

# LCRC NEWS

FREE NEWSLETTER FOR LAMBERTS CASTLE RIDING CLUB MEMBERS

## Membership surge

LAMBERTS Castle Riding Club seems to be increasingly popular with a recent surge in newcomers.

With a total membership now up to 88, the club has gained a host of new members in the past few of months.

A warm welcome goes to them all, including the most recent – Manon Brule, Alice Edmonds, Kara Burrough, Tony Collins, Patricia Saintey, Christiane Doey, Rosalyn and Garth Whisker, Polly Walker, Miriam Horstman, Freya Bendy, Sarah Carr, Ruby Russo, Emelie Real and Jackie Parris.

## Helpers required

LCRC will be hosting the Area 12 Winter Dressage competition at KSEC on November 5th and the committee is seeking some help. All types of jobs are available, including on the warm-up arena gate, tack checking, dressage writing and lunch making.

Many hands make light work so, if you can spare half a day – or the whole day – please let Fran Summers or one of the committee know.



LCRC teams have experienced some amazing results recently in various Area 12 disciplines. Members are encouraged to join in the fun of team events. More news in the next issue

## Meet the trainer...

### CAROLINE EVANS

**I HAVE had quite a varied horsey career over the years, starting in the 1980s with my Pony Club B test and passing my British Horse Society Assistant Instructor award.**

Then going onto West Oxfordshire College, I studied The Science and Practice of Stud and Stable Husbandry which was thoroughbred-based and kicked off my admiration of the breed.

Next, onto Mill House Stud which bred anglo Arabs for all disciplines. Here, I competed with the young horses in dressage and eventing. I showed hacks at county level and I flat raced at Newbury, Kempton and Goodwood, probably the most fun I ever had (I didn't win any though!).

I set up my own livery and stud business in 1990 and concentrated on dressage, bringing many homebred young horses up through the lower levels. During this time I flew horses to Thailand and groomed for six weeks for the Hong Kong Jockey Club during the Asian games. I competed at advanced medium and advanced more

recently, until 2019 and the untimely death of my gelding, Zidane, whose last test was at the regionals at Bicton.

I became a BHS Accredited Coach at level 3 and passed my stage 4 stable management. Throughout my equestrian career I have always taught, both riding and stable management. I have trained my staff through their BHS stages 2 and 3 and more recently helped clients achieve the BHS Challenge Awards. I currently work as an apprenticeship assessor for equine grooms in the workplace.

I enjoy teaching at all levels, but probably more so the less experienced. I get particular pleasure in finding a way to explain something to someone that they haven't quite grasped before. I like to help a person to think about what it is they are doing and how it works for them and their horse. It is important to me that riding should be fun for both the human and the horse and I can relate to a lot of things people are experiencing having, over many years, experienced them myself.

# What is social licensing and how does it actually affect me?

**OVER recent months the phrase ‘social licensing’ has been used more and more, both within our equine world and outside of it.**

As horse owners and riders, it is something we all need to be aware of as there is a very real movement in this area. So, what on earth is it all about?

Social licensing refers to the acceptance and support a certain activity or industry receives from the general public (and stakeholders). For horse riders, being aware of social licensing is important to ensure that their activities are seen as ‘acceptable and responsible’ by the broader community. By the broader community, this means non-horse riders.

The broader community often has perceptions of our chosen lifestyle, the management of our horses and views on the competitive – or non-competitive – disciplines we participate in. I’m sure many of you are aware of the high-profile demonstrations at The Grand National and the Epsom Derby this year. Freedom of speech is important; this is not about stopping that. But it is in all our interests to improve those perceptions by considering what we do and how we promote ourselves publicly, particularly online.

**Respect for others:** Horse riders should be considerate of other people sharing the same space, such as pedestrians, cyclists or motorists. Being polite and respectful while riding can foster positive attitudes towards horse riding.

**Animal welfare:** The demonstration of proper care for the well-being of their horses is crucial. This includes ensuring

the animals are well-fed, hydrated and properly exercised, and seeking veterinary care when necessary.

**Education and awareness:** Promoting public awareness about riding can help dispel misconceptions and build understanding, and sharing information about the benefits and responsible practices can positively influence social acceptance.

**Advocacy and communication:** Support or participation in organisations that advocate responsible horse riding can be beneficial. Moreover, being open to constructive communication with the public and addressing concerns can help improve social licensing.

**Positive role models:** Being a positive role model in the equestrian community can influence others to adopt responsible and considerate behaviours.

One of the best ways we can improve public perception is to really consider the photographs or videos we put online of our activities.

In recent years, I’m sure we’ve all seen – or engaged with – some of the images and film of things going wrong in the sport. Those within the horse world

understand the specifics of a situation, laugh with it, and grateful it’s not them being featured as they are dumped in a water jump or holding on for grim death after Steady Eddie has just whipped around at nine million miles an hour and left us clinging on for dear life, half out the saddle.

However, to those that maybe don’t understand that fraction of a second moment that’s been captured, it can paint a very different picture.

As a photographer, I am now incredibly mindful of what I put out in the public domain in recent months. Those split-second photographs that to an outsider might look like a horse that is uncomfortable (maybe it’s a rolled eye or his head is up high or a poorly fitted bridle) or possibly when a jump goes a little haywire. Essentially, anything that to the untrained horsey eye could be used against our sport.

The important aspect for us to remember is that they don’t know the full story, but they are making judgements on what they see. Therefore it is down to us to promote our equestrian world in the most positive way we can and to politely educate where we can to protect our way of life going forward.

*Rachel Collins*

## Club camp – hands up if you’re interested

THE idea of a possible club camp was discussed at a recent committee meeting.

Therefore, the club is asking if members would be interested in a three-day, two-night stay in April or July next

year with five lessons and lovely hacking routes. The cost, fully catered, would be approximately £425-450. Please contact Fran Summers to express an interest at [fran.summers60@gmail.com](mailto:fran.summers60@gmail.com).

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## DIARY DATES...

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### Wednesday, August 16th, 12noon

Bonhayes Farm club ride. Whitchurch Canonicorum DT6 6RF. This ride will take us through the stunning Marshwood Vale, which has plenty of opportunities to canter in open spaces. Sophie Johnson will organise the ride route, supported by committee members. Parking by kind permission of Sophie. £5 payment by BACS or correct cash on the day. Names to Fran by Friday, August 11th — fran.summers60@gmail.com.

### Tuesday, August 22nd

Jump Training with Jayne Smart (Chard EQ): LCRC and Area 12 Training. Groups of three — 80cm to 1m+. Please let us know what level you are working at so we can group you up with other like-minded riders where possible. Cost £35 for LCRC Members / £40 for Area 12 Members. Please book directly with Rachel Collins — hello@rachelcollinsphotography.co.uk.

### Friday, August 25th

Cross country schooling with Jane Rogers at Cricket St Thomas: members-only training from 1.30pm — limited to just three sessions! Lessons can be individual or in groups of three. A great venue with more than 60 fences from 60cm to 1m+. You will require a body protector to current British Eventing standards and Crash Hats with the new 2023 pink tag to take part. Please let us know what level you are working at so we can pair you up with other like-minded riders where necessary. Cost £35 for shared hour or £45 for an individual hour. Please book directly with Rachel Collins — hello@rachelcollinsphotography.co.uk.

### Tuesday, September 5th, from 11am

Flatwork with Gaynor Lomas at The Linhay, Kilmington: members-only training. Individual lessons. Cost £20 for 30 mins, £30 for 45 mins, £40 an hour. Please book directly with Rachel Collins — hello@rachelcollinsphotography.co.uk.

### Saturday, September 9th, from 10am

Build your Freestyle to Music Floor Plan with Melissa Northwood at The Linhay, Kilmington: members-only training — limited to just three sessions! We're delighted to offer initial floor plan training with experienced Freestyle to Music trainer and competitor Melissa Northwood! Melissa will work with you to discover your you and your horse's strengths within dressage to create a floor plan that really works for your horse and the British Dressage level you are competing at. Please note, this is an initial session, and you may need more than one session to finalise your floor plan. Once Melissa has completed your floor plan it will be ready for you to find suitable music to accompany it. Cost £45 for an hour's 1-2-1 session (these can't be shared). Please book directly with Rachel Collins — hello@rachelcollinsphotography.co.uk.

### Thursday, September 14th

Gridwork with Melissa Northwood at The Linhay: members-only training. Improve your horse's gymnastic skills with gridwork. Hour lessons in small groups (no more than three). Cost £25 per person. Please book directly with Rachel Collins — hello@rachelcollinsphotography.co.uk.

### Tuesday, September 12th, 10.30am

Club lunch ride: Burridge, near Chardstock EX13 7DF. The ride will be at a moderate pace with chances to canter in open spaces. Parking will be at Burridge by kind permission of Fred and Lulu Eames, £10 to include light lunch, payment by Bacs or correct cash on the day. Names to Fran by Friday, September 8th — fran.summers60@gmail.com.

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**DIARY DATES continued...**


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**Thursday, September 21st, from 10am**

Flatwork with Caroline Evans at The Linhay: members-only training. Lessons can be individual or in pairs. Please let us know what level you are working at so we can pair you up with other like-minded riders where necessary. Cost £30 for individual 45min lesson, £20 for shared hour. Please book directly with Rachel Collins — [hello@rachelcollinsphotography.co.uk](mailto:hello@rachelcollinsphotography.co.uk).

**Saturday, September 30th, from 10am**

Jump Training with Jane Rogers at Swallowfields: members-only training. Come and join Jane for some tailored jump practice. Tap into her vast knowledge and learn some fabulous ways to support your jumping. Individual or paired lessons. From 70cm upwards. Please let us know what height you prefer so we can group accordingly. Costs – paired £20, grouped £15 or individual £30 per hour. Please book directly with Rachel Collins — [hello@rachelcollinsphotography.co.uk](mailto:hello@rachelcollinsphotography.co.uk).

**Thursday, October 5th, from 11am**

Flatwork with Gaynor Lomas at The Linhay: members-only training. Individual lessons. Cost £20 for 30mins, £30 for 45mins, £40 an hour. Please book directly with Rachel Collins — [hello@rachelcollinsphotography.co.uk](mailto:hello@rachelcollinsphotography.co.uk).

**Friday, October 20th, 10.30am**

Club ride: Wiscombe/Harcombe valley EX24 6JF (nearest postcode). This ride will be through the woodland and bridleways of Wiscombe and the Harcombe valley. The ride will be at a moderate pace with opportunity to canter in enclosed bridleway. Parking will be at Wiscombe top field by kind permission of Tim Chichester, £5 payment by Bacs or correct cash on the day. Names to Fran by Monday, October 16th — [fran.summers60@gmail.com](mailto:fran.summers60@gmail.com).

**Sunday, October 22nd**

Jump Training with Gemma Hallett at Chard Equestrian: members-only training. Provisional training date. Brush up on your jumping — group lessons with a UKCC level two coach. From 70cm upwards. Please let us know what height you prefer so we can group accordingly. Costs TBC. Please book directly with Rachel Collins — [hello@rachelcollinsphotography.co.uk](mailto:hello@rachelcollinsphotography.co.uk).

**Monday, October 23rd, from 11am**

Flatwork with Gaynor Lomas at The Linhay: members-only training. Individual lessons. Cost £20 for 30mins, £30 for 45mins, £40 an hour. Please book directly with Rachel Collins — [hello@rachelcollinsphotography.co.uk](mailto:hello@rachelcollinsphotography.co.uk).

**Monday, November 13th, 10.30am**

Club ride: Monkton Barton Farm - EX14 9QW. Jan Osborne will lead a ride around the quiet lanes and Bridleways of Monkton/Cotleigh area. Ride will be at a slow to moderate pace. Names to Jan by Friday, November 10th — [Royandjanoz@gmail.com](mailto:Royandjanoz@gmail.com).

*Dates are subject to change at the discretion of the club.*

PLEASE KEEP AN EYE ON OUR WEBSITE OR FACEBOOK  
PAGE AS TRAINING IS FREQUENTLY UPDATED