



# SALTBURN AND DISTRICT BRIDLEWAYS GROUP

## Spring Newsletter 2015

After leaving winter behind it definitely feels like we are stepping into spring! Lighter nights mean we are able to get out and about on our horses after work, riding on our fabulous local bridleways. We have lots of exciting things to tell you about in this edition of our newsletter, including details of our eagerly awaited pleasure ride... There's never been a better time to be a member of Saltburn and District Bridleways Group.



### Here's why you need to renew you membership...

Now there are even more great reasons to renew your membership as Jo's Equine Supplies (based at Saltburn Riding School) has agreed to officially sponsor Saltburn and District Bridleways Group for 2015-16. Our new 2015 membership cards will entitle you to 5% off new items and feed and 10% off rug washing at the Saltburn store.

Don't forget there are lots of other benefits as well including:

- ✓ Discounted British Horse Society membership (up to 30% off your first year)
- ✓ Discounted British Horse Society access training
- ✓ Free British Horse Society monthly access update (Subscribe by contacting amy.tuck@bhs.org.uk)
- ✓ Discounts on Saltburn & District Bridleways Group pleasure rides
- ✓ Talks from a wide range of horse experts at our public meetings
- ✓ Free Saltburn & District Bridleways Group newsletter
- ✓ Fun social events and day trips
- ✓ Advice and support on local bridleways issues



We think you will agree that there has never been a better time for you and your family and friends to join us!

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## Access training

As a member of our Bridleways group you can complete discounted British Horse Society access training sessions. This year three of our committee members completed level 2 access and rights of way training in Helmsley. Local training events will be advertised on our website or see the BHS website for more details.

### *Did you know?*

- Only pedestrians have a right to use a public footpath. You can only ride your horse on one with the land owner's permission.
- Cyclists and horse riders have a statutory right to ride on byways, bridleways and roads. On bridleways, it's important that cyclists give way to horse riders (the Countryside Act 1968 gave cyclists the right to use bridleways, but stated that they must give way to horse riders and walkers).
- The landowner is responsible for the repair and maintenance of stiles and gates on public rights of way but the highway authority has a duty to contribute a minimum of 25% of the cost.
- The highway authority is usually responsible for the maintenance of the surface of the public right of way.
- It is the landowner's responsibility to ensure the right of way is free from obstruction and to cut back overhanging vegetation.
- You have a right to remove an obstruction or to ride round it to enable you to get from A to B on a public right of way.
- You can claim a route as a bridleway under the highways act 1980 if you can prove the route has actually been enjoyed as a right by the public for a period of 20 years without interruption prior to the date access was denied.



## “Bottom loop” reopen at Yearby

We are pleased to confirm that we have spoken to Turners Arms Farm and the “bottom loop” is now open from Yearby Bank near the crematorium to Grewgrass Lane, New Marske. Please note this route is permissive and can no longer be accessed via Thrushwood Farm.

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## A word from our new sponsor...

Jo's Equine Supplies is a family run business owned by Jo and her husband Paul. They first opened in December 2012. Jo says:

"I had never imagined running my own business but Paul, who already had his own horsebox repair company, heard that the shop at the riding school in Saltburn was going to become available and put our names down. Then we just had to decide what we were going to do with it.

We realised that there wasn't an outlet for second hand horse riding tack and equipment in the area, and we horse owners always seem to accumulate a lot more things than we would ever need. We decided that we would sell new as well as second hand items. Over the last two years we have expanded our range, we now also offer a variety of feeds and a much wider range of supplies. We have recently become an official Elico stockist. We also offer a rug washing and repairs service.



As our family has just grown with the birth of our first child, Thomas. We hope to continue to grow and expand the business as well by always striving to stock the latest goods and a wider variety of top brands."

## Pleasure ride 2015...



We have a slightly different route planned for this year's Eston Nab pleasure ride which will take place on **Sunday 21<sup>st</sup> June**.

The course includes approximately 14 miles of bridleways, woodland, private tracks and minimal road work. As in previous years, it will set off from Thrushwood Farm at New Marske with start times from 9.30am. Rosettes and refreshments will be provided at the finish line. Riders must bring £5 returnable deposit for the hire of one of our bibs.

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Entry is £10 members, £14 non members and all funds raised will help the group continue its work to improve the local bridleway network. Places are limited so visit [www.saltburndistrictbridleways.co.uk](http://www.saltburndistrictbridleways.co.uk) and download an entry form today and post along with your payment to Saltburn & District Bridleways Group, 36 Wilton Bank, Saltburn, Cleveland, TS12 1PD. **The closing date for entries is Saturday 13<sup>th</sup> June.**

## AGM & animal physiotherapy talk

Another date for your diary... Our AGM, Wednesday 13<sup>th</sup> May, New Marske Sports Club, 7.30pm. Our AGM and public meeting is the perfect time to pop along and find out what's happening in your local area, as well as meeting a bunch of likeminded horsey friends.



This month, we are lucky to be joined by Jessica Hill (who many of you may know from Saltburn Riding School), who is coming to join us to talk about her decision to pursue a career as an animal physiotherapist. We caught up with Jessica who had this to say...

*"JMH Animal Physiotherapy covers North Yorkshire and the North East of England and is directed by myself, Jessica Mary Hill. I'm a Chartered Physiotherapist and specialise in Musculoskeletal Physiotherapy within the NHS and I'm a fully qualified Veterinary Physiotherapist and treat both people and animals in the private setting.*

*I've always wanted a career working with animals, I've ridden for other people and had my own horses, dogs and of course the token hamster as a child, but it wasn't until my college years that I really made a decision that Veterinary Physiotherapy was the profession I wanted to be part of. I returned to college to study toward my AS and A level in Biology and then I was accepted into Teesside University to study Physiotherapy. After a year in working within the NHS I was one of the 16 people, out of 160 applicants, who were accepted onto the Veterinary Physiotherapy course at Harper Adams University in Shropshire on a part-time basis.*

*I met my husband, Christopher Hill, in 2011. We moved onto Saltburn Riding School in May of 2013, at which point we took over a much more active role in running the business and we married in February 2014. Out of work, I spend my time doing the accounts for our business*

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*alongside riding - my particular interests being show jumping, at which I compete at an affiliated level with my 6-year-old mare, Lola and to a lesser extent, dressage at which I compete to novice level in unaffiliated events presently.*

*I pride myself in my exceptional physiotherapeutic knowledge base that I've gained through many years of academia, training and experience. I continue to push myself and progress through my ongoing awareness of current scientific research and professionally directed training courses, my most recent being Equine Kinesio Taping.*

*I suppose in short I'm a Human Physiotherapist, Veterinary Physiotherapist, Accountant, Yard Manager, Horse Rider and Wife!!"*

### **New committee members needed...**

We are looking for new committee members for 2015-16. The committee meets once a month and it would be great to have representatives from more local yards. If you want to get involved, please email the group or talk to a committee member. Thanks go to Kerry Sonley who has stepped down from the committee this year.

### **Horse accidents website**



We hope you always stay safe when out riding, however incidents can occur. If you are unfortunate enough to be involved in accident it is of vital importance that you record it on the BHS horse accidents website at [www.bhs.org.uk/safety-and-accidents/horse-accidents](http://www.bhs.org.uk/safety-and-accidents/horse-accidents).

It will only take a few minutes to do and it could help to make a difference in your area to ensure that these accidents do not occur again. Statistics show that last month they received a record number of incidents involving dogs. Statistics like this will help the BHS understand and raise awareness about such key issues. This information regarding incidents involving dogs can be seen on the BHS website. If you need advice regarding the horse accidents website please contact the BHS Safety Department, [safety@bhs.org.uk](mailto:safety@bhs.org.uk).

We want to ensure that your equestrian routes are as safe as possible so make sure you record any incidents you encounter!

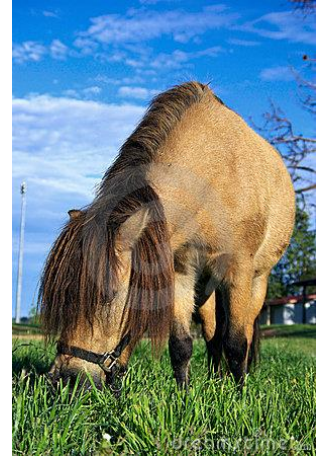
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## Make sure he has a spring in his step!

As most people look forward to the warmer weather, however for some of us horsey folk, it can mean one thing... Laminitis season! Looking out of the window on this sunny afternoon, spring has definitely arrived and the grass is growing rapidly. Make sure to keep an eye out for a change in your horse or ponies droppings. With so much rain followed by warm sunshine the new spring grass will be here and the problems can begin before we have even thought about it.



Laminitis is a disease of the foot. In a healthy pony, the hoof wall and pedal bone are held together by the laminae. Laminitis is the end result of multiple factors which ultimately lead to the inflammation, disruption and failure of the laminae in the foot. When Anna Welsh from feed company Topspec visited the group recently, she gave us the following advice regarding laminitis.

*“When dealing with a laminitic, the ‘trigger factor’ of the episode needs to be removed, whilst other key dietary factors which need addressing to support recovery are:*

- 1) Reducing the sugar and starch intake to control the insulin response.*
- 2) Re-establishing the fibre-digesting bacterial population of the hindgut.*
- 3) Weight control (if necessary).*

*It is important never to starve a laminitic. If a pony is overweight then low (<10%) NSC (Non Structural Carbohydrate) hay should be fed ad-lib, for no more than a week, to help re-establish the correct hindgut bacterial balance.*

*Hay can then gradually be reduced to 1.5% of ideal bodyweight, to help weight loss. If the hay quality is unknown, it can be analysed but in the meantime, can be soaked in ample fresh, cold or lukewarm water for 6-12 hours to significantly reduce the sugars it contains. At least in the short term, an unmolassed low sugar/starch chop such as TopChop Lite, can be used as a hay replacer.”*

If you need any further advice about keeping your horse in tip top shape this spring, Anna welcomes questions via the Topspec website or you can call the Topspec team on 01845 565030.