

# NEWSLETTER

ISSUE NO. 15



The winners of January's award are:

**LILY MORGAN**  
**NANCY ALLEN**



Lily and Nancy are both passionate and encouraging team members devoted to the well-being of the horses. Their dedication shines through as they consistently lend a helping hand, even when the weather is less than ideal!



## TOP RIDING TIP

### ANXIETY:

Anxiety is a very common problem in horse riders and it often presents itself in a number of ways. For some people it's over-thinking things, for others it's doubting themselves, and for others it's worrying about what might happen.

A lot of anxiety-related problems are habits that riders have got in to and it takes roughly 100 repetitions of a new habit to get rid of the old habit. So, there is a lot of effort that has to be invested in making a change before you get the benefit of it and your riding confidence improves.

Below are some ways to help reduce anxiety when riding:

- Calm yourself to calm your horse.
- Picture good possibilities, not bad ones.
- Try breathing exercises.
- Focus on your successes, not just your failures.
- Replace negative self-talk with positive self-talk.
- Don't get hung up on what other riders are doing.
- Challenging yourself in realistic ways.



## HORSE/ PONY OF THE MONTH

THIS MONTHS WINNER IS.....

# FERN



### FACT FILE:

Date of Birth: 2000

Breed: New forest X

Gender: Mare

Height: 12.2hh

Colour: Chestnut

Favourite activity: Trying to bite the other horses over the wall!

Favourite food: Apple

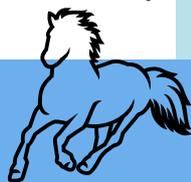
Fun fact: Fern has taught lots of children to ride over the years as before being at Pinkmead she used to be a Crofton manor riding school.

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

'She was the first pony I ever rode'

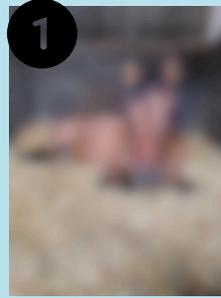
'I love her sassiness'

'She was the pony that moved me up to level 3'



# QUIZ

Can you work out which pinkmead horses and ponies these are from the blurred images?



## Dressage....

1. In a standard dressage arena, which letter is placed at the entrance where the rider enters the arena? **A**
2. True or False: In a leg yield, the horse is bent in the direction of movement. **False**
3. A long school arena is 20m by ??  
**60M**
4. What is the smallest circle size?  
**8M**
5. At what level can a double bridle be worn? **Elementary**



# Pony Pancake recipe!



Tried, tested and loved by all the horses and ponies!

## Ingredients:

Half a scoop of fast fibre ( You could use any type of mash e.g. speedibeet)

One scoop of warm water

Dollop of honey

Toppings of your choice, we used banana, apple, pears and polos!



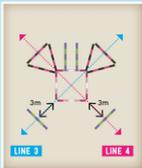
# TEAM PINKMEAD RESULTS

RIDING SCHOOL

MAIN ARENA INTRO 1A

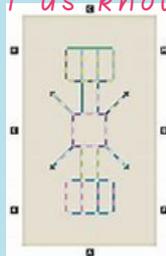
9<sup>th</sup> Evie Richmond & Dolly 59.09%

**FRIDAYS  
7PM**



*Every Friday in March we are running our Fancy Footwork lessons, a fun lesson all based on riding challenging polework patterns to improve horse and rider. These are available to book online now. Please note for ages 7+ and levels 3+.*

*If you have any suggestions on what we should run in April, please let us know.*



LIVERY



E-RIDERS

KIDZ INTRO 1B

2<sup>nd</sup> Phoebe Hall & Blue 67.17%

MAIN ARENA PRELIM 2A OPEN

7<sup>th</sup> Carol Johnson & Dynamo 64.38%

MAIN ARENA PRELIM 2C JUNIORS

3<sup>rd</sup> Lola Farr & Jessie 62.61%

*If you or your child has moved up a level this month and would like to feature in the newsletter to please email [ella@pinkmead.co.uk](mailto:ella@pinkmead.co.uk)*



**WELL DONE TEAM PINKMEAD!**  
YOUR PARAGRAPH TEXT

