



# EPSOM RDA NEWSLETTER

Winter 2017/18

## Indoor School Consultation

As many of you are aware Epsom RDA has a long waiting list of riders. Adults and children who miss out on the opportunity of riding

has been developed. Following feedback from the pre application planning process with the local council a preferred design has

how we work.

There will be a two week consultation period during which time we will be holding four Open Days when

### Special points of interest:

- Community consultation gets underway
- 4 Open Days in January
- Opportunity to shape the future of Epsom RDA



with us Possible design for illustrative purposes

and enjoy the benefits riding brings to their health and well-being.

been reached. We want to hear the views of our neighbours on the proposal: How it looks, how it can be used and the impact on

we are inviting local residents to our stables, see the plans and *cont/d on page 2*

To tackle this challenge a proposal for a new indoor school



Possible design for illustrative purposes

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and chat to some of the team who are putting the proposal together. The dates for the Open Days are :

- Saturday 13th January between 1pm and 4pm
- Sunday 14th January between 10am and 1pm
- Saturday 27th January between 10am and 4pm
- Sunday 28th January between 10am and 1pm

On the morning of 13 January we will be welcoming local councillors to the yard for a preview of the consultation before the formal opening in the afternoon.



Possible design for illustrative purposes

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*“The main reason for the waiting list is that we don’t have the facilities to safely run additional rides.”*

Many of you have put forward your views and ideas during the early stages of the development. Where possible these have been included in the design as the plans have progressed.

You have a further opportunity to feedback on the plans and help shape the future of Epsom RDA

during the two week consultation period.

A display will be set up in the Coffee Room. There will be a feedback form for you to complete either as a hard copy or on-line at [Survey Monkey](#). You can also feedback via your Session Leader



Two school connection

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Viewing area—Diamond Centre

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## To rug or not to rug that is the question

With the shortest day of the winter behind us we are continuing to keep our ponies un-rugged.

While this presents challenges in preparing wet and muddy ponies for their riders, it is the most natural way to care for ponies in the winter months.

Ponies have their own central heating system "thermoregulation." This helps them maintain their internal body temperature at 38 degrees even minus temperatures. This is fueled by a supply of hay.

On top of their own central heating system

horses thicker winter coats act as a layer of insulation. The coats are also coated in grease. This repels the rain and protects the skin from the wet.

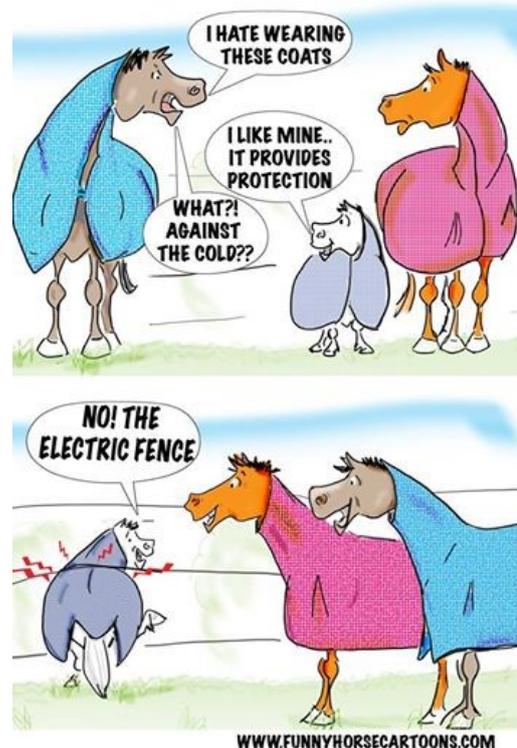
Unlike humans ponies are designed to withstand the cold and wet of winter without being wrapped up. In fact rugging ponies prevents their natural protection from working efficiently.

All our ponies are carefully monitored and should any show signs of not coping with the winter temperatures or the wet without a rug their individual circumstances

will be reviewed

If you would like to find out more about rugging ponies [The Blue Cross](#) have an

excellent feature "How to Rug a Horse" on their website which explains the above in more detail.



## Top Tips for Preparing Muddy Ponies

### When ponies come in

- With a towel pat their backs, the saddle area, girth area and behind their ears
- Sponge off thick wet mud before patting dry with towel
- Leave to dry for as long as possible

### Grooming & tacking up

- Focus grooming on removing mud where tack will be in contact
- Use ungloved hand to check between front legs, belly, and behind ears for dried mud
- Use numnah as usual but change after first ride if wet

### Hoof Picking

- Pat dry legs with towel
- Scrape mud off hoof wall with side of hoof pick
- Wear gloves if you wish to protect your hands

### General

- As always speak with your Session Leader if you have any concerns about a pony, or if you have questions about grooming or tacking up.

Epsom Riding for the Disabled Association

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## Barn Dance

Following on from the success of the Epsom RDA Ball another fund-raising social event is being planned for 2018.

This time we are partnering with Sutton and Epsom Rugby Club to put

by Club are hosting the evening providing their facilities free of charge.

Tickets priced at £15 to include a barbecue and music from a live band The [Kingsfolk](#)



Sutton and Epsom Rugby Club

on a Barn Dance on Saturday 8 September.

Sutton and Epsom Rug-

More details to follow during the year but put the date in your diary now—

**Saturday 8 September**

