

# EAST PARK RIDING FOR THE DISABLED GROUP

ISSUE 16—December 2017/February 2018

## EAST PARK NEWS

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### *Great start to 2018!*

#### News

#### **Incredible Donation from Copthorne Golf Club**

Copthorne Golf Club is a members club in West Sussex that offers a high quality 18 hole golf course. 2017 marked the 125th anniversary of the founding of the club and after visiting East Park at Little Brook to watch some of our pupils ride, Captain Paul Delaney and Lady Captain Sandy Flynn, chose East Park as their Charity of the Year. They were impressed with how hard the children worked on their riding and in developing skills they can potentially transfer to other areas of their lives and learning.

In January this year they returned to present a cheque to our patron Dame Judy Dench and Chairman James Baxter for the magnificent sum of £10,180.80.

This was achieved through tireless fundraising events throughout the year, various challenges, and I have been told, a good portion was raised through the



indiscriminate fining of members and visitors alike for imaginative infringements of club rules! These included the wearing of socks, using coats in bad weather, looking windswept etc.

We thank both Sandy and Paul for their enthusiasm and commitment which led to this record sum being achieved.

## Santa visits East Park riders

Despite the cold on the last ride before Christmas, Pupils from ST. Stephen's Primary School were delighted by the appearance of Santa and his elf, who arrived in style on a carriage driven by Jon Day. The carriage was adorned with tinsel and fairy lights and pulled by Guy of Gisbourne.



With Guy transporting Santa the reindeer were able to take a short break at this busy time of year. Santa kindly handed out presents to all the children and accompanied them on a circuit of the sand school in the carriage.

## The Volunteer Christmas Party



East Park volunteers attended a Christmas party hosted by Sally and China in the spacious Chamfron building. There were ample supplies of mulled wine and seasonal nibbles provided by Sally and China and it was a lovely way to see out 2017.

Without the weekly commitment shown by our wonderful volunteers, East Park would not be able to operate to the standard that it does. We are very grateful to all of them for their efforts.

Many took-up the chance to be taken around the indoor school by carriage, for most it was the first time they had experienced being on a horse drawn vehicle. Thank you Jon for harnessing up and driving in the freezing cold!

## Annual assessment

The Annual assessment was held on 29.11.17 Annie passed and Georgie is now an instructor. Many congratulations to them both.

## Children pass Grade 1

On Monday 4th December 6 children from Manor Green Primary School successful completed, and passed Grade 1 riding and horse care. The children of mixed abilities have all worked extremely hard since the beginning of September to learn basic points of the pony, parts of the saddle and bridle and how to greet a pony as well as basic steering in and out of cones and giving commands to walk on and halt their pony when asked.

The volunteer helpers on a Monday morning and I have especially enjoyed this group of children who have been particularly keen to progress, we are sad to lose them, but look forward to the new term and the challenges that will bring with a new group of children.

Katie

## Endeavour Awards Earned

Early last term all twelve riders from ST. Stephens set their new Endeavour targets. By choosing them themselves with guidance from their coach Lysa, they took ownership of working on the skills needed to meet their individual targets.

For some it was to develop their contact or positions so they could ride off lead at walk. For others the targets were to control their behaviour while waiting or to be aware of and react to changing elements in



their surroundings. These skills once gained transfer well to all aspects of their school life.

On the last ride of term coach Lysa was able to present all of the hard working children with their awards. The children will now build on these skills when setting new targets for the coming term.

## Carriage Driving at East Park

The cold winter weather has now descended upon us with crisp frosty mornings and unpredictable rain. But our stalwart carriage drivers carry on regardless, which is testimony to the high level of their enthusiasm and commitment.

We hope to be making another appearance at The Harness Horse Parade at The South of England showground in Ardingly, on Easter Bank Holiday Monday. So please come along and give us your support.

It is always wonderful to get feedback from our carriage drivers, and also very useful. One such driver, John, who has been driving with us for approximately three months has kindly provided the following testimonial:

### Carriage Driving and Me

"When I had my car accident in 1991, my quality of life as an able bodied man came to an abrupt end. I was born and spent my formative years in a suburb of West London. There was a riding school near to where I lived and grew up. I was in my twenties at the time and wanted to try horse riding, but the cost was far too prohibitive.

That all changed however, when my darling mother retired to a bungalow in a town on the edge of the New Forest. Travelling down to mothers to stay, I used to pass a riding school, so because it was something I had always wanted to do, I seized the opportunity and booked some riding lessons in their indoor school.

Well, I thought with my car crash my horse riding days were at an end, so you can't imagine my delight when I could participate as a disabled person in horse carriage driving

You may well be thinking, how is a hemiplegic person {one paralysed down one side of the body} and non-verbal, able to control the movement of the horse with only one useable hand and arm. How do I manage to control both reins? The answer is a 'REIN BAR' a simple piece of doweling with a hole at either end, where the reins are passed through and tied at the back, thus enabling me to turn the horse both right and left and to halt just by using my non paralysed left arm.

I get a lot of satisfaction from Horse Carriage Driving, being in a wheelchair and having the ability to control a horse again is both exhilarating and therapeutic and I hope to continue for the foreseeable future".

Thank you John for taking the time to write of your positive experience and we look forward to continuing our driving sessions together.



### **Felbridge RDA Driving Show**

We hope to be entering two of our disabled drivers in the above show which is being held on Tuesday 24th July at The Felbridge Showground near East Grinstead, so if you have the time please come along and give us your support.

## Forthcoming events



### The Star

The Star at Lingfield holds a quiz night every Thursday evening from 8:30pm with cash prizes for the winners. East Park regularly receives a portion of the funds raised on these evenings so if you're in Lingfield on a Thursday evening do challenge yourself by joining in.



### Horley Lions Horse Show



Horley Lions have been holding an annual Horse Show for over 25 years with events that include Jumping, Ridden, In Hand, Handy Pony and Fancy Dress.

It is supported by riders from both near and far and it has gained the reputation of being a "friendly event" providing enjoyment for all those that attend. But you don't have to be a rider as you are welcome to come as a spectator – there is no charge for entry to the show-ground.

East Park branch of Riding for the Disabled Association will be assisting with the event judging and organising. As a consequence the majority of the profit from this is donated to East Park.

This year's show will be on Sunday 27<sup>th</sup> May at the Felbridge Show Ground.

# Grants & Donations

## Successful Quiz Night

There was an incredible turn out for the 19<sup>th</sup> January Quizz Night which was followed by some great feedback. Lots of fun was had by all who attended. The food arrived hot and the excellent portion sizes ensured everyone was more than satisfied.

The eventual winner of the £50.00 raffle prize money, donated by Premier Bathroom Products Ltd, kindly re-donated it making a very considerable total of £656.00 .

Well done to Saz and Caroline for all their hard work making the night such a success.

## In addition...

£200.00 Acorn Quiz Night

£247.00 Blackwell Primary School

£1000.00 Anonymous donation

£1,350.00 The Royal Warrant Holders Association grant for a saddle & bridle

East Park can only operate with the kind donations from companies, organisations or individuals and we would like to express our grateful thanks to the following organisations;

**The Village Jewellers,**

**Woodhatch**

**East Grinstead Lions &**

**Horley Lions**

**Little Brook Equestrian Centre**

**The Star**

Public House Lingfield

**Copthorne Golf Club**

Borers Arms Road

Our grateful thanks for their continuing support by fundraising on our behalf.

# Help us Fundraise!

**Note Cards** Note cards with pictures of our horses are available from Little Brook Equestrian. Singly at £1.20 or in packs of five for £5.

**Easy Fundraising** If you regularly shop online, you can help us with every purchase you make. Simply register with [www.easyfundraising.co.uk](http://www.easyfundraising.co.uk) and access your favourite websites through their page. We receive a donation every time you shop.

**Become a Friend of EPRDA** For £10 per year, you can become a Friend of East Park RDA and receive newsletters to keep you up to date with our activities.

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## Sponsor a Pony

This year we introduced our Christmas fund raiser of sponsoring a pony. It is such a lovely idea that we are going to continue throughout the year so you will be able to purchase the gift for birthdays and other events.

With gift ideas always so tricky, consider our pony adoption package as the gift that keeps on giving!

For £30 you can adopt a pony for the year! Receiving 4 letters throughout the year from the pony of your choice, an adoption certificate, two photos in every letter and three invitations to come and visit your pony/horse. Here you will brush, feed treats and have a ride!

Go onto our Facebook page for more details and to select your pony.



## East Park Riding for the Disabled Group

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We're On The Web

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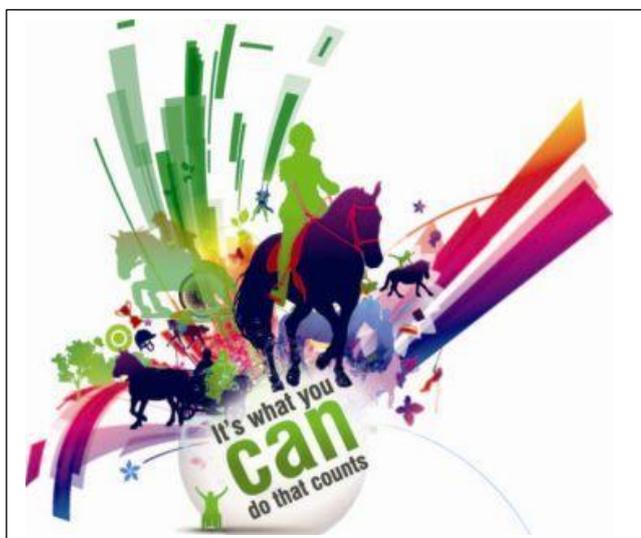


## Please Like Us on Facebook

[WWW.FACEBOOK.COM/EASTPARKRDAGROUP](http://WWW.FACEBOOK.COM/EASTPARKRDAGROUP)

Registered Charity Number: 1074259

A Member Group of Riding for the Disabled Association Incorporating Carriage Driving, Registered under Charity Number 244108



## Our Supporters



# RDA Term dates

Spring term 2018

Start of term	Half term	End of term
8 <sup>th</sup> January 2018	12 <sup>th</sup> February -16 <sup>th</sup> February 2018	22 <sup>nd</sup> March 2018

Summer term 2018

Start of term	Half term	End of term
23 <sup>rd</sup> April 2018	28 <sup>th</sup> May – 1 <sup>st</sup> June 2018	12 <sup>th</sup> July 2018