

# RDA West & Central Scotland Region Group Contacts

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## REGIONAL COMMITTEE MEMBERS

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|            |                               |                  |
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## NEW GROUPS

|                         |                                       |                  |                  |
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## REGIONAL WEBMASTER

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|-------------------|--------------------------------|

# RDA News

Riding for the Disabled Association  
Incorporating Carriage Driving

November 2017

It's what you can do that counts

## West and Central Scotland Region

### REGIONAL SUCCESS AT THE CHAMPIONSHIPS

RDA National Championships 2017 by Kate Bennet

Every year I attend the Championships it grows more exciting, inclusive, exhausting, thrilling and above all, the friendliest sporting event that I have ever been involved with. There is little time between the qualifiers and the championships to really get your head around the whole experience but for those travelling from Scotland, Northern Ireland and the furthest South Western reaches of England, it is like mounting a major expedition. Groups need to sort out ponies, transport, support teams, accommodation, fundraising. I am delighted to say that in 2017, Carrick, Equipower, Forth Driving and Forth Valley all

rose to the challenge from West & Central Region.

We all know that when horses are involved nothing is a certainty and when the horse that Janette and Bernadette were sharing, went lame just days before the event, they thought all was lost. However, the owner of Dramatist, who Janette had ridden at the Qualifiers, stepped into the breach and said that Dramatist could travel. The Unicorn Centre kindly came forward with Thunder for Bernadette to ride. Janette and Dramatist rose to the occasion for both their tests. Having just been introduced to her ride the

night before her test, Bernadette was rather thrown in at the deep end. However, she put in a mammoth effort, with little assistance from Thunder, just to make sure that all her hard work had not gone to waste. The camaraderie and working together in the light of adversity was to me the essence of the National Championships and RDA. My congratulations to all the West & Central participants. It was fantastic to see you all at Hartpury and I hope that you enjoyed the 'Championship Experience' as much as you appeared to.

#### The results were:

|                          |             |               |   |        |
|--------------------------|-------------|---------------|---|--------|
| <b>Carriage Driving</b>  |             |               |   |        |
| Linda Farquhar           | Ozzy        | Forth Driving | Novice                                  | 1st    |
| Alison Colvin            | Ozzy        | Forth Driving | Open                                    | 3rd    |
| <b>Carriage Driving</b>  |             |               |   |        |
| Johanne Picken           | It's Bobcat | Carrick       | Championship Grade 4                    | 10th   |
| "                        | "           | "             | Freestyle                               | 7th    |
| <b>Janette Lightbody</b> | Dramatist   | Carrick       | Championship Grades (1-6) (Walk & Trot) | 1st    |
| "                        | "           | "             | Freestyle                               | 1st    |
| <b>Bernadette Leslie</b> | Thunder     | Carrick       | Championship Grade 1                    | HC     |
| <b>Anne Brown</b>        | Basil       | Equipower     | Championship Grade 3                    | 4th    |
| "                        | "           | "             | Best Turned Out                         | 4th    |
| <b>Millie Smith</b>      | Ozzy        | Forth Valley  | Championship Grades (1-6) (Walk) Junior | 4th    |
| "                        | "           | "             | Countryside Challenge                   | 79.75% |

Linda Smith of Clydesdale Group entered two beautiful pieces of art into the Arts & Crafts Competition.

Kate Bennet



Photographs courtesy of: Audrey Peebles

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President: HRH The Princess Royal KG KT GCVO QSO



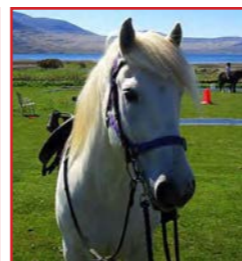
## ISLE OF MULL GROUP

The envy of all the other Groups – what beautiful scenery and a fabulous place to ride-on a good day but thanks to our new shelter every day is a good day!

We had a great Fun Day to say thank you to the local community for their support – cakes

and pony rides are a winning combination! James gained his Saltire Ascent Award, with 500 hours of volunteering since 2015. Although some of his volunteering was with Mull Aquarium, most of his time has been spent helping with RDA sessions on Mull. He

has been a regular at riding sessions, and has also given up his time to help with fundraising at local shows. He even made us a horse-shaped 'electric eel' game which was a big hit at our local charity fair. James is a quiet, calm presence, and a valued part of our group.



## ARGYLL RDA DRIVING GROUP

We have had a busy summer with mixed weather but that has not deterred our Drivers nor our amazing bunch of volunteers who turn up and drive, cycle, pooch pick the fields and clean harness in all weathers.

In early June we started sessions on a Monday evening as well as Wednesday mornings which has been very popular especially with school-aged drivers. Holidays and other commitments have meant we have had to go back to one session a week lately. We currently have 4 Log Book Holders working towards becoming RDA Coaches. The RDA Carriage Driving Holiday took place from our premises again this year. As before

this was a great success and we look forward to welcoming more new faces next year to sample the Scottish experience!(dancing and driving and dancing!) Patsy is to be congratulated on the effort and enthusiasm that she puts into this Holiday – it's success can be measured by the happy faces and keen drivers at the end of the stay. Our second Fenix carriage has arrived, the culmination of 12 months of hard work fundraising and the credit has to go to our Treasurer, Gail and Mary, one of our volunteers, who worked tirelessly at funding applications throughout the winter. We notice a huge difference in the ponies on a busy

day now that they have lighter carriages, and the volunteers are finding the loading and unloading so much easier.

Two of our benefactors, Rotary and Inner Wheel, have come out to Try-a-Drive sessions with us; the ladies of Inner Wheel enjoyed themselves so much they came back a second time and we now have a new helper from there.

Our ponies Dixie and Red have been doing some fundraising as a pair put to a wagonette that we were kindly donated. A local hotel has made us their Charity this summer and we go along and take the guests out for drives – when the weather is good.



## EQUI-POWER GROUP \* HIGHLIGHTS OF THE YEAR SO FAR...

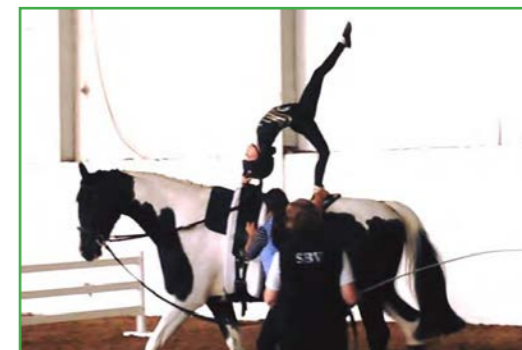


### RDA West & Central Region Competition

Thanks to Square Deal Motors, who provided a towing vehicle, Jaffa, Basil, and 4 of our riders enjoyed a successful day out at Glasgow Group RDA. Mhairi Dawson rode an accurate and stylish round with Jaffa to win their section of the Countryside Challenge, Jaffa also performed accurate dressage tests with Eilish Hay and Angela Stewart-Mair who were both placed. Anne Brown won her class riding Basil qualifying for the RDA National Championships in Hartpury.

### Scottish Equestrian Vaulting (SEV)

Our group of Junior Vaulters based at Shiresmill on Tuesdays evenings has grown from 4 - 11 regular participants, and Keira MacGrain, with superb support from Helen Rogerson and her horse Oscar, recently delivered an outstanding performance at her first BEV competition winning her class. Great job Keira!



### Venture Trust

Another successful On the Hoof programme was delivered in April in partnership with The Venture Trust, Shiresmill Therapy Riding Centre, and Enable. This course provides life changing Equine Assisted Learning and Equestrian Vaulting activities that support and challenge disadvantaged teenagers to progress towards independent living by building social and emotional competencies. Data from last year's programme shows that all 10 young people are currently in employment or education.

### Mariner Support Services

Six teenagers have benefitted from 2 blocks of equestrian vaulting and the RDA outcomes Tracker shows our activities provide a fun and highly effective way to improve; confidence, communication, relationships, and physical ability as well as horsemanship. Their final session for the school year was filmed as part of a documentary being produced by Spirit Aid with Scottish actors David Hayman and Keira Licchesi (River City's Stella Adams). As part of the project Jaffa & Basil will also be appearing in a drama in the autumn

### Coach & Volunteer Development

Highly trained coaches and volunteers are essential to provide the best possible experience for our members and to build capacity in well trained horses so we can deliver more services for more people. Congratulations to our coaches who have progressed their RDA coaching levels: Petra Humphry - RDA Group Coach, Lyn Dumbleton - Assistant Vaulting Coach, and Caroline Smith-Taylor Assistant Riding Coach.



### \* WORKING TOWARDS OUR OWN CENTRE

Work continues in collaboration with Stirling Council to establish our own facilities at Kildean (just off junction 10 of the M9) on an 83 acre site. We are delighted to have got through the first round of the Persimmon Homes Healthy Communities Competition and await responses to 3 other funding applications to support expansion of riding and vaulting. We have funds in place to buy another 2 horses and a new horse arrives for a month's trial on 1st August.

## Date For Your Diary

Wednesday 25th October 2017

GRAMPIAN AND HIGHLAND REGION RDA SCOTTISH SUPRA REGIONAL CONFERENCE  
Doubletree by Hilton Aberdeen Treetops Hotel, 161 Springfield Rd, Aberdeen, AB15 7AQ

Friday 10th November

RDA AGM SADLER'S HALL LONDON



## TRAINING IN AND AROUND THE REGION



### NEVER TOO LATE TO LEARN!

It has been another busy year in West & Central Scotland. There were 58 participants, representing 11 groups, who attended the Regional Get Together in October 2016 and enjoyed two excellent workshops. Thanks to Annabel Bridgeman for her 'Introduction to Makaton' which was inspirational. Several groups are now planning to look into this further. Helen Kallow's presentation on 'Activities that Entertain and Teach' produced great fun ideas on how to use an imaginative range of props in the sessions. 'De Mystifying the New Log Books' was a chance for coaches and volunteers to take stock and re-group. 38 participants, representing 15 groups,

benefited and were encouraged to learn how to progress up the coaching ladder. Matt Cobble and Emma Wells came up from National Office in June to present the 'Participant Experience Workshop' twice over. This workshop is useful and energising to anyone associated with RDA, reflecting on the aims and objectives of the organisation and a review of appropriate language – without going overboard on political correctness. An evening session at Glasgow Group was an innovation this season and was very well supported. This workshop saw 51 participants representing 7 groups. The two sessions on 'Basic Volunteer Training'

were presented by Gilean Docherty proved to be very popular with a massive 73 participants, from 10 groups in the Region. Being both Regional Physiotherapist and Regional Equine Representative, she was the ideal presenter to lead a discussion of how to give participants the best possible experience while looking after the equines, and keeping volunteers safe. First Aid and Safeguarding training were again held at the Glasgow Group and will be ongoing. The Regional Committee are always glad to receive suggestions for training. Don't hesitate to get in touch with your ideas as we will be starting to plan 2018. [Mary Dunlop: mail@dunlopjm.co.uk](mailto:mail@dunlopjm.co.uk)

## BREADALBANE GROUP

As riding comes to an end for 2017 this autumn is a time of celebration for our group. Firstly congratulations to all our riders from Breadalbane, Logierait and Blair Atholl schools who have just taken part in the RDA nationwide sponsored BIG RIDE. Together they rode a total of 17.28 km and raised £450. Secondly two of our volunteers Jennifer Valentine and Cecily Hill have just been presented with Silver Jubilee Certificates and Medals for 25 years of service. Kate Bennett, our regional chairperson made the presentations at our AGM on Monday 9th October at 11 a.m. in the Locus Centre, Aberfeldy.

Thirdly this year marks the 25th anniversary of the group being established. To celebrate this and the achievement of all our riders over the past years we are having a party at Fortingall Hall on Tuesday 31st October between 5.30 and 7.30 p.m. An invitation is extended to previous riders and their parents, school teachers, volunteers and anybody who has been involved with the group at any time over the past 25 years.

We also have just had a very successful 'Thrift Shop' week raising £1,928.78 for group funds. We are hugely grateful to Cecily Hill who has

been running this week for the group for many years as it is our main source of funds. We start riding again in April 2018 and look forward to another successful year.



## GLENFARG RDA

Glenfarg RDA are relocating to Kilgraston Equestrian, Kilgraston School, Bridge of Earn,

PH2 9BQ and will be known as Glenfarg RDA at Kilgraston (at present). Work still needs to be done

until everything is in place but we hope to be able to offer some lessons before the end of October 2017.

## ARRAN GROUP



Pictures paint a thousand words at Arran - Everything from Stable Management to a good work out for the volunteers – it's all in a day's work and great fun!!

## CARRICK GROUP

@ National Championships at Hartpury

Carrick Group had three riders qualifying for the final championships at Hartpury and we were pleased that they all achieved success, despite the fact that one of our horses was found to be lame on the day prior to departure! However, frantic emailing by our vice Chairman, Kevin Malayan, sourced tremendous help from the Unicorn Centre RDA at Middlesbrough who kindly offered the use of one of their ponies. Janette Lightbody finished first in the Grade 1 -6 freestyle wt, and 11th in the championships for that class. Joanne Picken (Grade 4) finished 10th championships and 7th in freestyle, and Bernadette Leslie (Grade1) achieved 62.35% in HC grade 1 championships. It is a long journey from Ayrshire to Hartpury, but the comfort of a minibus there and back allowed

all riders and helpers to catch some shut eye, whilst expertly driven by our regular driver Michelle, who supports us with unflinching help and enthusiasm during the event.



## SPECIAL OLYMPICS

Ellis Wilson, a Carrick Group member, achieved a fantastic result at the recent Special Olympics at Sheffield by winning TWO GOLD MEDALS! Her first was for

dressage, and the second for Handy Horse Trial. A tremendous performance. Well done Ellis and congratulations from all at RDA.



## SCOTTISH RDA CARRIAGE DRIVING CONFERENCE 2017

Sandy flats, Glasgow was the ideal venue to host this event which was well attended by all the Scottish RDA Groups. The Theme of the conference was health and welfare of horse and driver. There were people from the Garioch group, Annandale & Eskdale Group, Argyll Group and Forth Driving group from Carronshore.

The morning session was very much hands-on during which a lot of very useful information was collated. Those new to carriage driving were not afraid of asking searching questions of those leading the groups while the more experienced contributed by sharing their knowledge. The overall theme was to highlight what we ask our equines to do and how we can ensure that both they and the equipment are up to the task. After an excellent lunch, and a chance to talk to volunteers from other groups, there was a presentation by a Paediatric Physiotherapist. She gave us an insight into problems associated with both congenital and acquired disabilities.

Margaret Brockie then updated us on a range of issues including assessments, hats etc. and to show us ideas of ways in which we might improve the driving experience for our more disabled clients.

In conclusion we listened to a visually impaired rider's account of how RDA has increased her confidence and transformed her perception of her abilities from that of "Can't do that" to "Of course I can!!"

Thanks must go to Jane, Patsy and their team for a most useful and informative morning session from which I am sure both young and not-so-young gained much food for thought. Also to those leading the afternoon programme; in particular to both Margaret and Sarah for making the long trip up to Scotland.

A lesson on how to weigh Forth Driving's new Fenix carriage and how it is fitted to Ozzy at Forth's home at Carronshores





## CLYDESDALE GROUP



### Clydesdale Group and the Art & Craft Competition – Regional Round 2017

Entries from Clydesdale Group won two classes in the regional round of the RDA Art & Craft Competition 2017. Both entries were the work of Linda Smith. Linda was born on Islay, from a farming background and she has a lifelong love of farming, nature and animals - particularly horses. Linda was diagnosed with Multiple Sclerosis in 2003. The condition can leave her feeling useless and stupid. Linda says the RDA team is absolutely wonderful, and she has found their support and encouragement reassuring. "The sense of freedom and

achievement gained is absolutely incredible! The therapeutic environment facilitated by RDA instructors and Volunteers is like mindfulness in action....like freeing yourself from a negative mindset to a 'can do' positive one." Since Linda retired she has been able to focus on her love of Arts and Crafts. She has learned how to spin and dye wool from her own sheep and then developed her skills furthered by attending workshops in mixed media and felt painting.



The group show there are different ways to supporting your group with Yvonne Walkinshaw and RDA volunteers who were invited to ride in the Lanimer Day procession to represent Clydesdale RDA.



## CHAIRMAN'S REPORT

Travelling around our group's this year I have been really impressed by the energy, achievement and forward looking attitude at work. More groups than ever have sent representatives to the training events that we have organised and are also taking advantage of the on line learning that is now available through the National RDA website. We are starting to plan our training programme for 2018. We would like to hear from groups with any ideas that we can possibly include.

Keeping up with the ever changing rules and regulations is an essential part of running a group. I would urge everyone to keep an eye on the RDA website and also make sure that the emails that come from the Region and various NO staff flow through your group as appropriate. These include many new opportunities to support and reward your participants and volunteers. A vital piece of information circulated at the beginning of August is the new RDA Health & Safety Policy.

From experience I am sure that there will be elements in the new policy that will effect most groups. Please make sure that group trustees and coaches, at the very least, are familiar with its contents.

Earlier this year two of our groups, Forth Valley and Glenfarg have moved to wonderful new venues. The moves will open up super opportunities for both groups and we wish them all the very best, onwards and upwards.

The pictures and stories in this newsletter illustrate just what wonderful things have been achieved this year, from carriage driving to vaulting, horse care to art work. So many different aspects of RDA. Well done to everyone whatever your involvement with West & Central.

Kate Bennet

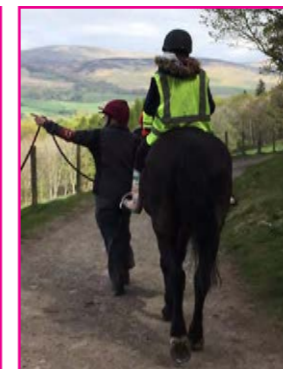


## RIDEAWAY / STRATHEARN GROUP

As part of National Endurance Week, RIDEAWAY group decided to have a trial Endurance session, exploring courses set in the beautiful surroundings of Crieff Hydro. It was great team work with coaches,

volunteers, ponies, riders and super weather coming together to make it a very enjoyable experience and great workout (especially for those on foot)! The courses covered were between 1.6 and

2.3km in times ranging from 25 to 30 minutes. We all agreed it was a big success and the group will now register with RDA National to add Endurance Riding to its activities.



## CELEBRATING VOLUNTEERING AT RIDEAWAY GROUP

National Volunteers' Week coincided with a celebration to mark over 20 Years of support to RIDEAWAY Group / Strathearn RDA, from one of our wonderful volunteers, Magdalene. Magdalene joined Strathearn RDA group many moons ago, as the requisite Physiotherapist Volunteer and since then she has given invaluable support

as a regular session helper and Trustee. She is now moving on to pastures new near family in England, but she is sure to seek out the nearest RDA group and offer her help! In the true spirit of the fantastic volunteers, riders and ponies at RIDEAWAY, we all enjoyed marking her final session as a volunteer with a presentation of her 20 Years Service

Certificate and RDA pin. Margaret, our 'coffee and cake fairy' volunteer, who regularly bakes all sorts of goodies and provides coffee for the volunteers, produced a wonderful horseshoe cake to mark the occasion.

What better way to celebrate National Volunteers' Week!



We had a very successful day doing a bag pack at the Co op which raised £616. A very enjoyable and profitable day indeed!

## WOODSIDE GROUP



It's all in a day's work at the Woodside Group from Arts and Crafts to prize giving after fun games at the end of term!



# GLASGOW GROUP

## Riders of the Storm Gallop Into Glasgow

[www.ridersofthestorm.co.uk](http://www.ridersofthestorm.co.uk)

On 5 March, RDA Glasgow hosted an afternoon display and talk by Riders of the Storm. The event was sold out and it was great to see so many riders, volunteers, friends, family and guests at the centre.

Riders of the Storm travelled down from Killiecrankie with 2 beautiful horses, Sunny and Orion and riders Kirsty, Beth and Louise.

After an exceptional display of trick riding and vaulting, Kirsty McWilliam gave the crowd an insight into how they train their horses, explaining the process they go through and the importance of trust between handler/rider and horse.

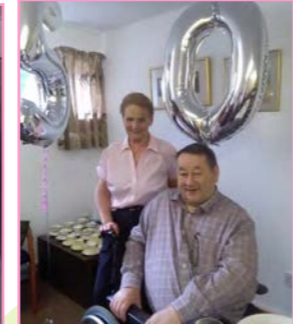
Rhona Scott, volunteer Group Coach and organiser of the event said, "I would like to

thank Riders of the Storm and everyone who bought tickets, and raffle tickets on the day. I hope that everyone thoroughly enjoyed the afternoon. Massive thanks Lynda McKeeman and to all the volunteers who helped out."

The event raised over £750 for the Glasgow group – huge THANK YOU to everyone for making it such a success.



In 2017 year Phyllis Beattie completes fifty years of helping Disabled riding in the Glasgow area. Phyllis recently celebrated this outstanding record by inviting friends and colleagues from the early days, Glasgow staff and the team of helpers from her Thursday class to a buffet lunch held at the Groups' Sandyflat premises. So many have benefitted from Phyllis's knowledge and expertise over the years and West & Central Scotland Region has been extraordinarily lucky to benefit from her wisdom. Thank you for all you have done, Phyllis!



## RDA CHAIRMAN VISITS SCOTLAND AS PART OF "THE BIG RIDE" PROJECT

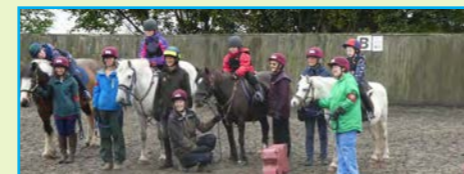
Last week the West & Central Region had great pleasure in welcoming Sam Orde, Chairman of RDA National, to the Region. Sam met and rode with the Strathearn/Rideaway Group. Sam said "The Big Ride part was lovely and I think that Crieff Hydro Stables looked after us very well with excellent horses and route, coaches and refreshments. It was great to have the chance to see Rideaway in action with their usual morning sessions and get a chance to talk to volunteers and riders".

In the afternoon Sam Orde visited the Auchterarder group who ride at Gleneagles Equestrian Centre. Sam commented that "The second part of the day at Gleneagles was lovely and very interesting for me as Chairman and I enjoyed talking to everyone. What brilliant facilities the Auchterarder Group have! It was a touching moment at the end to see Daisy, one of their riders, present the long service award to Paddy, their pony".

Also this week Argyll Driving Group held the Group Picnic and combined it with the Big Drive. Patsy's drivers from Forth Driving Group joined us and our

Raffle for Lowlands brought in £100 to which the Trustees are adding a donation. Breadalbane & District Group held their own Big Ride for 7 riders earlier in the week to join the fundraising efforts.

Clydesdale ran a fancy dress day to support the Big Ride. They are donating £50. Carrick Group are also donating funds from an art exhibition later in the year.



# BLAIRGOWERIE GROUP

### New arena build:

Blairgowrie RDA are delighted to announce that our riding classes have started up again in 2017! As you may know we were almost forced to close at the end of the riding season last year. However, between a very determined committee and some of the most loyal volunteers and supporters, we have managed to re-open and are currently catering to 7 schools in the Perthshire area.

Last year we unfortunately lost the use of the riding arena our group had been using for many years. One of our biggest challenges this year has been to create a brand new riding arena in order to begin lessons again. We have busied ourselves fundraising in order to create the new arena just off Golf Course Road where our RDA ponies graze. We had a successful work day at the field in April where some of our hardest volunteers turned up to

begin erecting posts. Then a local fencing contractor 'Logie Game' came to offer help. They were so taken with how happy the children looked riding and how invested our volunteers are, that they ended up staying for 2 whole days and donating their time and expertise for free in order to complete the arena for us!! Our heroes!

[www.logiegame.com](http://www.logiegame.com)



### Duck Race Fundraising event:

We hope you're all enjoying following and taking part in our fundraising events. Our treasurer, and committee member Louise, organised a fun Duck Race day in Pitlochry in April where we raised a massive £2149.21 from duck sales and home baking! Two races were held with 1000 plastic ducks in total, setting off for a short paddle in Pitlochry Burn towards the finishing line. Congratulations to all those whose ducks were placed and won them a prize! A successful fundraising event and enjoyable day all round for Blairgowrie RDA.



## The Deaf, the Daft and the Ditsy! Fundraise in the Outer Hebrides for Blairgowrie RDA

If I was to sum up our adventure in one word it would be "humbling". We covered approximately 227km over 16 days, though we were storm bound for two of those and raised over £4000. The islanders were so warm and welcoming, everywhere we went we were offered a field and often a bed, though I stuck to my "unsupported" mission and camped each night. People stopped in their cars, came out their houses and chased after us to say hello, give a donation and wish

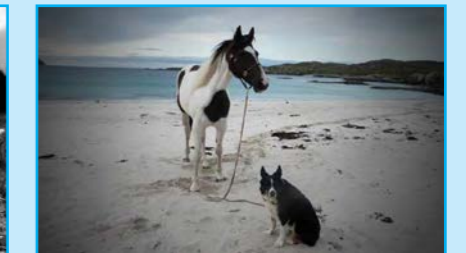
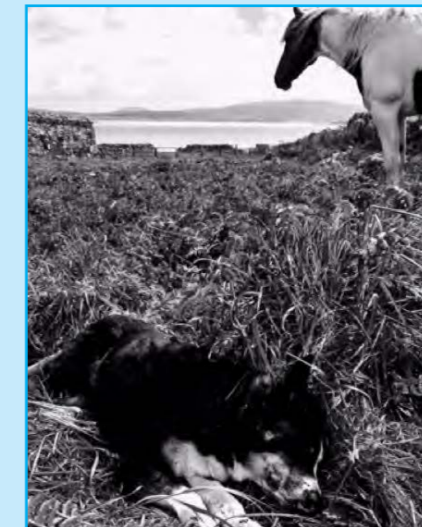
us luck on the rest of the trip. It wasn't without its adventures, Connie escaped from her coral twice, but simply came and found me, we went into a bog one day and I fell off and it rained 16/19 days! But it's an experience I will never forget and I will forever be in debt to four legged comrades who followed me day after day without question.

What a fantastic effort – well done Karen!!!



### Emmett Technique:

We hope you're all enjoying following and One of our volunteers, Nikki Murdoch, is an Emmett technique practitioner. She recently offered her skills for free to try and help a few of our ponies - Morag, Erin and Morven. Morag in particular has been suffering from the ailments of old age, mainly arthritis. Emmett uses light pressure on specific parts of the body known as 'Emmett points' to stimulate a physical change. Morag was certainly much happier after her treatment (as were a few of our human volunteers too!! Nikki also helped out with a variety of ailments for them from back pain to a troublesome elbow!). Thank you Nikki.





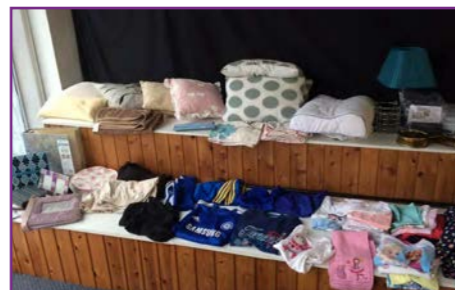
## OBAN & LORN



How much easier life is at Oban and Lorn with their new hoist and mounting block and on a good day we have a great ride out!

Our Pop Up Charity Shop, which was open for 2 weeks, helped us raise £2,000. It was manned by Committee, volunteers and a few

friends. All items sold were kindly donated before the shop opened but also during the 2 weeks we were open.



## DOUGAL'S EXPLOITS



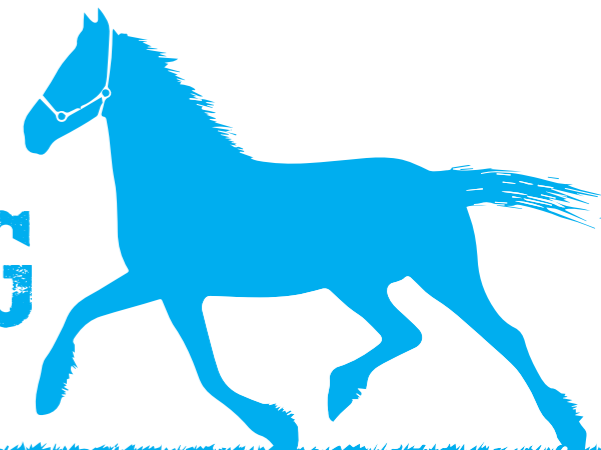
Dougal has been out and about all over the Region this summer – follow him at:

**@RDA\_WCScotland #WCSOTRDA**

Visit our Regional Website:  
**www.rdawestcentralscotland.org.uk**

Always looking for news from around our Region!  
Please email your group activities to our Regional Webmaster, Bernadette  
**at: bernieleslie@gmail.com or drapper@kilewnan.org.uk**

# FORTH DRIVING GROUP



**This group is one of our smallest Groups but definitely one of the busiest!!**

Fundraising Drinks party at Pippa Maclean's raising over £1500 for the Groups new Fenix Carriage. We want to say a huge thank you to all who have donated monies for a new carriage.



**IT HAS ARRIVED** just in time for the start of the driving season. We are all delighted that the drivers have been able to use the carriage so quickly. Ozzy has taken to the new carriage very well and

the volunteers have been quite happy with the change of vehicle. You are very welcome to come down to see what your money has been used for.



More fundraising for the Group - Emma asked for money for her special birthday and donated some to Forth Driving who bought a number

of new cones. These are greatly appreciated as they are much lighter than the ones we had!! The Fundraising never stops!! Patsy

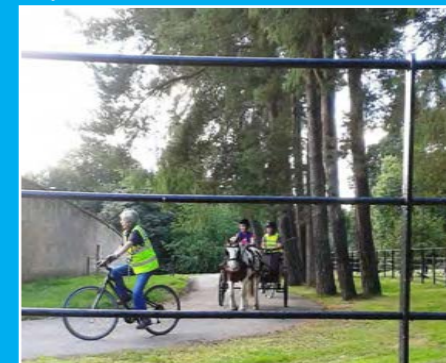
Muir-Simpson received a cheque from Asda in Falkirk for £200. The money was raised by the token collection from shoppers.

## PICNIC AT PLEAN COUNTRY PARK

A huge thank you to Wendy for organising our annual drive and picnic to Plean Country Park. Also to the Friends of Plean Country Park for

allowing us to use the cabin. Much appreciated The photos demonstrate how much the clients and helpers not to mention the ponies Ozzy

and new girl Rosie enjoyed their time. Also congratulations to new coach Carol well done on your first official drive out.





## REGIONAL DRESSAGE AND COUNTRYSIDE CHALLENGE 2017

On Tuesday 30th May, Glasgow RDA kindly hosted the West & Central Scotland Regional Dressage Competition. Over 30 Riders had trained hard for weeks to ensure that they were ready for their Dressage tests, the Countryside Challenge and Tack and Turnout Competition. All demonstrated the best of our participant's riding skills and the fantastic input from their coaches, volunteers and the support of the horse owners. It was clear that all their efforts had paid off as many riders were presented with rosettes and trophies

too. It is impossible to focus on anyone in particular but the delight, pride and joyful tears of the participants, their families and supporters, said it all. Our youngest riders stole the show at the presentations with their delight and enthusiasm when receiving their well earned prizes. This year there were an exceptional 8 qualifying results for the National Championships which will be held at Hartpury College, Gloucestershire in July. The size and breadth of the competition will be an absolutely

thrilling experience for everyone involved. There is not much time for our groups to make preparations for this next part of the adventure, so we wish those that are travelling south all the best with their planning, lots of luck, have a fabulous time. West & Central Regional Committee would like to thank Glasgow RDA, our judges, writers, Regional Vet and all the organisers and helpers for a tremendous day.



### WEST & CENTRAL REGIONAL RESULTS 2017

#### DRESSAGE QUALIFYING CLASSES

LINDSAY TROPHY WINNER: Janette Lightbody - Carrick

#### DRESSAGE NON-QUALIFYING CLASSES

GARDNER TROPHY WINNER: Louise Worrall - Gareloch

#### RDA COUNTRYSIDE CHALLENGE - NOVICE

PUNCHBOWL TROPHY WINNER: Declan McKinney - Winton

#### RDA COUNTRYSIDE CHALLENGE - INTERMEDIATE

BANK OF SCOTLAND TROPHY WINNER: Ronan McCready - Gareloch

#### COMBINED COMPETITION - INTERMEDIATE

BRIAN PETERS TROPHY WINNER: Lauren Dempsey - Glasgow

#### TACK & TURNOUT

Led: Polo & Splash - Winton  
Unled: Bella - Gareloch  
Tack & Turnout Trophy - Gareloch



## SCOTTISH DRESSAGE CHAMPIONSHIPS 2017

The weather forecast was horrible but regardless 36 brave riders came out for the Scottish RDA Championships, at Glasgow RDA, on 1st October. Although most of us got very wet, and the ground was rather soggy, it was not as bad as we had anticipated. Conditions worsened once we were all safely on our way home! We welcomed riders from as far afield as Gordon, the Borders and for the first time East Fife & Scooniehill RDA from Fife. They told me how much they had really enjoyed seeing just what other groups and riders are achieving. We saw excellent displays of riding all round but especially from those whose ponies really did not want to be performing out in the rain - a total of 9 groups were represented. For the first time we had a Gran and Granddaughter both getting 1st rosettes. Huge thanks to Nancy Peters for organising the whole event, Lynda and everyone from

Glasgow RDA, Helen and Anne, the judges, their writers, Gillie, at the shop, Mary, for being the photographer, and Isabelle, for taking care of everything else. Most of all thank you to every rider, and their support teams for making the whole day a really great, fun day. The Championship sashes were awarded to: Janette Lightbody from Carrick and Lauren Dempsey from Glasgow.



## SCOTTISH CARRIAGE DRIVING HOLIDAY 2017

Nine drivers from all over Scotland came together in June for the Scottish Driving Holiday. The weather was not as kind to us as it has been in previous years but all were undeterred and drove each day from the Argyll Group's Stables. Drive outs along the country roads were enjoyed in the mornings while in the afternoons challenging cone courses and obstacles were attempted in the arena.

Driving every day really helped the drivers to gain confidence and improve their skills. The evenings were spent making collages, a ceilidh, a barbeque and an exhibition of competition driving by Jane Isaac and her horse Boy. All these events helped the group to get to know one another and gel, especially as there were a few shy young girls who had never been on a holiday before, by the end of the week strong friendships had been formed

and telephone numbers and email addresses were being exchanged. I would like to thank the Argyll Group and all the helpers for their help and support for their help and support, without them the holiday would not run.

*Patsy Muir-Simpson*



## HOPETOUN HORSE DRIVING TRIALS - 25 MAY 2017

May. What a day! The sun shone and the Hopetoun parkland looked stunning. A big thank you to Hopetoun Horse Driving Trials for allowing RDA yet again to come to the event it is very much appreciated by all the Scottish RDA driving groups. Thanks also to Coxhill Event who sponsored the RDA classes. The only disappointment was the lack of competitors from some areas due to unfortunate transport problems. However the support from these groups who came to cheer on the competitors was appreciated. All three drivers representing Forth Driving came away with red rosettes. Competing for

the first time, Emma Hunter was delighted to record the best dressage score of the day, and win the Fliskmillan trophy. Linda Farquhar won the Intermediate class qualifying for the first time for in Gloucestershire in July. Experienced driver Alison Colville won the Open class and is delighted to have qualified for the second time for the Championships. Forth Driving also won the David Brown trophy for the group with the best average score. Forth Driving competitors and supporters rounded off their day with a lavish picnic, with Hopetoun House as a glorious back drop. The Group's success is well deserved. The

Group trains hard, fundraising over the winter made it possible to buy a new carriage and the competitors are supported by a fabulous team of dedicated and enthusiastic volunteers. Many Congratulations to all. Ozzy the pony deserves a special mention. As well as carriage driving, he has qualified for a dressage class at Championships, ridden by Millie Smith of Forth Valley Group. As a member of the support team commented "Ozzy knows how to turn on the charm in the ring!" Very best of luck to RDA Forth Driving at the Championships!





## BLAIR INTERNATIONAL HORSE TRIALS

A great four days at Blair again this year! It was great to have so many volunteers from the groups to help out on the stand – thank you to you all!

We took over £2000.00 which made the whole event very worthwhile – the Tombola was extremely popular with both the kids and the adults!

Dates for next year are 23rd to 26th August 2018 – hope to see you there!



## HUGE THANK YOU TO THE SCOTTISH INNER WHEEL



who chose West & Central Region Scotland RDA as their charity of the year last year and donated £2,000 to the Region. The money will help provide training and competitions throughout the Region. Thanks also to **The W.A. Cargill Fund** for their considerable support to also help with Training within the Region. These donations are hugely appreciated and vital as it ensures the Groups in the Region are run at National level.



## FORTH VALLEY GROUP RDA ARE ON THE MOVE!!

Yes! And what a big move it has been! Ponies arriving, portacabin installed, equipment being brought in, office set up, and a lesson in progress – no mean feat but with lots of volunteers – WE DID IT!!!! Thanks to all who made it possible and we very much look forward to our new venue.



All in a day's work for a Volunteer !!

## LINN PARK GROUP



From a great ride out in the Park on sunny day to precision riding for the Musical DVD Competition – it's all happening at Linn Park!

## GARELOCH GROUP

On Easter Friday, Jim Anderson delivered his much-loved Clydesdale, Holly, to the Gareloch Group. Needless to say the group were absolutely delighted and so very grateful. Our big horse, Seven, was due to retire at the end of the session, and we needed a horse that could step into her shoes, be there for our taller and larger riders. Holly fitted the bill perfectly. She is, as you would expect from a Clydesdale, substantial. She is also kind, gentle and trusting. Mary H. has been in charge of her training and the two of them are building up a beautiful bond. With Mary by her side, Holly has taken all that RDA sessions have to offer in her stride.

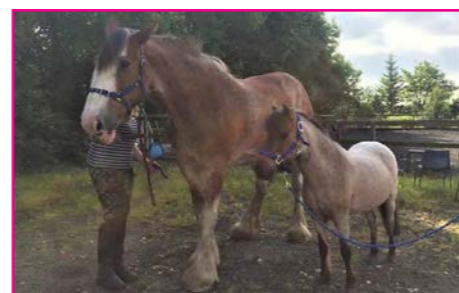
Seven has been with the Gareloch group for more than 6 years. She was the first horse that the group bought. It was a learning curve being responsible for the upkeep of a horse and having to ensure that we had the funds to look after her. But it was one of the best decisions that we made. Over the years she has steadily taken a huge variety of riders in our sessions. She was the first to be trained to the hoist. She became very adept at parking herself under the hoist at the end of half an hour's lesson! She also took to the dressage arena with surprising aplomb. When on parade she polished up very nicely and always did her best. She is retiring to be with one of our coaches, Alison. The two of them are set to enjoy gentle hacks out in to the countryside high above the Clyde. The perfect move forward for our gentle lady.



Seven

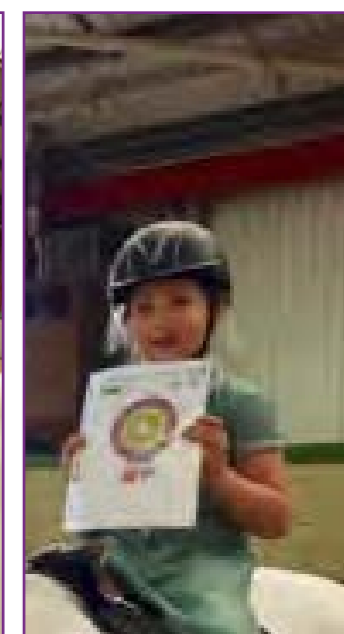


Carys Marie with Holly



Littlest and Largest!!

## AUCHTERADER GROUP



Auchterader youngsters receiving their Endeavour awards and 5 have completed their tracker reports.