



Hoofprint

Gaddesden Place RDA Newsletter

May 2011

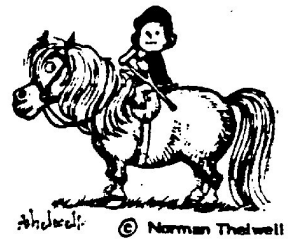
www.gaddesdenplacerda.org.uk

Enquiries Tel: 0845 241 5309

Published by Gaddesden Place RDA Centre - Briden's Camp, Hemel Hempstead, HP2 6EX

A Private Limited Company Registered in England and Wales No: 7512961

Registered Charity No: 1140330



Welcome to another edition of 'Hoofprint' –

keeping you in touch with all the activities at Gaddesden Place RDA Centre.

We know from the positive feedback we receive that our riders thoroughly enjoy their sessions with us. But the fun to be had from being part of Gaddesden Place RDA Centre flows both ways. Helpers, Instructors and Trustees get a great deal of satisfaction from the work they do. In particular, all the volunteers feel highly privileged to enjoy the confidence and trust of our riders and their parents and carers. The Trustees will do all they can to ensure that this happy partnership continues to develop and flourish.

Whatever your connection with Gaddesden Place RDA –

We thank you for your friendship, interest and support.

Trevor Mills (Chairman)

VODAFONE WORLD OF DIFFERENCE



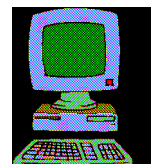
We are all proud and delighted that Rob Jennings, the Treasurer of Gaddesden Place RDA Centre, was one of 500 winners (from over 11,000 applicants) in the 'Vodafone World of Difference' programme. This award is enabling Rob to work full-time for Gaddesden Place RDA Centre for two months.

Rob will concentrate on raising awareness of our organisation in the local community - and also devise and launch a 'Sponsor A Pony' scheme for us.



To follow all that Rob has been up to since he was selected – read his blog by clicking on this link

<http://worldofdifference.vodafone.co.uk/blogs/rob-jennings/>



OUR UPDATED WEBSITE

We are extremely grateful to Alistair Grieve for revamping our Gaddesden Place RDA Centre website.

It has comprehensive information and pictures about our organisation, downloadable forms, contact details and links to past issues of 'Hoofprint'. And with just a click of your mouse on the home page you can also view the six minute film about us – produced by Gaby Evans and her brother, Andrew.

Do take a look.....search for:
Gaddesdenplacerda.org.uk

Recipe of the Month

One for those very special occasions Austrian Coffee Cake

6oz Butter	½ pint very strong black coffee with brown sugar to taste and 2 measures of brandy
6oz Caster Sugar	
6oz Self Raising Flour	
3 Beaten Eggs	
Pinch of salt	600ml pot Double Cream
	8" or 2pint ring mould greased and floured

Method

Beat the butter and sugar together till creamy then add the beaten eggs gradually (add a tablespoon of flour if the mixture starts to curdle) but don't worry. Sift and add flour and fold in with a metal spoon. Put into prepared tin and bake for approx 25min at 180c / 375f / gas 5. It is cooked when it springs back when gently touched. Leave in tin to cool. When cold pour over the coffee/brandy mixture. Let this soak into sponge then turn out onto a plate and cover with Double Cream and decorate.



'From the Horse's Mouth' Sandy says.....
"I've passed my trial period – and the vet says I'm fine. So - now I'm on permanent loan and one of the team. I love it here at Gaddesden Place RDA Centre – and 'Stanley' has become my new best friend. I'm looking forward to working with you all."



Dates For Your Diary

Sunday 15 th May	Riders Fun Day at Gaddesden Place RDA Centre
W/end 17 th /18 th June	Shaking collection tins – Tesco Metro – Berkhamsted
W/end 9 th /10 th July	Gaddesden RDA stall at 'Music on the Moor' event – Hemel Hempstead
Sunday 2 nd Oct	Sponsored Dog Walk - Ashridge
Saturday 15 th Oct	Quiz Night – Potten End Village Hall



REGISTERED AS A COMPANY

After numerous phone calls, letters and form filling, our organisation has now been registered as a Company Limited by Guarantee. Our official title is now **'Gaddesden Place RDA Centre'** We won't look any different from the outside, but our new status offers some protection to the Trustees (who are Directors of the new company) from personal financial liability. We are, of course, still a charity – and have a new Charity Commission registration number:

Charity Reg. No: 1140330

One other change is that we now have to make annual financial returns to Companies House - as well as to the Charity Commission.

SPONSOR A PONY



Sponsoring one of our ponies is a great way to help!

Individual sponsorship starts from just £10 a month.

Shared sponsorship costs from £600 a year.

Businesses may like to consider an annual sponsorship of £2400.

All sponsors will receive a certificate and a photograph of their chosen pony.

A leaflet giving full details of the scheme is available at Gaddesden Place

RDA Centre or contact our Treasurer, Rob Jennings

Mob.Tel: **07590 920527**

email:

rob.jennings121@btinternet.com



CAN YOU HELP ?

Help is required for the following events:

15 th May (morning)	– Riders Fun Day at Gaddesden Place RDA Centre
17 th & 18 th June (am & pm)	– Collection tin shaking at Tesco Metro – Berkhamsted
9 th & 10 th July (am & pm)	– Staffing a Gaddesden Place RDA Centre stall at the 'Music on the Moor' event – Boxmoor, Hemel Hempstead

If you are able to spare an hour or two to assist on any of these dates please sign-up on the lists displayed in the office area at our indoor school.

Any help you can offer will be greatly appreciated

DID YOU KNOW ?

Horses sleep while standing up ! They can 'lock' their legs so that they are able to rest without falling over. They do sometimes lie down to sleep if they feel it is safe to do so. Unlike human beings – who have one long sleep each night – horses tend to have lots of brief naps. They sleep for about 3 hours a day in total– but often for just a few minutes at a time.

JUMP FOR GADDESSEN PLACE RDA



Holly Smart, one of our Saturday volunteers, is making a sponsored skydive on 7th June in aid of Gaddesden Place RDA Centre.

If you would like to sponsor Holly – click on the link below which will take you to her 'Just Giving' page.

<http://www.justgiving.com/HOLLY-SMARTO>
Happy landing Holly !

QUIZ NIGHT

Another very enjoyable Quiz Night was held at Potten End Village Hall on April 2nd.

Table bookings and the raffle raised a total of £601.

It is anticipated that this sum will be matched with a donation from Santander (our Chairman's former employer) – thus doubling the income. Thanks to Trevor for being our Quiz-master – and congratulations to Rob's team for winning – again !

If you haven't been to one of our quiz evenings yet - the next one is on Saturday evening - 15th October. Venue – Potten End Village Hall. Put the date in your diary and come along. Table booking details will be available in due course.

RIDING CALENDAR - 2011

Riding commences	Tuesday 11 Jan	to	Saturday 19 Feb
Half-term break	Monday 21 Feb	to	Friday 25 Feb
Recommences	Tuesday 1 March	to	Saturday 9 April
Easter Holiday break	Monday 11 April	to	Monday 25 April
Recommences	Tuesday 26 April	to	Saturday 28 May
Half-term break	Monday 30 May	to	Fri 3 June
Recommences	Tuesday 7 June	to	Saturday 16 July

September start date for riding not yet known.

Any changes to these dates will be posted in the indoor school.



DRESSAGE EVENT

The following riders took part in a Dressage Event at Gaddesden Place RDA Centre on 20th March 2011.

Bonnie Warburton	on Stanley
Georgia Anderton	on Clunie
Caedman Bradle	on Stanley
Harriet Skedge	on Sandy
Beth Montague	on Murphy
Hannah Ellis	on Clunie
Edward Cooke	on Stanley
Ryan Traviss	on Sandy
Hayley Tallantire	on Murphy
Jack Eldridge	on Gemma
Anne Marie Clausen Bruun	on Sandy
Olivia Kent	on Stanley
Jackie Treliving	on Clunie
Judith Taylor	on Murphy
Jack Clayton	on Gemma
Finlay Lawrence	on Kiwi
Frankie Fitzpatrick	on Clunie
Gabby Dabbagh	on Kiwi
Erin Hennessy	on Gemma
William Meacham	on Clunie
Matteo Morris	on Sandy

Thanks to everyone (and the ponies) who helped to make this such a successful and enjoyable event.

COME AND JOIN US

New voluntary helpers are always welcome at Gaddesden Place RDA Centre.

You don't need specific skills – or experience with horses. We'll teach you what you need to know. All we require of you is your willingness to muck in – and perhaps muck-out ! Come and join us – we're a friendly bunch.

For further information about helping contact:

Sheila Finnie
(Group Organiser)

Mob. Tel. No: 07806092703

Email:

sheila.finnie@ntlworld.com

or

contact us via our Group

Tel. No: 0845 241 5309

HAY UP !



Our six ponies munch their way through 12 to 14 bales of hay every week. At the present price of £5.50 a bale – that costs approximately £10 a day.

Because of poor weather conditions last year, the cost of hay has trebled in price in recent months. It is likely that we may be paying even more for our next delivery. So – if you know of any source of good quality hay at a good price – do let Juliet, our Yard Manager, know – or contact any of the Instructors or Trustees.

THANKS TO HSBC

HSBC's Education and Training Department undertook a day of voluntary work at Gaddesden Place RDA Centre as part of their team building programme. Participants came from as far afield as Scotland and Devon !

We are very grateful for their help in poo-picking, bramble clearing and painting part of the stable block.

A second group of HSBC staff, from the Hemel Hempstead Call Centre, visited us on 14th April to present us with a cheque for £170.37 – which they raised by making and selling cakes to colleagues.

We thank them for their help, interest and support.



'HEALING ON HORSEBACK IN ISRAEL'

Hilary Fox visits an Israeli riding centre making a huge difference to people of all ages with disabilities.

Having volunteered with Riding for the Disabled in the UK for 23 years, most recently at Gaddesden Place Group in Hertfordshire, the chance to be shown around Israel's National Therapeutic Riding Association at Hadassah Neurim Village had a special appeal.

Our small synagogue, Bedfordshire Progressive, had chosen Intra for last years Annual charity appeal, and Intra told us that members would be welcome to see the centre anytime they were visiting Israel.

We contacted the Therapeutic Instructor and programme director Anita Shkedi to arrange a convenient time. Five members of our Israeli family accompanied me and my husband Gerald as we were given a tour and talk, which took up over an hour of our hostesses precious time. Anita is an amazing woman, highly qualified and experienced, yet also warm and dedicated. Her CV is too long to relate, suffice it to say she has to date lived an extremely varied life since her Staff Nurse days in the ICU of Great Ormond St Hospital in London. In 1985 she founded Therapeutic riding in Israel with Intra, which her Co- director husband Giora now manages . During that time Anita has taught and trained Instructors in more than 15 different countries. Currently she is involved in research in to PTSD and ADHD, and is a doctoral student pursuing her Doctorate in Education.

We saw an amputee veteran soldier riding very confidently. He had been working on bomb disposal when injured. Many like him have post-traumatic stress disorder, which incidentally, the MOD does not pay out for.

Another rider was a teenage lad with a severe autism disorder, and yet he was doing really advanced dressage, which requires a lot of concentration.

Anita's youngest rider she told us, was "a very 'floppy' two and a half year old with cerebral palsy, who at first had been supported riding in her lap on the front of the saddle. This child could now sit up riding unaided, a remarkable physical advance.

This incredible centre is by the sea, north of Tel Aviv, on just a scrap of land. Most lessons are in an open-air arena, which is floodlit after dark. It was interesting to see the differences between this centre and our own in the UK. All who are able are encouraged to ride in knee high boots, their riding hats have peaks unlike ours, and the more able riders help with leading and side helping the less able. Some western saddles are used, and found to be very useful, and we were shown an innovative bitless bridle, to mention just a few.

Some of the riders could easily enter the 2012 Paralympics, something else Anita has been involved with in the past in various countries. Who knows , if sponsors could be found to send them and their horses, we could well be watching them in London.

A 'wish list' for giving when celebrating a barmitzvah, a wedding anniversary, or special birthday is one way Intra draws in funds. An idea our own RDA centres here in the UK could perhaps pick up on for their own fundraising.

Have a look for yourself on the website www.intra.org.il

There is also a short film on Youtube. Do visit by arrangement anytime you are in Israel.