge and hire other ponies from The Paddocks Riding Centre to help run the sessions. Rio's and Fudge's board and lodgings are paid for by the Pony Angel scheme. There are six businesses and fourteen individuals who are contributing towards the scheme which guarantees a set monthly payment, or a discount on services provided, to cover their costs.

### Our Pony Angels are:

Hills Poly Print	Chandlers	The Paddocks Riding Centre
Lincs Rug Wash	Avenue Veterinary Centre	Jane & Vince Heslop
Helen Peglar	Ros Wentworth	Stephanie Smith-Maxwell
Mark Frazer	Marie Ashton	Andy Honeywood
Kathy Blake	Rachel Stothert	Rachel & Lee Williams
Gay Hatton	Paul & Gill Johnson	Sarah Shelbourne
Laura Lynch		

## Donations

### Further donations this year have been received from:

Skylarks Foundation	Community Books	Meridian Daylight Lodge
Hon. Mrs C Sacks	RAFC Thrift Shop	Rotary Club of Grantham
Wilpeg Trust	Grantham Trefoil Guild	William Peters Lodge
Yorkshire Bank	Mr M Broughton	Tryac
Shire Lodge	Mrs Smith-Maxwell	Ms S Sacks

Sheard Family  
Haemmerlin Ltd  
K Blake  
Mr Boyd-Carpenter

Grantham Swimathon  
Mrs J Beckett  
S Hibbett

Grantham Rotary  
Melton Mowbray BS  
National Lottery

Thank

You