

OCTOBER NEWSLETTER

Ryders Farm Equestrian Centre

Welcome to the RFEC Newsletter!

We're excited to **relaunch our monthly newsletter** - it's been a while! Our newsletters have been a part of the yard for many years, and now we're bringing them back to keep everyone up to date with all things **Ryders Farm Equestrian Centre**.

Every month, you can look forward to:

- **Yard updates** and news about our horses
- **Information on upcoming events and activities**
- **Training tips and horse trivia** to keep you learning and inspired

We hope this newsletter helps you stay connected to life at RFEC and enjoy everything happening on the yard!

Haunted Horses Week

This October, Ryders is getting into the Halloween spirit with **Haunted Horses Week!**   It's a fun-filled week full of mystery, magic, and a few playful surprises. With Halloween-themed decorations and seasonal surprises around the yard, it's the perfect way for riders to enjoy the season with their horses.

Throughout the week, lessons will feature exciting halloween challenges, think Witches' Hat Relays and Eyeball & Spoon Races to Trick or Trot challenges, giving riders the chance to test their skills and enjoy some friendly competition. Pony Stars sessions will add a creative twist with pumpkin carving, and a dedicated fancy dress photo area for riders to show off their Halloween outfits - with the best photo winning a prize!



Haunted Horses Week is all about celebrating riding, getting creative, and enjoying some festive fun with your favourite horses. Join us for a memorable and exciting week at Ryders! Happy Halloween 

A Fond Farewell – To Angel

We're sad to share that our lovely **Angel** was put to sleep at the end of September. After enjoying a happy summer living out in retirement, her arthritis had worsened, and it was time to say goodbye.

Angel had been a cherished part of the Ryders Farm family for many years. She played a wonderful role in the riding school, helping countless riders build confidence, learn new skills, and experience the joy of working with horses.

While it's never easy to say goodbye, we're focusing on the joy and memories she gave us over the years. We've shared a post on our Facebook page, and we'd love for you to share your own memories or stories of Angel there as we celebrate her life together.

Thank you, Angel. You'll always be part of RFEC.



Horseball Demo Day

We're excited to announce our upcoming **Horseball Demo Day** in collaboration with the **British Horseball Association** on **Monday 27th October, 1pm–3pm**.

Join us for an exciting afternoon as our riders and horses take part in Ryders Farm's **first-ever horseball demonstration!** You'll also have the chance to meet the **BHA team**, ask questions, and experience what this **fast-paced, skillful sport** is all about.

 **Q&A session** with the BHA team

 **Skills showcase** with our BHA Level 1 Horseball coaches **Jasmine & Evie**

 The perfect opportunity if you've ever thought about **having a go** or joining our **upcoming Horseball Skills sessions**

Come along, **cheer on our riders**, and discover the exciting world of Horseball! ➡️ **Book your free members' space on ECPRO** to come and watch.

Arena Safety & Etiquette - A Reminder for All 🐾

At Ryders Farm Equestrian Centre, safety is our top priority; for riders, horses, and spectators alike. We've noticed a few habits developing that could increase the risk of accidents, these have recently been updated in our Risk Assessment so we'd like to remind everyone of some key **Arena Safety & Etiquette** points:

Key Guidelines:

- **No food or drink while mounted.** If you need a drink during your session, please inform your coach and dismount safely. Drinks should be handed to your coach at the start of the session.
- **Keep a safe distance from the gallery.** Riders should not stop or ride towards spectators.
- **Spectators, please avoid distractions.** Horse riding is a high-risk sport – calling out or interfering can cause accidents.
- **Body protectors must remain on** throughout your session. Coats or jackets should only be removed under coach supervision.

A Shared Duty of Care

Every rider has a responsibility to themselves, their horse, and those around them. Horses are always learning - every action, intentional or not, teaches them something. Repeatedly stopping at the gallery, calling out, or taking horses for granted can encourage unwanted behaviour or spooking. Please follow your coach's instructions to ensure a safe and productive ride.

We appreciate everyone's support in following these guidelines. Your cooperation helps us maintain a safe, professional, and enjoyable environment for all.

BHS 'For The Feeling' 💛



The British Horse Society has launched their refreshed look and feel, 'For the Feeling' - a new look, but the same feeling: the unique bond that exists between horses and people.

As a **BHS Approved Centre**, we're thrilled to be taking part in **For the Feeling Week** at Ryders Farm from 27th October to 2nd November! 🐾💛

To celebrate everything our horses mean to us, we're creating our own **Appreciation Station**. We will be inviting you to **reflect on what horses mean to you**; the joy, comfort, excitement, or

special moments you share together. Soon, we will be inviting you to write a note or message to describe that feeling and add it to our display.

We'll be sharing these heartfelt messages and moments throughout the week and you might even be featured in our videos! It's a wonderful way to celebrate the magic horses bring into our lives and the special connection we all share. 🍷 Come join us, share your story, and help bring **the feeling** to life at Ryders! **#ForTheFeeling**

New Lesson Types Now Available!

We're excited to share that our **booking system has been updated** to offer more flexibility and choice when booking your private lessons. You can now book:

-  **Private Lessons** – Available in **30-minute or 60-minute** slots (subject to availability).
-  **Stable Management Sessions** – Cover topics of your choice including grooming, equine anatomy, tack care, nutrition, and more. Great for riders working towards exams or just wanting to build knowledge.
-  **Lunge Lessons (30 mins)** – A focused ridden session on the lunge to improve balance, position, and confidence.
-  **Groundwork Sessions** – Learn essential handling skills like long reining, leading, and lunging from the ground.

Bookings can be made via ECPPro as usual, or speak to the team if you'd like help choosing the right option for you!

Filming & Videoing Policy - A Friendly Reminder

As part of our ongoing commitment to **safety and safeguarding**, we'd like to remind everyone that our **filming and videoing policy has been in place for some time**.

To keep everyone safe and ensure the integrity of our lessons and the Centre:

- ♦ **Filming or videoing is not permitted during any lessons**, whether group or private. This includes footage from galleries or viewing areas.
- ♦ **Videos for personal learning** should be taken in private settings only and **not shared publicly or on social media**.
- ♦ **Any photos or videos taken by RFEC** for social media or promotional purposes will always be shared **with consent**.

Thank you for your continued **understanding and support**! If you have any questions, please don't hesitate to reach out to us.

Training Insights: The Genius of the 'And' with Lisa Ashton

Last quarter, we welcomed Lisa Ashton to RFEC for a brilliant training session and realised we hadn't shared the highlights! Lisa's evidence-based, horse-first approach truly shines through her work.

A key takeaway was **"The Genius of the 'And'"** - the idea that good training **and** good welfare go hand in hand. We don't have to choose between doing it correctly and doing it kindly. We also explored horse sentience, recognising horses as thinking, feeling beings who communicate with us every day - and the importance of listening.

We're thrilled to have Lisa as our Equine Welfare & Wellbeing Consultant, offering ongoing, research-based guidance that helps us keep welfare at the heart of everything we do. Her session perfectly reinforced our philosophy: thoughtful, respectful, evidence-based horsemanship where horses always come first. Learn more about her work at [Equicoach](#).



Around The Farm

Ryders Farm isn't just a riding school - we're also a working family farm, and we'd love to share a little of what's happening on the other side of the yard! Richard and Joe run the farming side (often spotted grumpily! - on the tractor or around the yard). Throughout the year, there's always something new going on, and we're excited to keep you in the loop.



This year, we welcomed **four beautiful foals** at Ryders:

- Rose had a colt (male) foal, **George**, by Magic Morris (Class 1 Connemara Stallion)
- Dotty had a colt foal, **William**, also by Magic Morris
- Mavis had a filly (female) foal, **Slippy**, by Magic Morris
- Blue had a colt foal, **Charles**, by Kingston Hill (Thoroughbred Stallion)

Magic Morris is a Class 1 Connemara Stallion. You can read more about his pedigree here:

<https://www.newhillfarmstud.co.uk/magic-morris/>

All four foals have now been weaned, and the colts have been castrated. Over the coming weeks, they'll continue gentle handling before being turned out as a group for the winter to mature. Their mums are now enjoying some well-earned rest in the winter fields!

Our **lambling season** has also just finished for 2025. We started in September after the Dorset sheep were artificially inseminated (AI) back in April - this allows one ram to serve more ewes than he would be able to naturally, and helps synchronise lambing into a shorter, busier period.



You'll see two main breeds in our flock:

 **Pedigree Dorsets** - both Dorset Horn and Poll Dorset - known for their white faces, pink skin, and gentle temperaments.

 **Mules** - with their darker faces and markings - farmed to produce lambs for a local farm shop and as "recips" (female sheep who carry embryos for breeding through AI).



Over in the cattle shed, we've recently welcomed **four Belgian Blue cross bull calves**. They're currently on milk and will soon transition to hard feed as they grow over the winter, ready to be sold as **stirks** (young bulls or heifers, typically 6–12 months old) in the spring.

Our **pedigree Limousin herd** have also had their calves this year. *Nitrate* (8 years old) gave birth to a **pedigree Limousin heifer (female) calf**, who will remain in the herd for future breeding. *Rihanna* (5 years old) had a **Limousin × Belgian Blue bull calf**, which will be sold in the spring along with the other calves.

It's been an exciting season for our livestock, and we look forward to watching the young stock grow over the coming months.

October Half Term Dates

- **Mon 27 Oct - Horseball Demo Day (1–3pm)**
Watch an exciting horseball showcase with the British Horseball Association, featuring our skills group and BHA Level 1 coaches Jasmine & Evie.
- **Tue 28 Oct - Halloween Own a Pony Day (9am–3:30pm)**
A magical day for pony-mad kids to experience having their very own pony! 🦄
- **Wed 29 Oct - Junior Jump Camp (11:30am–3pm)**
Two coached sessions, course building, and theory tips - perfect for young riders. *(currently fully booked)*
- **Thu 30 Oct - Adult Jump Camp (11:30am–3pm)**
Sharpen your jumping skills with expert coaching, course building, and time to socialise. *(currently fully booked)*

Rider Tip: Confidence Bank

Think of your confidence as a bank - every small win is a deposit. A smoother transition, a calmer ride, or a better reaction from your horse all add to your "confidence bank." Over time, these little wins build up, giving you a reserve to draw on when trying something new or more challenging.

Celebrate each step, no matter how small, because confidence isn't built in a single leap. By noticing and appreciating your progress, you keep your bank growing, ready to support you in every ride.

Horse Trivia: *Eyes Tell All!* 👁️

Next time you're with your horse, **watch their eyes!**

- When horses are **stressed**, they tend to blink less and their **eyelid twitches** may increase.
- When they're **relaxed or focused**, their blink rate can slow down.

Pay attention to these subtle signs - they can tell you a lot about how your horse is feeling!

P.S - We'd Love Your Input!

Do you have a story, photo, or idea you'd like to share in next month's newsletter? Whether it's a memorable moment at Ryders Farm, a riding tip, or feedback on what you'd like to see more of, we'd love to hear from you!

Send your contributions, suggestions, or questions to louise@rydersfarmequestriancentre.co.uk and help us make our newsletters even more fun, informative, and engaging for everyone in the Ryders Farm community. Your ideas could inspire our next edition - so don't be shy, get in touch and share your thoughts!



A good rider can hear their horse speak to them. A great rider can hear their horse whisper." – Unknown

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Instagram: <https://www.instagram.com/rydersfarmec/>

TikTok: <https://www.tiktok.com/@rydersfarmec>

Follow our WhatsApp Channel: <https://whatsapp.com/channel/0029VaN5OaG7IUyX3H9qR52c>