

Erme Valley RDA

Offering opportunity by opening doors



November 2024

Christmas Fundraiser – Join Our Christmas Celebration!

We're thrilled to invite you to a festive evening at *The Brook* to celebrate **40 wonderful years of RDA** and the Christmas season! This event is also a fundraiser, so all proceeds go back to support our programs.

How You Can Help:

- **Raffle Prizes:** Donations welcome!
- **Volunteers:** We need extra help on the day.
- **Christmas Goodies:** Edible and handmade items to sell.

Details: See the attached poster for more information. If you'd like to help or donate, please speak to Peggy.

Christmas Cards – On Sale Now!

Pick up a few festive RDA Christmas cards, available for just **£1 each!** Perfect for spreading festive cheer while supporting our centre.

Survey Update – Thank You!

A huge thank you to everyone who participated in our recent rider and participant surveys. One of our volunteers is now collating the responses, and we'll share the results soon!

Initial Insights:

- Volunteers and staff are encouraged to wear RDA sweatshirts or polo shirts to look more uniform and maintain safety and safeguarding standards.
- This includes our work experience participants, all of whom receive a burgundy polo shirt.

Winter Routine Reminder

With winter approaching, please remember to **call ahead** if weather conditions are uncertain to confirm that your session is running. We'll post any updates on our *Facebook page* first.

Social Groups Highlights

- **The Happy Hoof Group:** Recently enjoyed a lovely meal with Sarah and Martin, followed by an uplifting therapy dog session at *The Brook*. Next up, they'll be meeting at *Ivybridge Brewery* – everyone's excited!
- **The Accessible Social Club:** Had a fun pumpkin-carving session and cheered on Sarah and Laura as they completed their **40 laps for 40 years challenge!** Next session, they'll be learning how to draw horses with Ysbael!

Horse News

- **Angel's Retirement:** Angel has found a wonderful new home with Rachel, where she's already taking part in various activities. We're grateful for her years of dedication to our riders at Erme Valley – she will be missed!
- **New Horses:** Replacing horses is a challenging process, so we appreciate everyone's patience. This may mean occasional adjustments to sessions, such as shorter rides, using the mechanical horse, or waiting periods.

Thank you for your understanding as we continue finding the right matches for our riders.

Driving Program – Volunteers Needed!

Exciting news – we're adding **driving** to our list of activities! We are seeking volunteers, both new and existing, who have driving experience or an interest in helping. Rachel French has already had her initial training session with the regional coach and Peggy has spent time visiting Rosanna, and Ann Walter Symonds who are kindly offering their support.

Training Updates

We have several training sessions planned in the upcoming month! See the attached posters for details.

Coming Soon: Makaton and first aid sessions are scheduled for after Christmas.

Welcome to Our New Yard Staff!

We're excited to introduce our new yard staff members, many of whom are keen to train as RDA coaches! Also, a warm welcome to *Natalie*, who has taken over our Equine Facilitated Learning sessions on Fridays.

Events and Tickets

- **Finlake:** For those attending, please finalize your payment with Peggy.
- **London Horse Show:** Tickets are still available. Let Peggy know if you're interested, as we'll soon offer remaining tickets to others.

Exciting News – Virtual National Championships!

On the **16th and 17th of November**, our riders will compete in the **Virtual National Championships!** Keep an eye on our *Facebook page* for the live stream link – the top three from each class will be shown live, so you won't miss a moment of the action.

We're incredibly proud of everyone participating and wish all our riders the best of luck! Let's cheer them on together!

Wish List

We're in need of a few items to keep our centre running smoothly:

- Raffle prizes
- Cleaning products
- Tea, coffee, and biscuits
- Pens (biros)

Any donations would be greatly appreciated!

Thank you for your continued support and dedication to Erme Valley RDA.

The Erme Valley RDA Team

Dates:

- **9th November** – Glitter Ball (See poster below)
- **11th November** – Happy Hoof Session at Ivybridge Brewery
- **15th – 16th November** – Training days
- **19th November** – Accessible Social club Activity Painting with Ysabel
- **22nd November** – Finlake
- **23rd November** – Riding as normal
- **25th November**, 12 p.m. – 1:30 p.m. Hippotherapy Training:
- **27th & 28th November** – Coaches' Reviews
- **30th November** – No riding
- **2nd December** – Work Experience only No riding sessions
- **3rd December** – Accessible Social club - Wreath Making
- **7th December** – Christmas Concert & Table Top Sale (No morning sessions)
- **8th December** – Christmas Market (Ugborough village Hall) – help needed
- **10th December** – Tea with a pony
- **6th December** – Christmas Lunch @ The Ship Ugborough
- **17th December** – Accessible Social club - Christmas Meal @ The Ring Feeder
- **19th December** – End of Term
- **22nd December** – London International Horse Show
- **8th January** – New Term Begins

The
British
Horse
Society

SAFEGUARDING TRAINING DAY

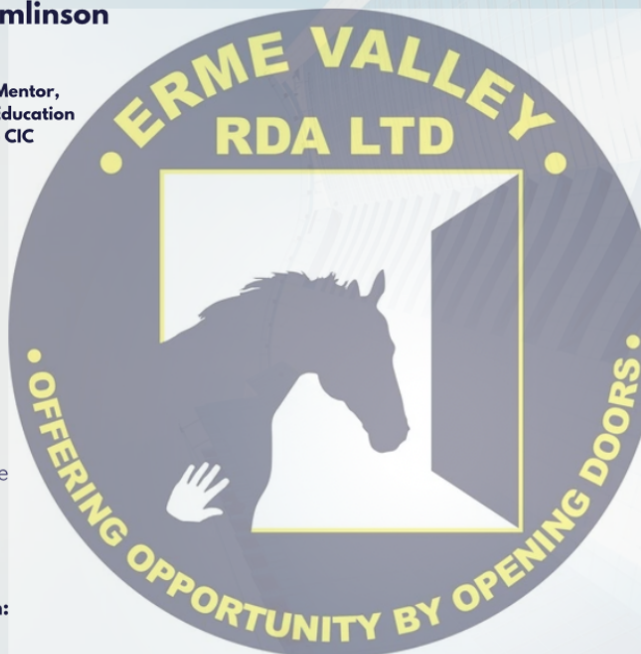
RDA 

Training by Mel Tomlinson

BHS APC UKCC Level 3 coach
RDA Advanced coach
British Dressage/ Para Coach, Mentor,
Coach Developer, Alternative Education
Provision SEND Tutor. Sunshine CIC

**FRIDAY,
15TH
OCTOBER
2024**

10:00am to 15:00 Approx
Erme Valley Riding for the
Disabled,
Ugborough, Ivybridge



What You Will Learn:


- Safeguarding refers to the proactive approach to keeping children, young people and adults at risk safe from harm.
- The course focuses specifically on Safeguarding in equestrian settings and will help those who attend to create a safe environment for staff, volunteers and participants.

**GREAT OPPORTUNITY FOR
FACE TO FACE TRAINING!**

Register Now!
Contact Peggy to book on

 **Phone**
07882286421

 **Website**
www.ridingatthebrook.co.uk

 **Address**
The Brook, Ugborough,
PL21 0HG



COACHING COUNTS **BACK TO BASICS**



Training by Mel Tomlinson

BHS APC UKCC Level 3 coach
RDA Advanced coach
British Dressage/ Para Coach, Mentor,
Coach Developer, Alternative Education
Provision SEND Tutor. Sunshine CIC

**SATURDAY,
16TH
OCTOBER
2024**

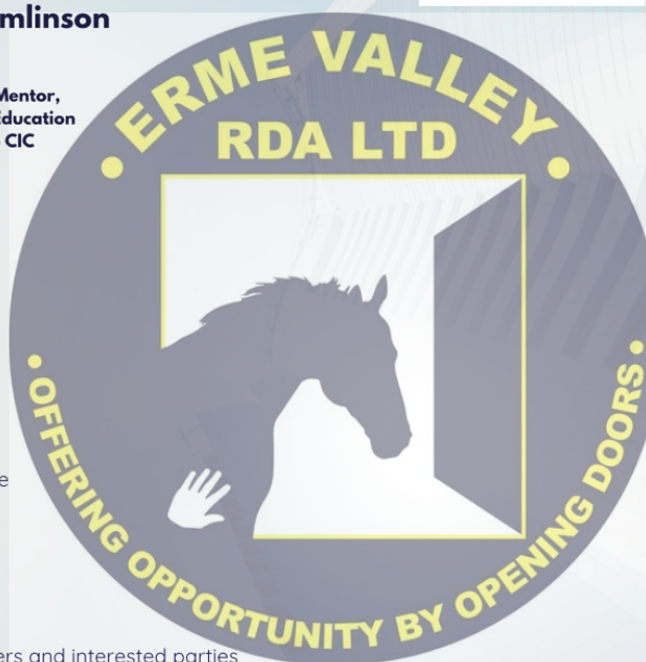
10am - 12 noon
Erme Valley Riding for the
Disabled,
Ugborough, Ivybridge

Information

- For Coaches, Volunteers and interested parties
- Refreshments provided
- Practical sessions covering the back to basics a great refresher and introduction to RDA.

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COACHING COUNTS

CPD FOR RDA



Training by Mel Tomlinson

BHS APC UKCC Level 3 coach

RDA Advanced coach

British Dressage/ Para Coach, Mentor,
Coach Developer, Alternative Education
Provision SEND Tutor. Sunshine CIC

**FRIDAY,
15TH
OCTOBER
2024**

6pm to 8pm
Erme Valley Riding for the
Disabled,
Ugborough, Ivybridge

Information

- For Coaches and Directors
- Refreshments provided
- Roles and responsibilities within RDA
- Rider Psychology



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