



PERRY GROUP NEWSLETTER SUMMER 2010

Issue 35

RIDING - Thursday

One of the new Thursday volunteers, Catherine Wythe lives for part of the year in Kenya where she is very involved with RDA. She kindly agreed to write a short article as follows:

If you came to an RDA session in Nairobi, you would recognise a great deal. Every horse is being led and one or two side walkers will be talking to the young rider. The games and activities would be familiar. We even wear green polo shirts. However, there are many differences.

The horses are led by syces or grooms who are responsible for walking the horses to and from each session, as well as grooming and tacking up. No quick brush under the saddle here! Ponies are in short supply and several of the horses are thoroughbreds who came off the racetrack and are expected to compete or play polo at weekends. I'm not sure they would pass any UK risk assessment.

Not all the riders or syces speak English so the instructor should have enough Swahili to explain each activity. Sign language is crucial! Many of the children and young adults have been coming to RDA for several years so the instructors know them and their carers very well. Some have made incredible progress both physically and mentally as a result of the stimulation and exercise offered at RDA. Those who come to RDA are lucky to have carers who recognize the benefits of riding. The majority of disabled children in Kenya get very little exercise or fresh air. Disability is still seen as shameful and a curse in many traditional cultures so the children are kept inside. RDA Kenya has no premises of its own and struggles to find suitable venues. This can make a large 4x4 essential for carrying all the equipment for each session. The problems of fundraising and recruiting sidewalkers are constantly discussed as we have to compete with so many other deserving causes for volunteers and donations. The biggest difference... the weather is better in Kenya!

HIPPOTHERAPY

The children attending hippotherapy on Saturday mornings are all making really good progress in learning to sit in balance on their ponies. They have all recently been awarded a Grade 1 Hippotherapy certificate as they know some points of their ponies and their tack. The teenagers who regularly attend to lead and sidewalk are indispensable to the hippotherapy sessions. The children have recently featured in the Physiotherapy Frontline journal which is the "news" journal of the Chartered Society of Physiotherapy which has worldwide coverage.
(Lynne – Saturday)

RIDING - Sunday

The Sunday riding sessions are going well, with riders making pleasing progress. Two of our riders are working on the walk dressage tests, and the little ones are gaining in confidence week on week.

We've had some new riders joining the group, and, hopefully, they will decide riding is for them, and will continue to enjoy all our lovely horses and friendly helpers have to offer, in a relaxed and fun atmosphere.

Mum, Deb Fox, has kindly made us some very impressive clown faces with holes in the mouths to enable riders to aim beanbags into. We are very grateful for these, and when the weather is not windy, we have used them with encouraging results - so 'thank you' Deb.
(Claire - Sunday)

DRIVING

Due to the loss of a safe venue, carriage driving activities from Perry are currently suspended. Driving is continuing to take place at the Whixall and Newcastle on Clun satellite groups and it is hoped to get the venue and Ace approved for use by Jacqueline Holyoake over at Melferley.

VAULTING

Extra sessions are now being run on a Saturday afternoon due to the number of new vaulters joining. Sadly the weather was miserable for the first demo of the year at Baschurch School Fete on Bank Holiday Monday. Let's hope for better weather for the Lions Fun Day in Shrewsbury Quarry on 31st May. It is hoped that two teams will take part in the Vaulting Competition at the RDA National Championships on 10th July at Hartpury College in Gloucestershire.

<p><u>Committee Members are as follows:</u> Lizzie Lawrence Chairman & Driving Organiser Deb Daniel Treasurer Judi Fox Margaret Green Angus Hannagan Minutes Secretary Denny Johnson Lynne Munro Physio/Coach Avril Pluck Child Protection Officer Dulcie Raynor Bridget Smith Pam Ward Census Figures & Database</p>	<p><u>Sub Committee – Fund Raising</u> Dawn Dormer Val Fisher Sam Gant Lynne Munro Trish Scott Kate Wythe</p>	<p><u>INSTRUCTORS</u> WED PM/SAT VAULTING Sam Gant & Holly Dormer THURSDAY PM RIDING Anona White FRIDAY PM RIDING Alison Jones SATURDAY AM HIPPO THERAPY Jane B Lynne Munro-Physio SUNDAY AM RIDING/TUESDAY AM HORSE CARE Claire Lewis</p>
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SPECIAL ROLES Rachel Neville – **Rota Secretary** John Foulkes - **Yard Staff (5 days)**
Alison Smith - **Yard Staff (3 days)** Carl Bebb **Yard Staff (5 days)** Clive Gant **Mr 'Fixit'**

CLOTHING (List on the Board in the RDA Hut)

The following items are available, in all sizes, with the Perry Logo and your name. Dark Green and Navy are the colours for the volunteers with Red being available for the coaches.

Fleece £22.50, Sweatshirt £20, Polo Shirt £12, Bodywarmer £22, Dayglo Yellow bomber jacket for Carriage Drivers £22.50

If there is enough interest it is also possible to order waterproof jackets and trousers. Let me know and I will find out the price

BIRTHDAYS

May

Joy Dolton & Lynne McKissick 3rd, Catherine Wythe 16th, Lindsey Green 18th, Emily Swatman 19th, Colin Clorley 21st, Jacqueline Holyoake 31st.

June

Lizzie Lawrence 1st, Jackie Bishop 2nd, Marilyn Parry 6th, Gill Stockton 14th, Anona White 15th, Alison Smith 16th, Carl Bebb 22nd, Kirstie Feltus 26th

July

Nick Foulkes Jones 14th, Eleanor Rhys Burgess 19th, Margaret Green and Sue Heard 22nd

DIARY DATES

- May 25th – May 29th Chelsea Flower Show Hall Farm Nursery, one of the **Group's** largest sponsors, are displaying an RDA Garden for the 40th Anniversary of the National Riding for the Disabled Association.
- May 31st Perry Vaulters to attend Lions Fun Day in the Quarry, Shrewsbury
- **Group Open Day July 25th (Please note the change of date)**
- **July 10th and 11th RDA National Championships at Hartpury**
- August 13th. Annual sponsored ride across the Long Mynd . Please ask for a form if you are interested in taking part.
- September 2nd – Talk about Hall Farm bid for Chelsea Gold in Kinnerley Village Hall.
- September 12th Hall Farm Nursery Plant Sale
- December Christmas Lunch date to be decided –
- December Asda Bag Packing.