

NEWSLETTER

ISSUE NO. 19



The winners of May's award are:

SATURDAY: EVIE WILLERS

SUNDAY: INDIANA MUNDY-STEEL



Evie and Indiana are both cheerful and supportive helpers who consistently approach every task with a positive attitude.



We will be rolling out October's lessons on

THURSDAY 16TH JULY

To ensure you get notified please check your notification preferences on your EC Pro account.

STAY CONNECTED

Be sure to follow us on our social media pages to stay up to date with the latest news and to see things involved with Pinkmead life.



HORSE/ PONY OF THE MONTH

THIS MONTHS WINNER IS.....

RUBY



FACT FILE:

Date of Birth: 20/5/2021

Breed: Irish

Gender: Mare

Height: 15.2hh

Colour: Piebald

Favourite activity: Hacking

Favourite food: Polos

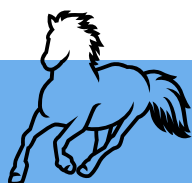
Fun fact: Ruby was born in Galway in Ireland.

REASONS WHY YOU CHOSE HER AS THIS MONTHS WINNER...

'She has a kind face'

'She is very sweet to ride'

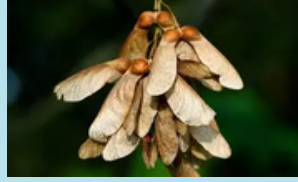
'She is very gentle'



QUIZ

POISONOUS PLANTS

How many can you name?



Health answers

1. What should your horse's temperature be? **37.5- 38.5 degrees Celsius**
2. How many beats per minute should your horse's pulse be? **28-44 bpm**
3. How many breaths per minute should your horse's respiration rate be? **8-16 breaths per minute**
4. How often should your horse see the dentist? **Every 9-12 months**
5. Which of these is NOT a sign of colic? Rolling, Kicking at belly, increased appetite or unexplained sweating. **Increased appetite**
6. What is the name of the condition some horses get in winter where their legs get scabby and can cause them to swell? **Mud fever**



How many did you get right?

TOP RIDING TIP!

Stretching before a ride is an important yet often overlooked component of equestrian fitness.

Pre-ride stretching not only prepares the body for the physical demands of riding but also reduces the risk of injury, enhances muscle coordination, and improves overall riding performance.

Dynamic stretching is usually the best choice before a ride because it warms up muscles through controlled movement and prepares the body for work. Exercises like leg swings, torso rotations, and walking lunges can increase blood flow, raise body temperature, and improve coordination.

Many riders feel less stiff and more balanced in the saddle after dynamic stretching. Try these next time before you ride and see if it makes a difference!



Leg swings



Torso rotations



Walking lunges

SUMMER HOLIDAY ACTIVITY SPACES

Please note these are all correct at the time of publication.

- 29/7/26 Kidz club half day: 1 space
- 30/7/26 Kidz club half day: 3 spaces
- 6/8/26 Kidz club all day: 1 space
- 6/8/26 Kidz club half day: 5 spaces
- 7/8/26 Jumping competition: 4 spaces
- 12/8/26 Kidz club half day: 1 space
- 13/8/26 Kidz club half day: 4 spaces
- 14/8/26 Handy horsemanship: 11 spaces
- Pony care course 18/8-21/8: 2 spaces
- 19/8/26 Kidz club half day: 1 spaces
- 20/8/26 Kidz club half day: 3 spaces
- 26/8/26 Kidz club half day: 1 space

Book on EC pro today!





TEAM PINKMEAD RESULTS

ROSETTES

Don't forget we have rosettes for moving up a level.

Available to purchase in the office or online. A perfect treat to celebrate moving up!



CONGRATULATIONS TO THE FOLLOWING
RIDERS:

Emmie Davies for moving to level 2



LIVERY

E-RIDERS

MAIN ARENA PRELIM 2F

1st Carol Johnson & Dynamo 66.73%

LYCROFT FARM

WORKING HUNTER

4th Claire Howes & Mango

EVENTERS CHALLENGE

6th Claire Howes & Mango

If any riders have moved up a level this month and would like to feature in our next newsletter, please email ella@pinkmead.co.uk

WELL DONE TEAM PINKMEAD!

