

## **Welcome to the Spring Newsletter.**

This is my favourite time of year, as the nights become shorter and the days become warmer (although at the time of writing this it is bitterly cold outside) we can look forward to spending more time with our equines.

Thank you to those who have contributed to this newsletter, which seems to have given us quite a choice of “alternative therapies” for ourselves and our animals. Something we are not at all short of in Herefordshire.

Soon after receiving this newsletter the new Animal Welfare Bill will come into force (details in the newsletter). Let’s hope it is a force to be reckoned with and sees a strong decline in neglect and cruelty to all animals.

Remember this newsletter is for you, the BHS member, so please contribute if you have anything you would like to say or share.

Please use it to let the equine population know of your club/ business/events etc. It is posted directly to approximately 400 members.

My email is inside the front cover and for those of you still using snail mail my address is: Jo Gardiner, Brookview, Clehonger, Hereford HR2 9TJ

**Deadline for next newsletter 14<sup>th</sup> June 2007**



## **Preparing your horse’s health for summer Using Animal Aromatics**

The months leading into summer can be troublesome times for the horse owner. Laminitis, sweet itch, COPD, rain scald the list is huge.

With so many problems that are heralded by the hot weather, here’s a guide to how you can use aromatics to help your horse breeze through the summer.

### **What are Aromatics?**

Aromatics are plant compounds derived from the whole or parts of the plant-like roots and seeds. These can be essential oils, macerated oils, herbs or tinctures.

Each of them is extracted in different ways from the plant and therefore contains different chemical constituents, giving them varied therapeutic qualities.

Animals, especially herbivores eat plants for their metabolic needs. These needs are met via the plants primary metabolites crucial to the function of the plant, like photosynthesis and reproduction. But they also rely on plants for the non-

nutritional secondary metabolites (essential oils). These are bitter and unpalatable and have no metabolic benefits for the animals. These secondary compounds function on a physiological level that can be either toxic or medicinal depending on the dosage.

A horse in the wild would have the opportunity to roam for miles to seek out the plants they need to heal themselves, but in captivity they are lacking such a vast choice. Many people have seen their horses browsing the hedge rows or stripping bark from the trees trying to self select what they have to choose from.

### **Which aromatics help what ailment?**

The best way of deciding what remedy is for right for your situation is to break down the ailment and decide which parts of the body system are most affected. For example, with laminitis; the liver, kidneys, circulation and gut all have various parts to play. Here are the remedies a laminitic horse might choose

Liver and kidney supporters: Green clay, Carrot seed, Juniper Berry, Lemon

Circulatory stimulant/ tonics: Rosemary, Hawthorne, Rosehips

Analgesics: Wintergreen, Devils claw

Anti-inflammatory: Yarrow, Peppermint

Anti-bacterial and gut re-balancer: Garlic

In brief; for sweet itch, german chamomile is often selected for its anti-inflammatory properties in regards to skin complaints or clove for its ability to prevent histamine release.

Breathing ailments often benefit from the offering of sandalwood for respiratory tract infections, yarrow as an anti-histamine or garlic for its anti-bacterial action.

There are many remedies offered for every ailment. An Animal Aromatic Professional will guide you though the best for your horse.

### **How can these be used everyday for our horses' benefit?**

A great idea is to have a small kit made up of a few basic oils that can help with most ailments. These oils can be offered (but never forced) a few times a week or more if there is a specific problem. Such as offering immune stimulant blackcurrant bud to prevent your horse becoming run down, detoxifier juniper berry if his sheath is looking slightly bloated, or re-balancer and skin supporter bergamot if his coat is looking flaky.

Most horse owners can spot a mile off when their horse isn't 100%, this gives you a way of helping them as soon as you notice.

Another way is to make dried and fresh herbs available within their grazing for them to self select from. Scattered around their paddock they help to encourage natural foraging behaviours too. Even if your horse has to be stabled during this time, hiding cleavers, nettles or other herbs in their bedding in moderation will encourage them to forage whilst elevating boredom and help keep them healthy.

Placing buckets of water around their field filled with green clay, spirulina or rosehips will allow them to choose their own remedies as well. Just make sure you always offer fresh water too.

With hundreds of different aromatics available and hundreds of medicinal values they offer, it really is becoming easier to bring nature back to your animals.

For more information on Animal Aromatic Professionals, offering oils to your own animals, or recommended herb and oil suppliers visit

[www.whyydoesmyhorse.co.uk](http://www.whyydoesmyhorse.co.uk)

Or email [keira.fraser@whyydoesmyhorse.co.uk](mailto:keira.fraser@whyydoesmyhorse.co.uk)

This information is not to be used in replacement of veterinary advice or treatment. Your primary health carer for your animal is your veterinary surgeon. These are methods complimentary to their practices not a substitute.

## **From Midlands DO Amanda Watson**

### **Welcome**

We are very pleased to welcome Joanna Smith as the new DO for the East Midlands! This is a crucial and long awaited appointment and will ensure that the region as a whole (East & West) will benefit from the support and attention that it deserves.

I would like to thank everybody for their help, guidance and support in the short time that I have been in post and am sure that you will extend the same welcome to Joanna as she starts DO work in earnest in the East.

### **Training**

The first Teaching Techniques day was held at Riseholme on 19 Feb with Tim Downes, FBHS presenting. The day was a great success and truly ensured that all present were included and put through their paces. There were 27 in attendance, which was a good turnout so early in the year.

The next date is set for 11 April at Warwickshire College and is being presented by Patrick Print, FBHS.

Child Protection courses are at the forefront of minds at the moment with ever increasing awareness of the litigious nature of the industry that we work in. Two fully subscribed courses have been run thus far in the East midlands 2007, one at Brackenhurst College and one at Brooksby College. Each county will hold at

least one CP course this year, the next will be at Heart of England Equestrian Centre, Staffs on 27 March followed by Worcestershire (tbc) in April and BHS HQ, Stoneleigh Deer Park on 29 May. Please call Amanda for further details.

There is an Exercise Physiology & Sports Psychology seminar being held at Warwickshire College on March 26. Interested parties must contact the training department for ticket information.

W. Mids Volunteer Welfare training was held on 4 February at RSPCA Gonsall Farm. The day proved as informative as ever but had disappointing numbers in attendance. Many thanks to Gonsall Farm for hosting the event.

### **Volunteers**

Please can those that have yet to receive a handbook and/or the NEW terms of reference let us know so that we can get these to you!

The Volunteers Conference is back by popular demand on 29 – 31 March. Invitations should have been received...please let us know of any omissions! I would ask if you could kindly RSVP ASAP so that Stoneleigh has an idea of numbers for the catering.

### **Membership**

The responsibility for contacting lapsed members has been taken back 'in house'. This is a welcome relief I'm sure and allows the membership secretaries in the counties to concentrate on the much more pleasant task of welcoming the newcomers.

### **Jubilee**

West Midlands Diamond Jubilee Ball is being held on 29 June at Rodbaston College, Staffs. The price for tickets are £35 per person or £300 for a table of ten. Please contact Heather Lucas (07779323665) or Marcus Clinton (01785 710529) for further details.

### **Website**

I cannot praise Alison Curtis our Webmaster enough for her sterling efforts so far in revamping the Midlands website. Please send your bios and pictures through to her so that we can continue making the site an interesting, friendly, informative place to visit.

If you have events taking place then send them to her directly as she will generally have them up within a day or two...our site is possibly the most up to date and is getting a lot of traffic!

If you have, or know of anybody else that has an equine business and would be interested in having a reciprocal link to the site, again please let your interest be known to Alison.

Alison's' email address is [ali@bhsmidlands.org.uk](mailto:ali@bhsmidlands.org.uk).

## **Shows**

The show list is being finalised...some good shows have been put forward but if you feel there may be something in your locality that would be worth visiting then please let us know so that these may be considered in line with the budget available

The following are on the list!

Royal Agricultural Show

Marquis Drive (Staffs Summer show)

Burwarton

Kington

Hay

## **GLEBE FARM HOLISTICS TALK EVENING** **AT ALLENSMORE 23<sup>RD</sup> FEBRUARY 2007**

After a false start on the original date for holding this event which was due to a “little bit of snow falling”!! we went ahead on the rescheduled date with what was a very interesting evening.

Mike & Claudia from Glebe Farm gave their talk and Power Point Presentation which was projected onto a screen, and I think it was fair to say we all awaited the start with trepidation.

Both Mike & Claudia are extremely friendly and easy to get along with people and the evening flowed along with them explaining that they often feel there is a missing link or blockage in a horse rider or handler situation preventing performance potential or ease of handling; this was greatly aided visually with excellent diagrams and charts. They aim to create wellbeing & health holistically, holistic meaning “the whole”, so instead of looking at just one aspect of a problem or barrier they look at the whole picture and then start to “repair” it.

Claudia uses Atlantis Crystals to help “heal” both people and animals for a variety of reasons including ailments or pain related issues as well as helping with horse and rider increased performance. They have case studies (see their website) where they have proven that their method is effective and realistic which often sets them apart from many holistic type treatments that you see advertised.

Claudia has been trained to sense aura's, which is based on the traditional Eastern approach which sees health as a by-product of the flow of life-energy (Chi) in and around the physical body. This concept is based on all living things being part of single, huge, energy field which connects with their physical bodies through a series of energy bodies known as Aura via gateways, known as Chakras which run the length of the body. She has to tune into a subject before she can start to assess what treatment to use. A question was put to Claudia; “can she see aura's all the time? Mike explained that if this were the case she would never rest!

Claudia asked for volunteers and our Treasurer Isabel was first to experience the Atlantis Crystals treatment; it was very interesting to watch. Claudia felt that Isabel's navel and base Chakras were blocked and used her crystals to aid with getting the energy flowing better, Isabel felt that her legs and feet were cold during this and we all watched with amazement.

Claudia then chatted to others about problems with illnesses and discomfort they were experiencing and their horses, and did a couple of other treatments customised to each individual case.

We then all chatted informally whilst drinking coffee and eating biscuits, most of us still buzzing from the evening and considering the various ways our lives maybe improved using Glebe Farm Holistic Treatments.

For more information visit [www.glebe-farm.co.uk](http://www.glebe-farm.co.uk)

### **Hilltop season includes fund raiser for County Air Ambulance**

The North Herefordshire Hunt Hunter Trial at Hilltop Cross Country Course on Bank Holiday Monday 7<sup>th</sup> May will also raise funds for the Country Air Ambulance. As well as having an enjoyable day out, riders will be able to support this very worthwhile charity. About 185 life saving missions are flown every month throughout the Midlands by helicopters providing the most complete emergency medical service to be found anywhere. The Golden Hour refers to the critical time in which the right medical attention must be given in order to save life or enhance recovery time. The speed of the helicopters can convey two experienced paramedics to the scene of an emergency and then rapidly transfer the patient to the most suitable hospital for their needs, which makes all the difference. However this service relies almost entirely upon donations from the public as no statutory funding is available from any source.

The Hilltop competition season starts with the Clifton on Teme PC Hunter Trial on Easter Monday 9<sup>th</sup> April followed by the Hereford RC Hunter Trial on 22<sup>nd</sup> April. The North Ledbury Hunt Two Phase Horse Trial will be held on the 3<sup>rd</sup> June and the Cotswold Vale PC are also running one on 30<sup>th</sup> September. The Area 15 RC One Day Event Qualifier will once again be at Hilltop on 1<sup>st</sup> July, and the Malvern PC One Day Event will be on the 8<sup>th</sup> July. The Croome Hunt are holding their Autumn Hunter Trial on 16<sup>th</sup> September, and the competition season ends as usual with the Pick and Mix on 7<sup>th</sup> October to raise funds for Herefordshire Horse Watch. Riders start with a cross country ride, choosing their height of jumps as they go round, followed by a 3 mile ride round the farm. Schedules for all events are on the Hilltop website [www.hilltopxcledbury](http://www.hilltopxcledbury) or see to Hilltop Cross Country course, Ledbury, Herefordshire HR8 1LN.

There will be four Cross Country Clinics this season, two with Lucinda Green on 9<sup>th</sup> May and 11<sup>th</sup> September, and two with William Mifflin BHSI (a BE Accredited Trainer) on 9<sup>th</sup>

June and 1<sup>st</sup> September. Booking forms and further information are on the Hilltop website.

The course is open for schooling 7 days a week (except for competition weekends) from March to end October - phone 01531 632291 to book. There is no time limit on visits – riders can take as long as they need, and stay for a picnic afterwards. There are special rates for Riding and Pony club groups.

### **TABLE SALE**

A big thank you to Ellie Thorneycroft for helping to organise our last table sale in January. We had plenty of tables, packed full of bargains, but unfortunately we were short of buyers!

Previous table sales had seen queues waiting outside to be let in, not sure what made the difference on this occasion. Perhaps there have been too many in the area recently. However the evening was enjoyed by all, and those of us who went picked up quite a few bargains to keep us happy for a while.

This is where you, the BHS members, are so important. Please let us know what you would like us to organise! Or better still, volunteer to organise an event and we'll help!

### **Craniosacral Therapy for Horses and Riders**

It is so exciting to be a craniosacral therapist, to watch both people and horses rediscover the comfort of a body that is able to let go of some of the held patterns it has learned to live with. I offer Craniosacral "attention" through a light contact on the body of my patient and enter into a "conversation" with the tissues, organs and fluids offering the opportunity for re-evaluation and change.

The focus of Craniosacral Therapy is the health of the whole person. It is not the ailment you are suffering from, but your capacity to heal that is the basis of the practise.

We all have a miraculous capacity for healing and it is this which the Craniosacral practitioner calls upon: We are not aiming to make changes or repairs; we invite the healing systems of the body to reawaken themselves.

We are designed so that, if we hurt ourselves, we don't always deal with it at the time. If you are being chased by a lion, it is important to ignore the wounds the lion has already inflicted and keep running.

On the whole our dangers are less extreme, but with our large brains we can override the messages our body is sending us: How many riders have been told that it is crucial to "Get straight back on" and had to override both the pain and the shock of a fall?

These experiences send confused messages to our bodies which learn to create patterns of tension to mitigate the discomfort: We override our Body Wisdom with our Intellectual Intelligence.

Horses too have a great capacity to ignore pain. In the wild this will save his life: The one that stops to say "Ow" is the one the lion will catch. With a rider on his back he has another imperative that can literally "override" the need to ease a pain, and in the process his nervous system shuts down the area so that he can continue. Of course when the cause of the pain is removed, the shut down area may be unable to "wake up" again.

Peeka had a scar along her ribs where a stake had slid between the bones and the flesh. As well as the entry wound, it was clear where the injury had continued under the skin leaving adhesions that puckered as she moved. I did a short session just to see if the layers of tissue could be

persuaded to move freely again. A few days later I saw Peek a in the field. It took me a few minutes to believe that I was looking at the side of the horse where the wound had been as there was so little sign of it. When I got closer I could still see the entry wound, but all the internal scarring had almost disappeared and the layers of tissue were able to move over each other. Cantanaro had dents on his back as if a huge and very heavy saddle had left its imprint. Although he was going really well, he seemed to need to lift his head and hollow his back to jump or change gait. Although he now has a saddle that fitted well, he seemed to have lost contact with this area that presumably had been in pain in the past, and had learned to move around it. His response to sessions was always unpredictable. Sometimes just the light contact and my focus of attention on him was enough to annoy him, sometimes he would drop his head, blink and relax, and on one occasion he made a noise I have never heard before and gave the biggest sigh in the world. The dents still show on his back, but his movement now seems to be travelling through that area rather than round it and he can approach a jump without bracing in his neck and back.

With both horses and humans I am always amazed by the things that change when the body is offered a breathing space- George, who came with a sore shoulder and found his that chronic sinus problems had disappeared, or Alice, who found that her constant anxiety had receded to the point where it was hard to believe she was doing anything although things still got done. I feel grateful for the body's innate capacity to heal, I surely wouldn't be able to figure out that sort of thing on my own!

### **Riding and Road Safety Report**

Now that the weather is hopefully about to improve, riders will be venturing further a field and this will probably entail more riding on roads to get to the desired open spaces that we all enjoy riding on.

For the safety of you, yourself and others I would urge you to consider (if you haven't already done so) training for and taking your B.H.S. Riding & Road Safety Test.

I am running training during May with a test booked for Saturday 2<sup>nd</sup> June. The training and test will take place at Holme Lacy College, and if you are quick reserving a place you can also hire a horse for the course.

For more details including cost and dates of training or to reserve a place, please contact me on 01981 540 773 as soon as possible to ensure this course runs.

### **B.H.S Horse Owners Certificates Levels 1 & 2**

Due to the success of the last course, and in conjunction with Holme Lacy College, I am hoping to run both courses again. The courses are government funded therefore will be free to candidates, but a cost of £15 is charged by the B.H.S for moderation and certification. Both courses start on Monday 16<sup>th</sup> April at 6.00 p.m and last for 10 weeks (omitting bank holidays). If you are interested, please contact Celia Baker on 01981 540 773 as soon as possible to reserve a place.

For those people who hold Level 2, **B.H.S. Horse Owners Level 3** will be offered during the autumn starting in September but unfortunately there will be no funding to cover the delivery of this course. Therefore, depending on the amount of interest a small

charge will be divided between candidates. Again I would appreciate knowing if any new or past candidates are willing to continue their learning curve for the good of their horse and for FUN!!!!

### **Do you wish to have an amazing time and still help others?**

Consider travelling to Montana in America and taking part in an authentic and genuine cattle drive, riding and living with cowboys for five days. All that is required is that you gain minimum sponsorship of £2,000 to cover flights and expenses (you may wish to cover this yourself) any further sponsorship raised will go to Herefordshire R.D.A helping to give a similar feel good factor to disabled people whose own amazing expectations are simply fulfilled by sitting on a horse at Holme Lacy.

Join others from Hereford in this venture. For more details, info and an application form contact Heather Wathen in the office at Holme Lacy R.D.A on 01432 870 316 or Mrs Jan du Cros on 01432 840 207

### **The New Animal Welfare Bill**

The Protection of Animals Act, which forms the basis of almost all animal welfare legislation, was made law in 1911. As this act is almost 100 years old, welfare professionals are in the process of trying to revise and update the law by replacing the Protection of Animals Act with a new Animal Welfare Bill.

It is hoped The Animal Welfare Bill will improve the welfare of all animals by tightening the legislation that protects them. There are three main areas which the Bill will tackle. Firstly it will give welfare professionals greater powers to investigate incidents of cruelty and neglect. Secondly it will enable action to be taken earlier to help animals kept in unsuitable conditions or without the care they need. Thirdly, it will increase the penalties faced by people who are found guilty of breaking animal welfare laws.

The Animal Welfare Act has passed successfully through the parliamentary process and received Royal Assent, which is the very last stage, on Wednesday 8th November 2006. There is now a period when the necessary alterations to legal systems and working practices can be put into place ready for when the law comes into force on 6th April 2007.

The initial enforcement of a new law is not a straightforward process, there are many different parties who hope the legislation will achieve the things they have been working for, as well as people who want to resist the increased pressure on them as owners to care properly for their animals. There will need to be cases which come to court so that lawyers can test the new legislation and start to establish exactly what can and cannot be achieved under the new Act. If you would like more information about the new Animal Welfare Bill, visit the following web pages:

[www.defra.gov.uk/animalh/welfare/bill](http://www.defra.gov.uk/animalh/welfare/bill)

[www.rspca.org.uk](http://www.rspca.org.uk) ('welfare bill' is the first option on the Campaign's drop down menu)

### **Diary dates**

3rd April H&DRC Bingo Evening with Raffle Audrey Turner 01432-840403 Allensmore Village Hall Refreshments Available 7:30pm for 8:00

7th April SHHSC Spring Fun Ride at Caradoc, Sellack, nr Ross-on-Wye. First horses 10am, last horses 1pm. Cost £15.00 per horse. A wonderful ride approx 8 - 10 miles with very little road work. Plenty of jumps (all optional) and the opportunity to use the all

weather gallop if required. Children are welcome but must be accompanied by an adult. Hot refreshments available, photographer, plenty of parking, rosettes for all riders & loos! For more information please contact Sue Probert 01981 580562

8th April H&DRC Show Jumping at Allensmore see website at [www.hereford-riding-club.org.uk](http://www.hereford-riding-club.org.uk)

9th April Hilltop XC Clifton on Teme P.C. – Hunter Trial  
Schedule on website or SAE to Ms. Maxine Wilford, 1 Badley Wood, Whitbourne, Worcestershire, WR6 5SJ. Tel: 01886 821077 M: 07855 658671

11th April H&DRC Evening Show Jumping at Allensmore see website at [www.hereford-riding-club.org.uk](http://www.hereford-riding-club.org.uk)

15 th April Marden & District Riding Club show at Houghton Court, Bodenham, Herefordshire HR1 3HZ. Marden & DRC Contact: Club Sec. Tel: 01432 820574 or e.mail (new address) [debbieimrogers@btinternet.com](mailto:debbieimrogers@btinternet.com)

18th April H&DRC Show Jumping Practise Night 5.30pm at Allensmore see website at [www.hereford-riding-club.org.uk](http://www.hereford-riding-club.org.uk)

21st and 22nd April Tack Farm Two Day Show  
Saturdays will be:- Working Hunter Class , Show Jumping, Derby Class  
Sundays will be:- Two Phase, Show Jumping/Cross-Country  
Tina Pedro 01432 820336 [www.tackfarmequestriancentre.co.uk](http://www.tackfarmequestriancentre.co.uk)

22nd April Hilltop XC Hereford & District Riding Club - Hunter Trial  
Schedule on website of SAE to Miss. Jenny Ridgway, Worcester Lodge, Bromyard Road, Bringsty, Worcester WR6 5TA. Tel: 01885 488159 M: 07973 136046 (Leave a message).

28th April H&DRC Dressage competition at Allensmore see website at [www.hereford-riding-club.org.uk](http://www.hereford-riding-club.org.uk) Prelim 16, Novice 21, Novice 33 - Badmington Horse Feeds  
Championship Qualifier 2 pm

**Sun 29th April Worcs Bromyard & District RC Horse Trials** are holding an OPEN ONE DAY EVENT at Upper Sapey Cross Country Course Schedules available by sending SAE to Kay Newman, 54 Canada Way, Lower Wick, Worcester WR2 4XE Tel: 01905428619 or look on [www.bromyardrc.org.uk](http://www.bromyardrc.org.uk)

3 - 6 May BADMINTON HORSE TRIALS

6th May Hereford Spring Carriage Show, at Marlbrook, Nr Leominster Herefordshire  
Closing date for entries 29th April. Details available online at [www.hddg.co.uk](http://www.hddg.co.uk) or from show secretary Lester Dage [show@hddg.co.uk](mailto:show@hddg.co.uk)

7th May HilltopXC Air Ambulance & North Herefordshire Hunt – Hunter Trial  
Schedule on website or SAE to: Mrs. Wendy Robinson, The Pool, Bosbury, Ledbury,  
Hfds. HR8 1QH Tel: 01531 640550

9th May Hereford & District Riding Clubs showjumping evening at Allensmore. See  
website at [www.hereford-riding-club.org.uk](http://www.hereford-riding-club.org.uk)  
SHHSC unaffiliated dressage evening alongside Hereford & District Riding Clubs  
showjumping evenings at Allensmore (starting at 5pm). Prelim 1, Prelim 14 & Novice  
25. Contact Ruth Lee 01989 770247 or 07774 060534

**9<sup>th</sup> May HilltopXc Lucinda Green Cross Country Clinic**

Very novice/ Novice/Pre Novice (RC/PC), Intro/Pre Novice/Novice (BE). 2  
hours/groups of 6 - £70 Pre entry only. (Foot followers watch F.O.C).

**13th May Marden & District Riding Club show** at Houghton Court, Bodenham,  
Herefordshire HR1 3HZ. Marden & DRC Contact: Club Sec. Tel: 01432 820574 or  
e.mail (new address) [debbieimrogers@btinternet.com](mailto:debbieimrogers@btinternet.com)

20th May H&DRC Cross-Country Pick-and-Mix day at Entries on the day 10am - 2pm  
See website at [www.hereford-riding-club.org.uk](http://www.hereford-riding-club.org.uk)

26th May H&DRC Show Jumping at Allensmore see website at [www.hereford-riding-club.org.uk](http://www.hereford-riding-club.org.uk)

26th and 27th May Tack Farm Two Day Show (see April for details)

28th May H&DRC Dressage competition at Allensmore Prelim 4, Prelim 18, Novice 21,  
Walk & Trot - MARC Qualifier 2 pm See website at [www.hereford-riding-club.org.uk](http://www.hereford-riding-club.org.uk)

30th May H&DRC Show Jumping Practise Night 5.30pm at Allensmore see website at  
[www.hereford-riding-club.org.uk](http://www.hereford-riding-club.org.uk)

**3<sup>rd</sup> June HilltopXC North Ledbury Hunt - Two Phase Horse Trials**

Schedule on website or SAE to Mrs. Angela Garcia, Bush Pitch Cottage, Hereford Road,  
Nr. Ledbury, Herefordshire. HR8 2PX. Tel: 01531 632731.

**6<sup>th</sup> June** H&DRC Dressage Demonstration by Mr Pincus @ Sheepcote £5 per person  
or £15 per car, inc BBQ 6pm TBC see website at [www.hereford-riding-club.org.uk](http://www.hereford-riding-club.org.uk)

9th June (Sat) HilltopXc William Miflin BHSI (BE Accredited Trainer) - Cross  
Country Clinic  
Any level or ability. 2 hours, groups of 4-5 - £45. See left hand page for booking  
details.

13th June H'fds Hereford & District Riding Clubs showjumping evening at Allensmore.

See their website at [www.hereford-riding-club.org.uk](http://www.hereford-riding-club.org.uk)

**SHHSC unaffiliated dressage evening** alongside Hereford & District Riding Clubs showjumping evenings at Allensmore (starting at 5pm). Prelim 7, Prelim 13 & Novice 32. Contact Ruth Lee 01989 770247 or 07774 060534.

**10th June Marden & District Riding Club show** at Houghton Court, Bodenham, Herefordshire HR1 3HZ. Marden & DRC Contact: Club Sec. Tel: 01432 820574

15th to 17th June The Three Counties Show, Malvern Showground

24th June R&WHHPC Fun Ride at Huntingdon, Nr Kington  
More details: Mrs Nicki Jones. 01544 370640

23rd and 24th June Tack Farm Two Day Show (see April for details)

1st July HilltopXc Area 15 RC – One Day Event (Including Qualifier)  
Schedule on website or SAE to Mr. Neil Reid-Warrilow, Lower Dolley Farm, Dolley Green, Powys LD8 2EE. Tel: 01547 560430 M: 07970 108849 (between 6.0pm-9.0pm) E-mail: ReidWarrilow@aol.com

**1st July Grafton Horse Show**, Grafton Inn, Hereford.. Classes for all Pony, Hunter, Veteran, Side-saddle qualifiers for SSA,SWPA and VHS. Contact Liz Langford 07940 826945.