



HOOPING AROUND



Spring 2021

**From your Chairman
Claire Knight**



Spring has sprung and the days are getting longer which gives us all more time to spend with our much-loved horses. Soon we can start to see our family and friends now that we are beginning to come out of lockdown, which will be so important for so many of us.

The committee have been working behind the scenes to get the riding club clinics back up and running and to make plans for our summer calendar of riding fun. Details of the training clinics for April and May are included in this newsletter and we hope the remaining schedule for the rest of the summer events will be sent out to you very shortly.

We have our fingers firmly crossed that we will be able to hold our 6th birthday party in August which we hope will be full of celebrations. So please keep the 14th August free in your diaries!

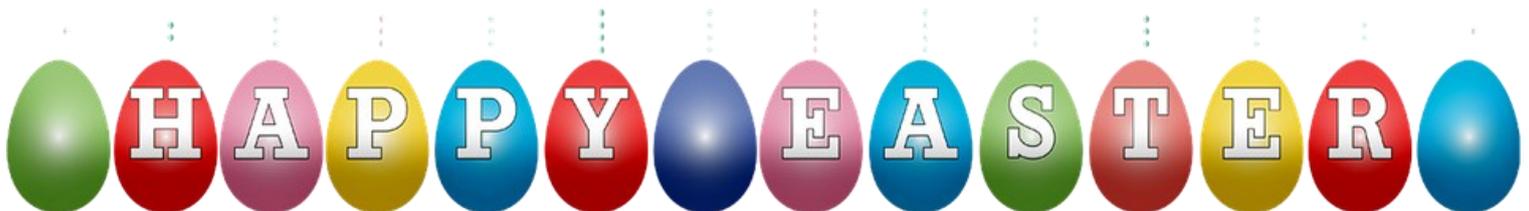
We can't wait to welcome you all back, so take a look at the dates and opportunities available to you and please book as per details provided.

Stay safe everyone and see you soon!

Claire and Gucci.
xx

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Spring 2024 Training Clinics

Terms and Conditions for Clinics – Please Read

Each session is an hour long and a cost of £20 per rider unless indicated otherwise. We will endeavor to make sure there are no more than four in a class. All training clinics are held at Kingfisher Equestrian, BA7 7PS unless stated otherwise.

Please note that if you cancel five days or less before the clinic, you will still have to pay unless we can find someone else to take your place.

To book a Clinic

To book Poles for Dressage or Gill's Flatwork sessions please email Julie at:
Juliebookings@eastmendiprc.com

To book Show Jumping or Charlotte's Flatwork sessions, please email Karen at:
Karenbookings@eastmendiprc.com

Please can we ask that when you book your training sessions, you are kind enough to make sure it is in your own diary. Collating all the names and then allocating times really does take some time, and to send a confirmation email around to which someone then replies "Oh I didn't realise I had booked on that clinic and I can't make it", is extremely frustrating and very time consuming for the organiser. Although we sometimes have reserves, if we don't, it then involves us having to put a call out on Facebook and fiddling around with everyone's times. Please have some thought for the volunteers who run your Club and "do your bit". Thanks.

Payment

We prefer payments directly into the bank. **Please do not bring cash to the clinic.**

NatWest, Frome, **Sort Code: 60 08 31, Account Number: 63700298.**
Please put your name and the clinic date on the reference.

Alternatively, please pop a cheque made payable to **East Mendip Riding Club** in the post to **12 Mendip Vale, Coleford, Radstock, BA3 5PP.** Please put your name and clinic date on the back of the cheque.

Can we please ask that you do not pay for any booked clinics until the times email goes out. It is very difficult to keep track of early payments with so many transactions going through the bank.

Please note payment should be made BEFORE the clinic and not after!





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Spring 2021 Training Clinics

All clinics will be held in the indoor school at Kingfisher Equestrian, BA7 7PS unless otherwise noted.

Please clear up your mess before leaving the venue, taking all your rubbish and poo home.

April 2021

Saturday 3rd April – **Indoor Trec Obstacle clinic with Karen Butt** – book with Karen Abrey
10am will be In hand, 11am and 12noon ridden and 1pm session for those who have done Karen's Trec sessions before and are happy with the basics. Please state which session you want to book on.

Saturday 10th April – **Poles clinic with Charlotte** – book with Julie

Sunday 18th April – **Flatwork clinic with Gill** – book with Julie

Sunday 25th April – **Show Jumping with Kim** – book with Karen Abrey



May 2021

Saturday 1st May – **Poles clinic with Charlotte** – book with Julie

Saturday 8th May – **Arena XC with Kim** – book with Karen Abrey

Sunday 15th May – **XC on Grass with Kim** – at Hill Farm, East Pennard, BA4 6TS – book with Karen Abrey

Saturday 29th May – **Have A Go Dressage** – limited numbers for this – book with Julie. **Cost will be £25.00 per person.** The format will be half an hour in the arena which consists of 10 minutes to warm up, ride your test, obtain feedback from Gill then ride your test again. **Tests are Intro C and Prelim 2 – please confirm which one you want to do when booking with Julie.**



Currently with the limitations on how many people can be in the clinic, we only need one helper per session. If you can help at any of the sessions, please let the organiser know.

From 17th May, we will be allowed more helpers. We will need a writer and another steward to assist Gill at the Have A Go Dressage on the 29th May please. We are hoping to offer refreshments by then as well.



- ◆ From 29th March it is again permitted for clinics to take place outside, and indoor arenas are considered an outside space, therefore training clinics will commence from Saturday 3rd April at Kingfisher Equestrian in the indoor arena.
- ◆ Helpers and instructors to park in the car park on the left – NOT in the main lorry parking area. Please do not block Libby's gate!
- ◆ First session members to park lorries and trailers in front of the indoor arena, second session to park facing the hedge opposite. Third session to park in front of the indoor arena and final session (if applicable) to park facing the hedge. Please be sensible about parking and keep your distance. There is enough room for four lorries or trailers on either side but please be sensible about how you park.
- ◆ The numbers in groups is restricted to a **maximum of 6**, including the instructor and Club helper. We feel it is sensible to allow one other person from the same household to attend the clinic in case assistance is needed, but this person must stay with the vehicle and cannot go into the indoor arena.
- ◆ You must be able to tack up your horse and mount without assistance to attend the clinic. Assistance can be given by the household member travelling with you, but instructors are not allowed to touch horse or rider to help with this.
- ◆ When attending a clinic at Kingfisher Equestrian, please be ready for your lesson time and WAIT in the car park (mounted) for your instructor to bring the previous sessions riders out of the indoor arena. Do NOT go to the indoor arena either on foot or on your horse to wait.
- ◆ There are no toilet facilities available at Kingfisher Equestrian.
- ◆ Your Instructor is in charge of the clinic. Please be mindful and respectful of this.
- ◆ It goes without saying we ask you to socially distance and leave at least 2 meters away from each other.
- ◆ If you or any member of your household is displaying symptoms of Covid-19 please do NOT attend the clinic.





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New Volunteer Reward System 2021

Just a reminder of our new Volunteer Reward System.

When you sign your membership form, you sign to confirm that you will volunteer for at least two events during the membership year. Now, with more members than we have had in the past, it isn't actually possible for you to do that because we can only put on so many clinics or events during the year – so to be fair that is a little bit unrealistic!

However, when we look at our Helpers Spreadsheet each year, the Committee are very conscious that in fact it is nearly always the same lovely members that help, and many don't even volunteer for one clinic or event.

These events do take some effort to put on by your committee and therefore we have decided to change the volunteer system from the membership year 2021.

The membership form now notes that we expect, within reason, that each member helps out during the subscription year and by signing the declaration on the form, you consent to us contacting you in relation to volunteering. Now we clearly can't force people to help, so the committee would, instead, like to really reward those members who do help regularly.

From 2021, for every four hours of volunteering you take on, you will earn a £5.00 voucher to be used against training clinics, events or camp. Debbie Pickford will make a note of the hours each volunteer completes and each quarter the committee will assess this. Debbie will email the members who have earned rewards in that quarter and you will have until the end of the membership year to use that reward. To use the reward, please email Debbie when you make the bank payment, so she knows what you have paid.

Vouchers earned from January to September but not used by the December of the membership year will not be carried forward and become invalid. Rewards earned in October, November and December will be carried forward and will need to be used before the end of March in the following membership year.

The maximum rewards that can be earned throughout the year is £40 – so the equivalent to two clinics.

We would like to try this new system but reserve the right to amend it if it is becoming too onerous or complicated.

Volunteer



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Stockland Lovell Camp 2021 Claire Knight

Our annual residential camp this year is being held again at Stockland Lovell Manor, Bridgwater, TA5 1JJ. Camp dates this year are Friday 24th - Sunday 26th September and this year we are able to offer three options:

Full riding camp - £260

This price includes all food, accommodation, stabling, hay/haylage, shavings and tuition. You can choose not to do the Jumping and just do a Dressage only camp – but the price is the same.

Hacking holiday - £210

This price includes all food, accommodation, stabling, hay/haylage, shavings, the use of the XC course but no tuition.

Non horsey holiday - £150

This price includes all your food and accommodation and all the fun of being with your friends for a weekend, but not with your horse!

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For those on full riding camp, we are offering an extra training session on Friday afternoon – so even more to look forward to!

The full riding weekend camp will roughly look like this:

- Friday 24th - arrive from 12 noon
- Friday afternoon - Showjumping or Dressage tuition (1 hour sessions)
- Friday evening - Social Evening
- Saturday - Dressage and Cross Country tuition
- Saturday evening - Camp quiz and Raffle
- Sunday Morning - One hour tuition
- Leave camp after lunch.

How to book:

To register your interest, email Claire on claireknight878@hotmail.co.uk. To secure your place, you will need to pay a non-refundable deposit of £100 by 30th April 2021. I will email you a booking form and this must be returned to me by 31st May 2021. The second payment of £80 will be due by 30th June and the final payment by 31st August.

When you email me to register your interest please remember to tell me which camp you are interested in:

- Full jumping camp
- Dressage camp
- Hacking camp
- Non-riding camp

Look forward to hearing from you all!
Claire



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EMRC Dressage Teams Mell Stamp



DRESSAGE

Spring is in the air, the birds are singing, the flowers are growing, and the mud is drying up... what better time is there to dust off the matchy matchy, don some diamante bling and strut your funky stuff down the centre line?

If you enjoy keeping four hooves firmly on the ground, a more sedate pace of life or maybe just feeling a little bit glamorous and dramatic, it may be time to unleash your inner dressage diva.

Dressage is for **EVERYONE** (even show jumping fanatics and you crazy folk who do eventing). We all need to learn how to ride a line that is straight and balanced, how to ride a circle, how to adjust a stride and how to pick which leg we are moving forward on in a canter (and trust me it's taken me two years to sort that out!). Training for dressage has improved both mine and Pippa's ability to do all of those things, and as a consequence, our show jumping and cross country has improved – in fact the only thing that hasn't improved are my nerves!



This year I am looking to set up some dressage teams to go alongside our fabulous show jumping teams!

If you are at all interested in getting involved in any of the following, please get in touch via Facebook (Melanie Stamp) or email misssmithdramateacher@hotmail.co.uk

- ◆ E Riders online riding club league (you don't even need to wear show gear, plait up or leave your own yard!)
- ◆ BRC Area 12 Dressage to Music
- ◆ BRC Area 12 Team Dressage
- ◆ BD Team Quest

It doesn't matter what level you are working at or even if you have never done dressage before! The whole point is to get out and have fun!





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Top 10 Dressage Tips Naomi Carter

- 1.** Learn your test. Even with a caller as a back up, you still need to know the test. Many times I've seen a rider go wrong when it's windy or the horse whinnies and they miss what the caller says!
- 2.** Stay calm and keep things simple when riding around the arena before the bell. It's easy for nerves to get the better of you and your horse here, having just left all the others in the warm up. It's important to keep the relaxation & attention of your horse. Sometimes transitions work better than just trotting around but every horse will be different so find what works best for yours.
- 3.** Ride forwards and positive on your entrance. This will help with straightness and contact. The wobbles usually appear when the horse is not pushing forwards.
- 4.** Be accurate! Ride to your markers and plan and execute your transitions on the correct markers, not 2 strides before or after. Silly marks are lost this way.
- 5.** Learn the accurate size and shapes of your circles, half circles, loops etc. Again, expensive marks are lost on accuracy.
- 6.** Prepare and balance your horse for your turns onto the centre line. Judges have a great view of that centre line and so many people lose marks for over/under shooting it.
- 7.** Don't give up or get flustered if you do go wrong. Stop, take a breath, think through the test before you continue. It's only that one section you will have lost some marks on so don't throw away the whole test.
- 8.** Don't change or try new equipment in a test i.e. bits, spurs etc. Keep things as familiar as you can.
- 9.** Don't forget the importance of the walk. Relax, breath but do keep it swinging forwards especially the free walk, as often it's with double marks so many walks lose marks as they lose the forward momentum.
- 10.** Don't mess with the halt! Ride forwards into your halt and go with the halt you get. So many times people try to make an OK halt better and end up on a worse score because the horse steps backwards/sideways etc



And most importantly, don't forget to smile even if it didn't quite go to plan!

Remember we do it for fun!



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Top 10 Confidence Tips Caroline Andrews

Caroline Andrews, Horse Rider Confidence Specialist, has a natural empathy with and ability to help horse riders through her own experiences combined with formal qualifications. She wanted to share her top 10 tips for managing unhelpful feelings in advance of her upcoming [Confidence Workshop](#) planned for later this year.

'These are strange times so I thought I would share my top tips, most of which can be applied to most situations. These can not only help you manage fear and anxiety with riding but also with any negative feelings you are currently experiencing around the lock-down and its implications, relationship issues, job fears, you name it these tips will help you.'



- 1.** We attract what we think about, so the more you focus on the fear, the more you will experience it. Start thinking about yourself as confident and brave, and you will begin to attract those experiences instead.
- 2.** By ignoring or shying away from your fear, you are actually reinforcing it and enabling it to grow. You need to start facing it NOW. How will you do this? A little technique called 'approach and retreat'. This, in effect, chunks down the process of taking you to what you fear into small steps. You aim to conquer each one before moving on to the next. For example if you fear riding a horse, you identify WHEN the fear first kicks in. If it is when you put your boots on then all you start off doing is putting your boots on and off until you feel nothing. Trust me; pretty soon you will be keen to move on! The next step might be walking towards your horse so, guess what, you walk towards and then AWAY from your horse as many times as you need to until you feel nothing. Then you take the next step.
- 3.** It is important to stretch your comfort zone (not blast through it). This means in facing your fear, you need to take the next step (see 2. above) that creates an uncomfortable feeling of 'I'm not sure but I'll give it a go' but is still manageable for you. If you always feel comfortable how will you ever progress? If you need to, find someone who can help coach you and stretch you whilst respecting where you are in your journey.
- 4.** Be aware of your posture and breathing. If you stand tall, shoulders back, head up, looking straight ahead and breathing deeply you will change your 'state', move slowly and consider what you are doing. Smile, you will begin to feel better.
- 5.** Whether you like it or not, it is a fact that at any moment we choose how we feel. We choose our emotional state. Now, a genuine fear reaction will temporarily override this as it happens faster than we can think about anything rationally. However, the anticipation of fear or nerves is a choice on your part and you can change it. When you become aware of these feelings coming on, think about a time when you experienced the good feelings you would like with you now, for example, relaxed, confident, brave. You need to really get yourself into that experience, see it through your own eyes, make it brightly coloured, a movie, what do you see, hear, smell, touch and feel? Call on the feelings you do want and override those you don't. In NLP there is a technique called 'anchoring' that helps you to recall these feelings quickly when needed.

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Top 10 Confidence Tips (cont.) Caroline Andrews

- 6.** Your brain cannot tell the difference between a real and imagined event. If you constantly run a movie in your head of scary scenarios your brain believes these are real and you compound your fear. How about running a 'good' movie instead? See yourself being brave, being confident; imagine how it will be once you've conquered your fear. The more you do this the more you are programming your brain to believe you are that person.
- 7.** If you fear something the more you talk about it, the more you give it life. Stop telling people you are afraid and start telling people you are working on increasing your confidence or becoming braver. Say 'I will be able to do that one day, I am working on it' instead of 'I am afraid, I can't, I'm too scared'. Positive words bring positive experiences.
- 8.** Avoid people who like to tell you about their scary experiences, some people love to do this, particularly people who don't have fear associated to the experience and love to wind others up who do. Find people who like to share their successes and all their good experiences that will encourage you.
- 9.** Be in the moment. Reliving past experiences or fretting about future ones is unhelpful. Focus on what is going on right now. Meditation can be really helpful in teaching you how to do this. It takes practice, just like everything else, but it's worth it.
- 10.** Believe you can! We are only limited by ourselves and our own thoughts. Focus on what you want and put energy into achieving it. It is up to you.

To you and your confidence, Caroline Andrews - Horse Rider Confidence Specialist
<https://www.confidenceforriders.com>





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MBBA
Ginnie Jones

If you live in Mendip and enjoy your hacking, you will probably have heard of **MBBA** (Mendip Bridleways & Byways Association).

MBBA is one of the largest BHS affiliated Bridleway Associations in the country. We have over 300 highly valued members who are the cornerstone of our Association and each year their subscriptions bring in much needed funds for our work. Which is exactly why, if you are not already one of our lovely members, hopefully this article will inform you sufficiently and 'spur' you onto joining!

There are 134 kms of Bridleways and 49 kms of Restricted Byways across Mendip. Not a huge number but not a bad selection, scattered across the 69 parishes that **MBBA** covers. It is the statutory duty of Somerset County Council Rights of Way dept to maintain the surfaces of these routes and it falls to the landowners to maintain the furniture (gates, fencing etc) and also to cut back vegetation on routes over their land. However, as you well know, this does not always happen!! Limited funds for the Council and busy demanding days for the landowners mean that Rights of Way are low down on the jobs-to-do list for most. **Step up MBBA!**

By raising funds from our member's subs, organising rides, events and visits, we are able to joint-fund many projects that the Council would normally turn down. We organise self-help clearing parties for overgrown routes or if these are too bad, **MBBA** fund the clearance using our brilliant team of contractors. There is a vegetation clearance schedule run by the Council but this is often only strimming the surface and as you are well aware, as you fight your way through overgrown paths and brambles, it is the side growth that we want bashed back. **MBBA** has a policy that when we clear a route, our contractor takes it right back to its full width, not just the statutory 6ft. Damaged surfaces are another issue riders face and during the past 18 months **MBBA** has funded and project-managed a huge number of improvements to the network. The biggest being the upgrade of the surfaces on the Lydford Lane network, finished off with bollards both ends to stop those pesky illegal 4x4s trashing it again! Cotton Lane, Egford Lane, Hollowpit Lane, Easton Lane, Monkley Lane, Scotland Lane Dean bridleway, and many others have all benefitted from **MBBA** and its funds. Instead of being locked down, our contractors have been legally carrying on their work and we have achieved some spectacular and impressive improvements to all these routes. In between all this action, we negotiate with landowners, sort out fencing issues, arrange for new gates to be installed, and importantly this year, insist that the Council no longer installs a fast-closing and non BS compliant gate which has proved dangerous for riders. So I guess you could say we 'police' your riding routes! Oh and I nearly forgot, we also investigate lost routes and submit Definitive Map Modification Orders to save any old unrecorded routes before the cut-off date of 2026. So maybe we should be called Mendip's Busy Bridleways Association!

MBBA considers all its members as really good friends and we go out of our way to help them when they contact us with their bridleway questions and problems. If you ride the bridleways of Mendip, you may well already be benefitting from our work. But by joining **MBBA** today, you will enable us to achieve even more. At the moment the £15 membership fee includes the next ten weeks for free so you will not renew until June 2022. Your membership also entitles you to reduced ride entry fees and a reduction at our larger events.

Full information and membership forms can be found on www.mbba.org.uk and do please like and follow us on our Facebook page too.

*Lydford Lane, Lydford-on-Fosse
with bollards in place*

