

## Report from the Chair

Happy New Year to you all. Best wishes for a healthy happy 2012.

I hope that you and your horses have safely come through this horrible weather. I am sure, like you, we look forward to longer days and better weather.

We had an excellent turnout for our AGM in November with a fascinating talk from Ronald Alexander. BHS Ayrshire is in good health. Membership is holding its own through these tough economic times. Our bank balance is in good shape. Attendance at recent events has been excellent. We have another exciting year planned with an interesting and varied programme that you can read about in this newsletter.

We had a productive Committee meeting on 11 January. As part of that meeting, we discussed "succession planning" as part of the consultation about new BHS requirements for terms of office of Committee officers. Gladys Decelles, who has served us so well as Treasurer since our Committee reformed, has indicated that she will step down at the next AGM. It is likely, but not totally certain, that I will be stepping down as well having completed three years as the Chair. During the past year, family requirements in the USA have taken up the majority of my time. Further information will be circulated about these roles so that we can help bring some new hearts and minds to our experienced Committee.

I want to particularly highlight a recent event attended by more than 50 people where Jamie Wallace of McKenzie Bryson spoke about Strangles and Biosecurity. It was a very informative and entertaining evening. As a result of this event, we may be able to create an opportunity to significantly reduce and potentially eradicate Strangles from Ayrshire. Please read the separate article in this newsletter for more information.

Interest in Trec events continues to grow and this year we will be having a Training Day at Kelburn and another competition at Barskimming. Dates and information are also included in the newsletter.

I would also like to welcome Elaine Honeyman who has agreed to be our new Access Officer for all of Ayrshire. Please contact Elaine with any access questions or concerns. Also – as there are several significant property developments in the planning stages, e.g. Irvine Beach, we really need your help to provide feedback on the plans lest we lose some of our best riding places.

I hope to see you at our events this year. Roll on springtime and better weather.

(Patricia Kennedy)

## IN AYRSHIRE RECENT EVENTS

**Dengie Horse Feeds Talk:** on the 25th October 2011, a representative from Dengie Horse Feeds gave a very interesting and informative talk about the feeding of a horse with particular emphasis on the functions of the gut. This included a life size model, which made it much easier to understand the length of the small intestine etc - we were nearly running out of room passing this around everybody in the audience! It is hoped to have a return visit from Dengie Horse Feeds so keep an eye out for this.

**Scottish Equine Welfare Conference 2011:** was held in the Weipers Centre in Glasgow on the 9th November 2011. This event was really well attended not just by the BHS welfare officers but by SSPCA, World Horse Welfare and Local Authority animal health and trading standard officers. There were several talks on welfare and a good talk about the care and selection of breeding stock, exotic diseases and identification of horses. Also there was a good demonstration of micro chipping for passports by Bern Myes MRCVS. Lee Hackett, Head of BHS Welfare gave a very interesting talk about the licensing of Equine Establishments. Lee also went in to great detail about how much the BHS are involved in changing the law for the export of live horses/pony which at the moment have very little legislation and are transported in dreadful conditions. The BHS are working with Eddie Harper MBE Livestock Transport consultant to lobby the government to introduce a protocol on the welfare of horses during transport by road but it all takes money.

**BHS Ayrshire AGM:** a very successful AGM took place on Thursday 10th November 2011 at the Gales Hotel, Irvine. At the AGM, Jane Belding was elected onto the committee taking on the role of the training officer and Elaine Honeyman has joined the committee as the access officer. On the night, Helene Mauchlen, BHS Scotland Development Officer, gave a very interesting update on what has been happening over the last year. After the AGM, Ronald Alexander gave a very informative talk on x-country course building. This talk was extremely interesting covering his course building work in the UK and abroad and raised many questions and constructive discussion. It was great to have such a fantastic turnout for this event. At the AGM, it was agreed that all future notifications for the AGM would be by email. So remember that if you change your email, please notify Julie at [juleshanna@yahoo.co.uk](mailto:juleshanna@yahoo.co.uk)

**Lungeing Demonstration:** on the evening of 22 November, some 24 people gathered at Muirmill EC for a talk and demonstration of lungeing by BHS Ayrshire committee member Jane Belding, BHSAI INT T. Jane was assisted by Julie Hanna handling the experienced large cob Boston, owned by Maddie Moriarty, and Stephanie Fisher handling the less experienced Molly, owned by Stephanie and husband Donald.

Jane explained what a useful tool lungeing is for the training of young horses, exercising when time is short or no rider is available as well as for getting horses fit and going correctly. It is also useful to see from the ground how a horse is going. Twenty minutes lungeing is equivalent to an hour of schooling if carried out correctly.

Safety was emphasised and the essential equipment explained – lungeing cavesson, lungeing roller or saddle, side reins, lunge line and whip and boots for the horse – hard hat, gloves and boots for the handler.

With the help of Julie and Stephanie, the tack was put on the horses and fitted correctly. Jane then explained the correct way of holding the lunge line and getting the horse to respond to clear vocal instruction, while Julie and Stephanie demonstrated with Boston and Molly. Jane also described various problem situations that might crop up with a less experienced horse, and how to avoid or counteract them.

After lots of discussion and questions, the audience were invited to “have a go” themselves. This was a great opportunity for the less experienced handlers to try it with the two, very well behaved, guinea pigs.

It was a very interesting and informative demonstration for those who have only done a little lungeing and also a good reminder for others of the correct, safe way to lunge their horses.

Our thanks to Jane, who managed to make herself heard in spite of the excited barking from the nearby dog agility group, and to Maddie, Julie, Stephanie and Donald for bringing their immaculately turned out horses. Muirmill made us very welcome and the café kept everyone sustained.

(Liz McKay)

**Have a Go at Polo Day:** I received an email from a friend asking if I was interested in having a shot at polo.....not really knowing what I was agreeing to I said yes no problem, anyway the day arrives and I am getting ready to go and the butterflies are starting. I get to Glasgow Polo Club in Dunlop and still have no idea what I have let myself in for, my vision of polo is ponies hurtling about banging into each other while the riders on board are flaying sticks about after a tiny ball and that it is really only the well off that play polo.....how wrong was I. The host Gaynor Hutton was so down to earth and immediately blew away my pre conceived ideas as she showed us how they ponies are kept, forget fancy stabling and think "au naturale" the ponies are all together in a barn with their rugs on and immediately welcome us into their space, no pushing, barging or anything just accept us and patiently stand whilst Gaynor tells us about the type of pony she looks for and how she came about her team. Next we leave the barn and go to meet our mount a wooden horse in an enclosed cage, Gaynor climbs on board effortlessly and shows us what we are going to do and tells us about polo. I must admit the stories she is telling us were not for the faint hearted as we hear of smashed teeth and broken elbows but we all have a go on the wooden horse regardless and discover it is nothing like riding a horse, think no lower leg to hold you on and lots of griping with the knees and thighs while you half stand and half sit in the saddle which I may add is virtually just a dressage saddle, add to this a long mallet and tiny ball and your starting to get the idea of polo, the minute you start to aim for the ball that Gaynor is rolling towards you, you forget your 6 feet off the ground and become obsessed with hitting the ball, as I dismount I hope the real pony will be as obliging as the one I just sat on.

Next stage is to meet our real mounts mine was a pony called Trudi. She was delightful but most of all so patient whilst I try and work this steering thing out, two reins in my left hand and think of steering a bit like using a joystick hand left for left, right for right, forward for faster and back for slower, some leg on for go and slight

lean back and clench your buttocks for stop. I must have confused the poor pony from the minute I got on as I am sure my buttocks were clenched for a long time even when trying to go forward!!!! it felt a but like driving an automatic car I was sure I should be doing something with my other hand, just at that Gaynor gives me a mallet and says, as if its so easy "ok go hit that ball"...hit it!! in the huge arena the ball was so small it was like trying to hit a ping pong ball whilst leaning out a car window! but I gave it a go and eventually yeah I managed to hit the ball...ok it was only in walk but I still hit it, feeling slightly braver I shove my hands forward up trudies neck and I am in canter, a very comfy canter too thankfully as the ball is on my left side and I now have to manoeuvre my mallet over trudies neck (keeping it in my right hand) and hit the ball that now seems even further from the pony to the ground as my arm has suddenly become shorter and I am having to hang further down the ponies side. Did I hit it I hear you ask.....No I missed but not to be beaten I swivel trudi round and manage to hit it this time, this continued for the time it was my shot. Poor trudi plodding obligingly around whilst I am obsessed with the ball, flaying my mallet uselessly past it.

Gaynor supplied a very welcome cup of homemade soup and bread and showed us a dvd of how polo should be played, definitely not for the faint hearted but the polo community will be safe for a long time as I am sure it will be a while before I venture into a game. That doesn't mean I am not for another go at polo, the opposite in fact. I am going to rope some friends in for a group lesson and we shall take it from there.

Log onto <http://www.glasgowpolo.com> for further information should you wish to have a go at this great sport.

(Gayle Mowat)

**Strangles Information Evening:** On January 19, BHS Ayrshire, in response to the needs of our members, hosted an evening's talk by one of our local vets, Jamie Wallace, of McKenzie Bryson Marshall. More than 55 people attended. Jamie gave an excellent presentation about Strangles and Bio-security. His presentation was followed by a very active Q&A session. Jamie's presentation shall be made available shortly so do keep an eye out for this.

Strangles is one of the most common equine diseases worldwide. Caused by the bacterium *Streptococcus equi* (*S.equi*), the disease is highly contagious and easily spread through direct contact between horses, or indirectly through humans and equipment, e.g. water buckets.

- Did you know that Ayrshire has the highest density horse population in the UK, outside Newmarket?  
⇒ That is, Ayrshire has the one of the highest stocking densities per square kilometer.
- Did you know that Ayrshire appears to be a "hot spot" for the equine disease Strangles?  
⇒ There seems to be a higher incidence of infection with respect to other areas of the country.  
⇒ While the causes of this are not known, it may be the result of the high number of horses, the damp conditions, the highly contagious nature of the disease, the ability of the bacterium to live on tack, hay nets, buckets etc., and the existence of the only port in Scotland carrying the horse traffic with Ireland and Europe. Who knows! But the key point is that the disease breeds disease.
- Do you know that Strangles has considerable financial and social impact?  
⇒ At a bare minimum, each horse adds approximately £2000 into the rural economy? British Equestrian Trade Association (BETA) research shows that this is the average annual cost of feeding, vet, farrier and fencing equipment.  
⇒ As horse owners, we also know this is the tip of the cost iceberg. Add to that £2000, costs of tack, saddlery, rugs, and the cost of training, showing, and competitions. Add more for the cost of horseboxes, trailers, and the petrol.  
⇒ The Races, Ayr Show, our local equestrian venues, and our Horse Trials at Auchinleck and Barskimming also bring money and visitors to Ayrshire.  
⇒ If we could add it all up, it would be a considerable sum indeed.

Cases of strangles paralyze Ayrshire in several important ways:

- ⇒ Horses are confined to stables for a minimum of 6 weeks.
- ◇ Shows, training, and competitions are “off limits”.
- ◇ When people have trained for long periods of time towards a goal, often their one chance in a lifetime at a competition and potential title may be lost.
- ◇ Local show organisers spend time and money to find that at the last minute the entries are miniscule.
- ◇ Many of you will remember shows like this in recent years.
- ⇒ Owners are also confined.
- ◇ The highly infectious nature of this bacteria means owners should not go to see other horses or other stables.
- ◇ Liveries and yards can become stressful places as people try to cope with the loss of freedom and the increased duties of care for confined horses.

### **So how do we get rid of this disease, once and for all?**

Experts would appear to agree that there are 3 main ways to control and hopefully eradicate this disease; screening, vaccination, and biosecurity. Unfortunately at this time and probably for the next 5 – 10 years, screening is not a main route to eradicating the disease due to the high costs of the procedure.

Thankfully the bacterium is killed by soap and water and the use of other common disinfectants. So biosecurity is a means to lower risk of infection but it is unlikely to prevent or eradicate the disease, especially in a endemic area like Ayrshire.

A vaccine is now available and is being used in Ayrshire and elsewhere. However, experts, as they so often do, vary in their recommendations.

The BHS would urge you to do your own research and make up your own mind. Talk to your vet.

The company who has developed the vaccine currently on the market has been in discussion with a local veterinary practice. There may be an opportunity soon to benefit from a considerable discount for the vaccines.

Use the internet to find out more, but use your judgment: not all sites have good editorial control and accurate content.

Please read STEPS the Strategy To Eradicate and Prevent Strangles

<http://www.bhsscotland.org.uk/resources.html>

We will be posting another article from the Animal Health Trust (AFHT) in a future newsletter.

Until Ayrshire is clear of this costly and stress inducing disease, this topic has to stay on our collective “to do” list.

*Find out for yourself and make an informed choice.*

(Patricia Kennedy)

## **IN SCOTLAND**

### **RECENT EVENTS**

**Yogi Breisner: CPD Day and Evening Masterclass:** Olympic Coach Yogi Breisner MBE FBHS came to Scotland on the 25th November 2011 to deliver a day of Continuous Professional Development to riding coaches and a public Masterclass. The CPD day dealt with the basics, feeling the footfalls, keeping the rhythm and developing the correct impulsion within the paces. Yogi showed that training at Olympic level is not rocket science, but consistent, old fashion scales of training based on equitation. “Practice makes permanent, not perfect, there is no such thing as perfect,” Yogi professed, “practise bad riding and it will be permanently bad, practise good riding and it will be permanently good”.

A number of top Scottish riders from the Olympic disciplines enjoyed the opportunity to be trained by Yogi and the audience appreciated their participation. BHS Scotland Chairman Loraine Young said that we were honoured that Yogi, as Coach of the British Team, was prepared to take the time to come to Scotland and give such sensible advice with great enthusiasm. BHS Scotland Chairman of Training, Erik MacKechnie added "it has been a very fruitful day both for instructors, riders and the horses taking part. Yogi showed an interesting and informative performance, using basic equipment and sound horsemanship".

The riders certainly enjoyed their evening as well: Jemma Kirk, one of Scotland's leading lady show jumpers, said the evening was "really good, not over complicated and easy to understand; it was a privilege to be taught by a coach of Yogi's calibre in Scotland". Louisa Milne Home, 4\* Eventer said that Yogi picked up on "the little things and gave really helpful pointers which get the good marks from dressage judges at the top level. In the cross country, Yogi challenged the horses, using clever exercises to teach the horses to jump, turn, curve and tackle skinny obstacles, proving that with good ground work you get the right results." Yogi explained that even though Eventing is 3 different disciplines people practise the dressage 50%, show jumping 40% and cross country only 10% - he strongly advised that we must practise each of the disciplines in equal quantities.

"I have had a very enjoyable day in Scotland" said Yogi, "it has been nice to come here and see some young, talented, well educated riders with good horses. Scottish equestrianism is in good hands as the questions asked, and interest shown, by the instructors today were intelligent and showed the high calibre of Scotland's coaches".

(BHS Scotland)

#### **WHATS ON IN AYRSHIRE:**

**BHS Ayrshire Fun Quiz Night:** the annual fun quiz night shall take place on Friday 24th February 2012 at Perceton, Irvine. The quiz shall commence at 7.30pm, however the bar shall be open from 7pm. Teams shall have a maximum of 4 people and the cost is £10 per team. There will be a mixture of horsey and non-horsey questions. Rosettes will be presented to teams coming 1st, 2nd and 3rd and the winning team will win the trophy for the year! - so will Muirmill win the trophy back or will the trophy be changing hands! This is a great fun social evening. Lots of teams have been entered already, however there are a few places remaining. On the evening, there shall be a raffle so all donations towards the raffle would be greatly appreciated.

**Trec:** trec training day at Kelburn, Largs on the 1st April 2012. Shall consist of obstacles, control of paces training and orienteering practice round the country park. Booking form will be available shortly.

**Map Reading and Orienteering training** - without your horse/pony. For newcomers and those hoping to try competing at L1 or L2. Depending on numbers, this will be either an evening or an afternoon session held in a hall or some kind person's front room! If you are interested in this please contact Liz/Alan McKay as soon as possible so that it can be arranged before the training day.

**One Day Trec Competition:** Barskimming Estate, Mauchline - scheduled for the 9th September 2012, however date will be confirmed once we have a TD organised.

**Lungeing Night:** it is hoped to organise another lungeing night so keep an eye out for more details.

**Trailer Training:** if anybody wishes to attend a trailer training session, please contact Julie on [juleshanna@yahoo.co.uk](mailto:juleshanna@yahoo.co.uk). This can be organised provided that there is sufficient interest.

**If there are any events/activities that you would like arranged, please contact Julie on [juleshanna@yahoo.co.uk](mailto:juleshanna@yahoo.co.uk) or on 07739171524.**

## OTHER INFORMATION

**Access Update:** on Tuesday 22<sup>nd</sup> November, I attended the BHS Access Advisory Group Meeting in Auchterarder Church Hall. It was nice to meet people from other areas and hear about their news good (new paths) and bad (access problems). We also discussed the health benefits of riding undertaken by the University of Brighton & Plumpton College which came to the conclusion that riding is good for you, both physically and psychologically. The BHS are also trying to promote wind farms as a good place to ride and Wind Farm Training/Familiarisation days are planned for 2012. We were also encouraged to promote the use of the website [www.emagin.org](http://www.emagin.org) - the worlds first Equine Mapping and Geographical Information Network.

Closer to home, I attended the meeting held in Irvine regarding the development by Cooper Cromar for a proposed golf course and hotel. There is a 'Comments Card' available for people to complete and send to the developers so that we can let them know that there is a real need for adequate parking for horseboxes and trailers at the South end of Irvine Beach. The more people who complete a card and email it to the developers the more likely we are to get the parking we require. Apparently, we are also to lose the parking at the North end of the Beach when The Big Idea and the area surrounding is developed. The BHS are writing to North Ayrshire Council regarding the proposed loss of parking.

There is another wind farm proposed around the Straiton/Dalmellington area (The Scleunteuch Wind Farm). I have sent emails out to find out if this wind farm would affect where anyone rode, but, to date, have received no response.

There was a rumour circulating that Eglinton Park had been sold but it is only the old Wilson's Food Factory within the park as the Park was gifted to the people of the area for their use.

(Elaine Honeyman)

**Message from Eleanor Dickie (update from last newsletter):** just wishing to thank you all for what you have helped me with. I have been overwhelmed by your kindness and never imagined I would be able to do so much.

As you can see from the photograph, the ramp from the back door has been superbly built by our local engineer Jim. It was so frustrating not being able to get out at the back. I couldn't get to the washing line or to the stables without a long push through gravel where my chair would constantly get stuck. It is also nice to know there are now two exits from the house for me to use in an emergency.

In addition to the ramp I was also able to contact another local company to put stone down beside our house to make a bigger area for the car so it is easier to get in and out.

There was even enough left to also buy some 'Frogs Legs', which is suspension for the front castors of my chair. Outside you get a lot of vibration which affects my back and seat bones. This sets off the nerves down my legs as well which continues for the rest of the day. There have also been quite a few times I have been scrambling to stay in my chair as I've been stopped dead by uneven pavements! These help me to roll over the uneven ground more easily.

I also need to thank Marion and Jennifer who were behind all of this, and to all of you for helping them. I felt a bit embarrassed when Marion told me what she was doing as there is so much going on in the world, but again thank you all so much for making life a bit easier.

Love Eleanor



**Recent Thefts** - please be aware that there has been a report of a recent theft of rugs within the Kilwinning area. These rugs were taken off horses during the night/early morning while the horses were in their stables. So please keep an eye out for this. Please report any similar events to the police and to Horsewatch Scotland and to BHS Ayrshire of course so that we can spread the word!

**1st January 2012 PVG Update for BHS Scotland:** the British Horse Society (Scotland) has updated its PVG policy in line with current Scottish Legislation. From January 1st 2012 a PVG check will no longer be a prerequisite to joining the register of riding instructors for Scottish instructors. Riding instructors in regulated work can only be checked by employers or if you are freelance regularly teaching children in a one to one basis you can access your own check from Disclosure Scotland. Riding instructors who never do regulated work do not need to be checked. Employers (clubs and riding establishments) have until March 2015 to ensure all their employees in regulated work join the PVG scheme. BHS Scotland can facilitate PVG checks on behalf of clubs and riding establishments that require them. The following advice explains the options for instructors working with children (in regulated work) either on a freelance basis or for Pony Clubs or any other Riding Establishments:

**Working for a club or any Riding Establishment** - when an individual is working for, or volunteering for, any club or Riding Establishment, where a PVG check is necessary it is the responsibility of that club or establishment to ensure they access either a Scheme Record or a Scheme Record Update to enhance any existing recruitment practices. BHS Scotland can help clubs and riding schools. If an instructor is already an existing member of the PVG Scheme they should access a disclosure update via the organisation that employs them.

For instructors who work for more than one club or establishment you must initially obtain a Scheme Record through one of your employers, and then you only need apply for a Scheme Record Update for subsequent clubs/establishments.

**Freelance instructors** - freelance instructors who have not yet joined the PVG scheme, but need to, can obtain a Scheme Membership Statement directly from Disclosure Scotland at a cost of £59. It is up to the individual to decide whether they require a PVG check while working with private clients under the age of 18 in their own homes on a freelance basis. Alternatively parents might choose to check whether the registered instructor is barred from working with children.

**Recently joined the PVG Scheme through BHS Scotland** - if you have recently joined the PVG scheme through BHS Scotland and only intend to work on a freelance basis with individual clients then no further action is required. If, however, you intend you intend to work/volunteer for a club or Riding Establishment please read the paragraph above called "Working for a club or any Riding Establishment."

For any further queries please contact [bhsscotland@bhs.org.uk](mailto:bhsscotland@bhs.org.uk)

(BHS Scotland)

**Anne Balfour-Kinnear Training Legacy 2012:** it is the intention of the BHS Scottish Training Committee to present the Anne Balfour-Kinnear Training Legacy towards the end of 2012. Please encourage young instructors aged 25 and under and who reside in Scotland to apply by April 30th 2012. This is a very prestigious award with a valuable bursary of £500!

Miss Anne Balfour-Kinnear was a founding member of BHS Scotland and a staunch supporter of the BHS and The Pony Club. Her life was dedicated to helping others get the most from horses, riding and their careers.

Anne became involved with the Berwickshire Pony Club when she moved from Edinburgh after the War. She started as Assistant Secretary, then Instructor, then Secretary, to finally become a military and well-loved District Commissioner. Anne was a brilliant organiser - when she made a plan it was carried out and her helpers willingly did what they were told! She regularly competed at the Horse Trials of the 1950's - Aberuthven, Fenton, etc.

Mrs Watherston, the very first Chairman of BHS Scotland, encouraged Anne to extend her training and become a BHSI. Anne ran Instructors Courses all over Britain and it was she who first organised the BHS Bookshop in Scotland. Early minutes of BHS Scotland recount many a battle Anne had with boxes of books! Anne Balfour-Kinnear instilled in several generations the 'right way' to do things. She was a skilled instructor and many a young person passed tests and exams thanks to Anne's thorough and good teaching. If there ever was a problem, she was always kind in sorting things out. Anne organised the inter-Pacific PC exchange visits and was awarded the BHS Medal of Honour in 1972.

On her death she left a legacy from which an annual bursary is to be paid to further the training of young Scottish instructors who are committed to helping others. The purpose of the fund is to offer instructional facilities to young instructors between the ages of 18 and 23 and who reside in Scotland. Candidates are expected to be committed to equestrian training and show involvement with teaching others, gaining qualifications and helping riding or pony clubs. One award is made annually.

Details on how to apply for this award can be downloaded from the BHS Scotland website. It would be a great to have an "Ayrshire" winner!

**Would you be interested in joining the committee of BHS Ayrshire as the Treasurer?** as you will have read in the Chair's Report, Gladys Decelles has indicated that she will step down from the position of the Treasurer at the AGM this year. The committee are looking to co-opt a Treasurer onto the committee at the earliest point so that they can work alongside Gladys until she steps down. The Treasurer would then be elected onto the committee at the AGM.

#### **What does the Treasurer position involve?**

##### **Responsibilities:**

- ⇒ Quarterly Returns to BHS HQ in Stoneleigh
- ⇒ Manage and record all Income and Expenditure
- ⇒ Manage Cheques and Deposits
- ⇒ Ensure Volunteers Expense sheets and invoices are appropriate with meet HQ guidelines
- ⇒ Reconcile monthly Statements from Bank
- ⇒ Attend Quarterly BHS Ayrshire Committee meetings, update committee on financial activity and advise committee on Financial requirements for Charity (info available from BHS HQ)
- ⇒ Communicate with Finance Officer at BHS HQ
- ⇒ Ensure Financial records are available and up-to-date for any random audit.

Please note that the Treasurer requires to be a Gold Member of the BHS as this is required to be a cheque signatory.

If you would be interested in taking on this role or would like to chat to Gladys about the role, she can be contacted at [gmd@dircon.co.uk](mailto:gmd@dircon.co.uk) or on 01475 560021.

**BHS Ayrshire Information** - Please let Julie know if you would like to receive BHS information by email, by sending her an email with your details ([juleshanna@yahoo.co.uk](mailto:juleshanna@yahoo.co.uk)). We will add you to our newsletter and interesting information confidential list. Not all of the information is available on the website and may be pertinent to YOU. Please also let her know if you change your email as some addresses are bouncing!

**If you wish to receive information and updates from the BHS and BHS Scotland please visit their website to register your interest.**

**The Committee**

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<b>Welfare</b>	<b>Margaret Ross</b>	<b>01563 541123/ 07979 502826</b>
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