



A change of name for our group to *Galloway RDA*

With effect from 1st April 2017 our group changed its name to GALLOWAY RDA. The group was started in 1981 and up until about 10 years ago was held at various different venues around the Newton Stewart/Machars area. As the group has now been at Barstobrick for many years it was felt by the members that the name did not represent the group and riders appropriately and a change was necessary to embody the area in which the group operates and promote it further with a more meaningful and memorable name. Please spread the news.

Gatehouse Show and Fundraising Day—Sunday 17th September, 2017

The annual Gatehouse Show will be held at Barstobrick Equestrian Centre in aid our RDA group. There will be the usual classes as well as some new DRESSAGE Classes plus a raffle. Please put the date in your diary.

Edinburgh and Border Region Fundraising Event - Thursday 25th May 2017

@Gray Paul Maserati Bentley Ferrari Garage, 4 Whitehill Rd, Edinburgh EH15 3HR - 7pm

Ticket Price £20pp includes a drink and fork supper. Live auction, silent auction, RDA Film

Launching one of the Fifteen horses sponsored by the Wooden Spoon Rugby Club

A Riders Challenge



New group rider Violet has a challenge ahead of her and she is very determined to succeed.

Violet has been coping with diabetes and kidney dialysis since the age of 14 but has ridden horses on and off all her life and has her own horse, Amber, a 16.3 h bay mare. She had been riding daily until she fell seriously ill in February 2016. Whilst in hospital last year, following an infection in both her feet and severe pain in her calves, (a complication of her medical condition), she was shocked to awake one day to find that she was a double amputee from below her knees.

Violet joined our group in March this year to help regain

her confidence as she is determined to ride her horse Amber again. The first time Violet rode with us she was nervous to start with but soon started to enjoy the ride until it was time to dismount, which made her feel a bit sick. The last two times she has ridden she has felt much better and even started trotting. With the help of our group members and pony, Lightning, we hope to help Violet achieve her goal and ride her horse again very soon.



Check out our new notice board

The group has purchased a white board which is on display every week.

The board has the names of the weekly riders, the name of the horse they have been allocated to ride and the name of the volunteer leader. Also on the board is the start times of the rides and important information regarding First Aid, Safeguarding etc.

Galloway RDA meet every Wednesday morning during school term time (10am start for Adult weeks and 9.45am for Primary weeks) at Barstobrick Equestrian Centre, Ringford, Castle Douglas.

For further information on how to volunteer or get involved please contact Veronica Harris on 015565 288645

www.gallowayrda.co.uk

Email:- gallowayrda@gmail.com

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Still volunteering and riding at 74 years young!!

One of our longest running volunteers, Alistair Barnett, had fun last week when he rode Rolly. Alistair joined the group back in 1982, shortly after the group was formed and has been involved ever since. When Rolly did not have a rider in the first session, Alistair was more than happy to join in the fun and ride Rolly in the lesson. Alistair you are an inspiration to us all!!

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Update from our Instructor and County Chairperson, Wendy Milliken.

Going into the last term of the academic year all our riders are doing well. Newcomers have started the first Tracker assessment and for those who had their initial assessment last year, had their second. I am pleased to say that all riders had increased in at least one of the sections and improvements in physical ability and attention capacity were noted.

On the 15 June 2016 a number of riders from our youngest groups completed their Proficiency Test Grade 1 in Horsemanship and Horse Care. The details were published in our newsletter, July 2016, issue no. 28. Unfortunately Drew and Rhiannon could not attend on the day that the Certificates were handed out so they missed their picture in the newsletter. Belated congratulations to Drew and Rhiannon and good luck to those riders moving on to Grade 2 next year.

Regional Dinner and Coaching Conference—Lets Get Physical

On the last weekend of January 2017, Wendy and our Trainee Instructors Taryn and Janet attended the Regional Coaching Conference and Dinner in Edinburgh. The members were divided into three groups who took part in three workshops. These included :- Pilates with Keelie Craigie, and the links to horse riding, posture and strength, Centered Riding with Anne Currie, observing the position of the pelvis and seat bones in balance and a workshop with Margaret Morgan highlighting the benefits of games, movement/balance, communication and hand/eye coordination. In the afternoon the members were introduced to National Participant rep, Emma Wells, who gave an encouraging and supporting talk representing the participants. In the last session of the day Keelie and Anne covered 'the pelvis powerhouse—where rider meets horse'. This involved a demonstration with three horses and able bodied riders of varying abilities to show how a balanced pelvis creates a balanced rider.

Attending the conference helped our instructors gain knowledge, hints and tips from experienced people which will help them overcome and understand some of the difficulties our riders may be experiencing.

The RDA is a huge organisation and is split up over Britain into Regions. We are part of the Edinburgh and Borders Region. Each region is split into Counties, Dumfries and Galloway is one of 4 counties within the region. Each County has to provide training to their volunteers and our County Coach and County Chairman are trying to organise a training session on Monday 3rd July. This session is being planned with Physiotherapists, to help with physical disabilities and safe moving. Our County participant representative is giving a short talk and there will be a resume on leading and safety. Hopefully most volunteers will be able to attend as this is an ideal opportunity to learn why you are told to do something a certain way. It is also a good chance to meet other volunteers and hear from them about their groups, we are all different but with the same aim, providing an experience for the users to achieve *What They Can Do*.

