

**Meirionnydd (MSRG) Group**



Congratulations to Rhiannon, Katie and Bethan who all took part in a fun Vaulting Barrel competition in Shropshire on the 15th December, along with other participants from Perry RDA and Shropshire Vaulters BEV group. The afternoon was a great success with over 20 entrants taking part, and our Meirionnydd vaulters each performed an individual freestyle to music on the barrel which were judged by Diane Williams, in front of an audience in Fitz Village hall. We'd like to say a big thank you to Lynne and Sam who organised the day- and also to Di, Dan and all the volunteers who helped to make this enjoyable day possible.

**Hope Mountain RDA Group**



This Autumn and Winter term has been as busy as usual, with the Tuesday Team preparing some of our children for their Grade 3 Riding and Horse-Care certificates. All of them passed successfully and we now have four children about to start their Grade 4 - and our younger ones about to follow in the hoof-steps to Grade 3. With three new volunteers (isn't word-of-mouth wonderful!) some of the pressure is reduced and we now have enough volunteers to work in the arena, which makes such a difference because some of our children need three helpers - and a fourth to work on the grades. This year we were particularly fortunate

to be nominated as VW Wrexham's Christmas Charity. Father Christmas arrived, having refuelled with petrol and presents at the VW garage, with a sackful of wonderful presents for our children and lots of smiles and laughter for everyone. Each of the children took home some wonderful gifts, some even silenced in true wonder and amazement. One or two of the volunteers were perhaps a little disappointed that Father Christmas did not have room in his sack for a retro' Camper Van. We were even prepared to share it and to take turns cleaning it. But thank you Father Christmas and VW Wrexham; your kindness and generosity meant so much to us all. Our last day of riding was enjoyed by all: happy children and happy volunteers. We all wore our assorted Christmas hats (two volunteers had to keep apart, because their turkey hats took a fancy to each other), ate lots of cake and mince-pies, we'd met Father Christmas and received lovely gifts and still laughed from our trip to the panto the previous week. A very positive end to the year, going home with thoughts of what we can achieve next year with our productive and inclusive Team Tuesday. © Chris Dixon 2018 Chairman Hope Mountain RDA - The Tuesday Team - 01978 897 896 [chairman@hopemountain-rda.org](mailto:chairman@hopemountain-rda.org)

**Greenfield Group**



Greenfield RDA group were delighted to receive a Vaulting Taster Session from Calon Vaulting Group in November. It was not only great fun but very educational, with horse knowledge, wooden horse and actual horse (on board the fantastic Sherry) sessions. All riders gained either Level 1 or Level 2 certificates and were absolutely thrilled, their smiles were a delight and the confidence they gained was tremendous. Thank you very much Calon – do come again!

**Conwy Gogarth RDA**

The year got off to an exciting start for Gogarth group with the regional riding competition at Penycod; then it was on to Hartbury College in July, where Kimberley Williams secured two 4th places for dressage and the Countryside Challenge at national level. This led to Kimberly being nominated and short-listed for

a **Special Achievement Award** at Conwy Sports Awards 2018! Kerri Rockey (chair trustee) Carol Moore (secretary) and Jan Ruth



(publicity trustee) attended the event along with Kimberley at Theatre Clwyd in Llandudno, where awards were presented by Welsh rally driver, Jade Pavely. We ran a vaulting session in August on home ground, and in September our popular yearly holiday at Clwyd Special Riding Centre was another great success thanks to Liz Fytyan who did a sterling job organising the event. Next year sees the 50th anniversary of the RDA and a publicity campaign to find '50 faces' is already underway. In small, unknown RDA communities across the country, there will be more than one face who qualifies for inclusion but of course, not everyone will make that final 50. Our publicity trustee thought it a fun idea to bang our own small but very significant drum in Henryrd, North Wales. The Gogarth collage is an acknowledgement of each and every individual, including our riders, all the volunteers, the teaching staff and of course, the horses. The accompanying article to this idea was printed in Stopwatch Magazine and is also published to our new Facebook page.

**Treborth Group**



Riding started at our new venue Snowdonia Riding Stables, Waunfawr at the beginning of September. Three new volunteers joined nine experienced helpers for a very enjoyable training morning. Later in the term three more new helpers joined us. Sarah our Tuesday evening coach writes about the unexpected benefits of moving establishments. "Already our riders have shown a marked improvement in their riding ability with several now riding off the leading rein, and some gaining in confidence, developing their communication and cognitive skills. I was expecting a period of adjustment for both riders and helpers after the long break but I am delighted that not only have the riders retained their skills but they have progressed rapidly with their own personal goals, challenging me to keep up with them! This is due mainly to the horses and ponies on the new yard. Thank you Snowdonia for providing us with such super equines. A special shout for Beauty, a coach's dream horse, sensible, responsive, honest and willing." At half term eight of our helpers enjoyed a hack out from Snowdonia Stables. Riding times: Tuesday evening, 4.45 to 6.15 (six riders mixed ages and abilities) Wednesday morning, 10.00 to 11.15 (ten children from Ysgol Pendalar Special School)

### Montgomery Area RDA Group



It has been a very busy term. We started with a visit from Lynne Munro, the Regional Physio., to assess our young four year-old with cerebral palsy. We concluded with a visit by Anne Furey, who gave much food for thought for our helpers, as to how we might develop the group in the future. Meanwhile we received two small, unexpected donations, one being from the local branch of the Trefoil Group who had chosen RDA as their charity of the year, and are sponsoring the next Countryside Challenge at Hartpury. These were most welcome. In the midst of this I was lucky enough to be able to go to Glasgow for the AGM chaired by Princess Anne. The event started the night before with a rip-roaring Scottish ceilidh, with the formal proceedings the following day. These included fascinating talks by Max Stainton, who had ridden to Mount Everest Base Camp to raise

funds, and Ann Brown, who had learnt to manage multiple sclerosis through riding. Back at Pen-y-Coed, we finished the term with a presentation of rosettes to the children from our coach, Jim. Penny Harris, Vice Chair

### Calon Group



Calon RDA continues to provide vaulting taster sessions in North Wales Region. we have enjoyed sessions with members of HemiChat charity, Conwy Gogarth holiday group and Greenfield group since the last newsletter and would like to thank all who took part, as well as the Meirionnydd Group for allowing us to use Sheri, their vaulting Cob.

We look forward meeting more participants in 2019 and welcoming previous participants to more vaulting sessions. We are looking forward to the new year. If you would like information about our group please email:

calon.rda@outlook.com or ring 0775 211 0825 or look up our new facebook page. Vaulting is often described as gymnastics on horseback—beginning with simple moves and exercises on the horse that improve riding posture, as well as the participants flexibility, strength and fitness.

### Ynys Mon RDA Group

Ynys Môn Group has had a busy term and have had riders compete at the inaugural RDA Intellectual Disability Dressage Championships in association with BD at Solihull as well as support a rider from Clwyd Group.

Congratulations to everyone from the region who made up an awesome team. It was then followed by a skills week for 4 riders at our new carriage driving which was an exciting success with 6 grade certificates awarded.

Excitingly we now have a level 2 & 3 showjumping coach in the group so will soon be able to develop our sessions further.



For the first time riders from Ynys Môn attended the regional 2 day camp. They brought their own ponies and we all piled into one of the lodges overnight. We will certainly be making this a date in our annual calendar. Some marvellous achievements and progressions were made both in confidence and skills. Here is some of the feedback I received from participants and supporters. "She is lovely and feels really motivated" – participant describing the horse they were trying. "RDA camp was not only an opportunity to see my daughter improve in a safe encouraging environment but it was an opportunity to learn from experts how I can encourage and develop her further. And, it was a great chance to catch up with other parents, share experiences m frustrations and many laughs". "Epic two days with amazing people". "Big girl pants ARE on". "Horses like to work with you don't they". "Thank you so much, that made me feel good". "Thank u all so much for this incredible trip it will stay in my memory forever"

North Wales Region RDA  
It's what you can do that counts



North Wales RDA exists to support the Region's 10 RDA groups with information, training, participant events. We also work with Groups and National RDA to celebrate volunteer and participant awards and achievements.

For more info about the region email: [rdanwaleschair@outlook.com](mailto:rdanwaleschair@outlook.com) or ring 0775 211 0825 website [www.nwalesrda.org.uk](http://www.nwalesrda.org.uk)



**Coleg Cambria Equine Centre, Northop, Dressage Championships  
Including RDA Specific Classes. British Dressage Tests. RDA Rules.**

Entries £12 per class to be made via the internet on [horsemonkey.com](http://horsemonkey.com)  
Times will be found on [horsemonkey.com](http://horsemonkey.com) 2 days before the competition.

Website:- [www.cambria.ac.uk/facilities/sports-and-activities/equine-centre-northop](http://www.cambria.ac.uk/facilities/sports-and-activities/equine-centre-northop)

Facebook: Coleg Cambria Northop Equine Centre

Enquiries :-

Email :- [pippa.norman@cambria.ac.uk](mailto:pippa.norman@cambria.ac.uk) or [lindalawebster@tiscali.co.uk](mailto:lindalawebster@tiscali.co.uk)

Tel:- 01978267401 or 01978757664

**Qualifiers:-**

SATURDAY 2<sup>ND</sup> FEBRUARY - INTRO C PRELIM 18

SUNDAY 17<sup>TH</sup> MARCH - INTRO B PRELIM 7

SUNDAY 28<sup>TH</sup> APRIL - INTRO A PRELIM 13

One score of 60% or more at any of the above competitions will qualify you for the Championships

**Championships :-**

SUNDAY 19<sup>TH</sup> MAY - INTRO C PRELIM 14

**Team Dressage Competition :-**

SATURDAY 25<sup>TH</sup> MAY. - INTRO B PRELIM 13

Teams of 3 or 4 riders

