

The Animal Healing Trust

Summer Newsletter 2010

Where did we leave off from the last newsletter? Oh yes we had brought Springy back to Wythall to recover from her illness.....

Well Springy was poorly, very poorly indeed and we had actually had the vet out to check that she was in fact fit enough to travel because she was that weak, the vet gave us a letter to say that she was fit to travel in case we got stopped when our friend Bob from the RSPCA transported her! I didn't like to say how poorly she was at the time because I didn't want people focusing on that, she was incredibly thin and we could see her bones, she had lost a lot of fur and had the most awful sinus infection and was depressed. It was a very emotional time for us all, we knew we had to get her home to Wythall so she could receive the 24/7 care she needed but also knew Springy didn't like going on the lorry as we had tried 3 times before and were unsuccessful!!!

Richard and I were very distressed by how ill she was and had made the decision to contact an amazing friend of mine called Clare Metcalf from 'up north' who is a full time Animal Healer, Homeopath and Animal communicator. (I was too emotional to do anything myself as I was so shocked at the state Springy was in) She communicated with Springy and she told Clare exactly what was wrong with her (even though I hadn't told her!) and said that she didn't want me to worry!!! How incredible! She told her many other things that are very personal so we will allow Springy her confidentiality but I will say it was incredible information. (And emotional stuff!!) One thing she did say was that she didn't like the horse lorry but that she knew that it was in her best interest to get on it as she HAD to leave where she was and come with us as she was so ill and she knew we could help her get well!!! I was in floods of tears when Clare told me that! She was also very particular



Sue and Springy taking a walk.

about how she wanted the day to go too and we worked within her requests and did as she asked.

Well the horse lorry arrived, Richard, Louise (Bowen therapist Louise) and Kerry all went to give her support and encouragement, as we knew it was imperative that she got on that lorry and came home!! Now here is the miraculous bit,..... Richard walked over to her, popped her head collar on and she walked very calmly and intently across the field, then straight up the ramp and onto the lorry!!!! The humans were stunned! So simple and yet of course it would be simple as Springy had said she was going to do just that!..... THANK YOU CLARE AND THANK YOU SPRINGY!!xxxxx

When she arrived home we decided that Springy wouldn't be able to go in with the other horses. She was far too dodderly on her legs, and would wobble when she walked. She was weak and needed chance to heal and grow strong so didn't need any stress from the youngsters bumping into her or wanting her to play or chase her etc. We therefore kept her in the field next to the 'herd' and they could chat to each other over the fence. We had received the test results from our Bio Chemist and put her on the supplements, herbs and minerals immediately to help her get well and we gave her daily Reiki.

Over the next few days we could see Springy was an incredibly affectionate horse and wanted to be touched and hugged a lot. Me, Rich, Pam, and Kim did this whenever we were with her and her new human friends Daryn and his Mum & Dad Jill & John would come every day to see Springy and feed her carrots and hug her, SHE WAS REALLY LOVED!! We could tell that she still wanted the closeness of a horse friend though so we made the decision we would find her a friend of a similar age!!

I sent the intention out that we wanted a friend for Springy and followed it up by sending a text out to every horse person I knew to say that we were looking for an older horse (male or female) to be a companion for Springy. And miraculously within 24 hours Rich and I were visiting a lovely girl in Stourbridge called Hannah who had a 30 year old Pony called Cottie!! Cottie is a beautiful dark brown pony with 4 white legs which looked like she had 4 white cotton socks on hence the name. Hannah has had Cottie for many years and adores her, she said she was considering retiring her to a good home but would still want to be very involved with Cottie, visit her, buy her food, pay for vet's bills etc. How amazing, a lovely gentle friend for Cottie and a loving owner who would offer financial assistance, perfect!



Cottie calm on arrival.

Our Natural Horsemanship friend Kelly very kindly agreed to transport Cottie and she arrived within a few days. The herd were in the bottom field and Springy was in the middle one, so we intended to pop Cottie in the top field while we unloaded her. I had told Springy that a new horse would be arriving and she would be a special friend for her. This news was greeted with great excitement by our beloved Springy. When Cottie arrived she came out of the trailer calm and relaxed. We then opened the gate and called Springy (who was busy eating the grass at the time) when she saw Cottie her ears went up, her posture totally changed and she looked ever so excited! She then gave out a delightful little whinny, and then repeated it 3 times while she started walking and then gently running as fast as her little elderly legs would carry her up the field. 'Don't run' I said but no Springy was so overjoyed that she had a friend arrive she cantered up the field whinnying as she came!!! Everyone watching let out an 'Ahhh'



Cottie and Spring new best freinds.

when they could see how happy Springy looked when she was running to greet Cottie. The 2 of them met, another whinny, a few looks into each others eyes and no doubt introductions made and then there you have it, a connection was made instantly!! And it's so amazing that the 2 of them are now inseparable and they go everywhere together, what a happy solution for our beautiful Springy!!

Cottie is a delight to be with, she is so polite, well mannered and affectionate, she's no trouble at all. And she stands next to Springy when they have their breakfast and supper and there is never any trouble, how lovely.

While Cottie was settling in we had a phone call from a lovely lady in Kinver called Bev. She had a 17 year old large white thoroughbred called Westie who had poorly legs and would have to be on medication from the vet for the rest of his life, he couldn't be ridden and due to personal circumstances Bev was finding it difficult to give him the attention he needed. Even so her and her husband absolutely love Westie and didn't really want to part with him what they would like was somewhere local where they knew he would be well looked after, not have to be ridden and where they could visit him often and again help financially. When I met him he was absolutely stunning, a gentle giant, yes his back legs were a little weak and wobbly when he walked, but that wasn't a problem, he was a lovely chap and I agreed we would take

him.

Richard and I agreed that if the 2 ladies didn't mind then he could go in the field next to them. We couldn't put him in with anyone to begin with as he had metal shoes on and we couldn't risk any injuries if any squabbles broke out with a new man in town!

Westie arrived and again he was incredibly calm and seemed quite fine with being in his new surroundings. The humans were more emotional than he was! Bev had kindly let me have a sample of fur from Westie before he arrived so we had got his Bio chemistry tests done before he arrived. So the day he arrived we were able to put him on the supplements that would help his legs immediately. Also we quickly arranged for his metal shoes to be taken off and he seemed to be walking on air when we popped him back in the field. What a relief for him. It seemed obvious to us that if any horse has poorly legs then wearing heavy metal shoes is not really a good idea. I know if I have been out walking all day (or dancing all night!) in my high heels then its pure bliss to take them off at the end of the day so surely it's the same for horses! And my shoes aren't even made of metal! (Thank goodness)

The ladies had been chatting to Westie over the fence and we thought we would introduce them so we opened the gate. It was quite comical what happened next.....the 2 ladies walked into the field, Westie went over to say 'Hello' and Cottie turned her bottom on him and immediately said, 'Back off!' and as he didn't she kicked her little back legs in the air as a warning. Westie thought this was quite rude so he turned his bottom on her and kicked his legs out in the air too to show he wasn't impressed with her attitude! Then Springy, who wasn't impressed with the ill mannered young man went walking over to him looked at him head on and picked up her front right foot and slapped him across the chest with it and squealed at the same time, 'How dare you!' This was hilarious! Westie didn't know what to do, he just stood there, shocked, she hadn't by any means hurt him, but she had told him off and he was really surprised. It was brilliant! Talk about girls sticking together!



Photo: Martin Cheate

The Magnificent Westie.

And since the girls have laid down their rules the 3 of them live wonderfully and harmoniously. It's a good match, a mini herd of the older ones that need more one on one care. And we know we have done the right thing as even when Billy's herd are galloping round the field next door playing some mad horse chasing game, Springy, Cottie and Westie continue grazing and look up occasionally and decide joining in really isn't for them! They have made friends over the fence though now and it's great that all of them really get on. And Springy by the way, has made an amazing recovery, she has put loads of weight on, her fur has grown back and sinus infection has completely gone.

So what's been happening with Billy's herd? Well somehow our Billy put his back out! Well his hip to be precise. He wouldn't let Tim do his feet as it hurt him to lift them up. Our wonderful Louise did 2 Bowen sessions on him and it helped him a lot, easing his muscles, he still wouldn't pick his feet up though so we decided to ask Jonathan who is a McTimmony Chiropractor (gentler than a usual Chiropractor) to come take a look. Unfortunately I couldn't be there when he came so Richard saw him, it was quite amazing because Rich says he has no fear at all. Now for those of you who have met Billy you will know he is a big horse, about 16.2 hands and Jonathan had a milk crate with him to stand on so he could reach Billy's back! He then stood right behind his back legs (which is usually a no-go area for a human and a horse) showing Rich how Billy's hip had slipped out of place. He then grabbed hold of Billy's back left leg and gave

it an almighty fast hoist clicking his hip back into position! This didn't look exactly elegant but Billy was more than happy to let Jonathan do this as he was helping him. He then repeated the whole process on Bailey who he also said had done the same thing. What an amazing guy. Tim is coming back this week to do the horses feet so we will see if Billy and Bailey allow him to pick their feet up this time!

And while we are on the subject of Billy he does seem to have quite a fan club going, especially with the ladies! He used to be married to Daisy and was for about 5 years, Daisy then met Alfie and they have become besotted with each other and so Billy teamed up with the beautiful Miracle. Miracle is so beautiful and gentle and she and Billy go everywhere together, they even eat out of the same food bucket and sometimes wrap their necks round each other to get to the carrots! Well when Pearl arrived she seemed to have fallen for Billy and often wants his attention. She grazes next to him and stands by him whenever the opportunity presents itself. Seems like he is a man with many options!

As you know Billy is the Herd Leader and always has been, sometimes Alfie does challenge him, especially if Billy is having an 'off day'. Billy used to be a race-horse and when I met him about 6 years ago he was one of the most frightened horses I had ever met (apart from little Faith) He used to shake whenever he saw a human and his back was so badly damaged it dipped into a V shape. This was because he had been raced far too young and far too hard! Billy was our first ever rescue and he has had SO much healing over the years, Reiki Healing, Bach Flower Remedies, Bowen therapy, Kinesiology, Equine Touch, Mctimmony chiropractor and probably more and there has been a HUGE difference in him since we first met. He likes people now, (well most people) and is so mellow, relaxed and proud and is an incredible leader, always fair and just. There are some days and only some days when he does seem to have an off day though and he wants to be left alone and take it easy, probably he has some old aches, pains or memories re-surface, we always respect him when this happens and the other horses do

too, except Alfie who takes it upon himself to boss everyone else around, nick their food and chase them! Billy is soon back and restoring order, we think he may be about 18 now, and we will certainly be getting him some extra supplements for the winter so he doesn't suffer with his arthritis in his joints.

Billy may be the leader of the herd of the eleven but we have noticed that there seems to be another herd within the herd and it's what we have started calling 'The Pony Gang' and it's led by none other than the hilarious Bobby! It seems to have been started by Baby Michael who wants to play ALL THE TIME and the thoroughbreds (the larger horses) don't really want to play that often except Bailey who only being 8 himself quite likes playing with Baby Michael every so often. Anyway Baby Michael plays A LOT with Bobby and so the 2 of them have started their own club and Oscar, was quick to join. Baby Michael's mom Faith is also a member but we think this is just to keep her eye on her mischievous son! It's SO funny to watch the ponies play, they nibble each other, chase each other, jump on one another, rear up at one another and chase each other again! It's a delight to watch! The other day when we put all the feed buckets down and shouted 'dinner!' all the larger horses came galloping through and then a few seconds after the Pony Gang must have realised their mates had gone and came dashing through the gate as fast as their pony



Photo: Pam Holiday

Billy and Pearl take shelter.

Animal Healing Trust 2011 Calendar

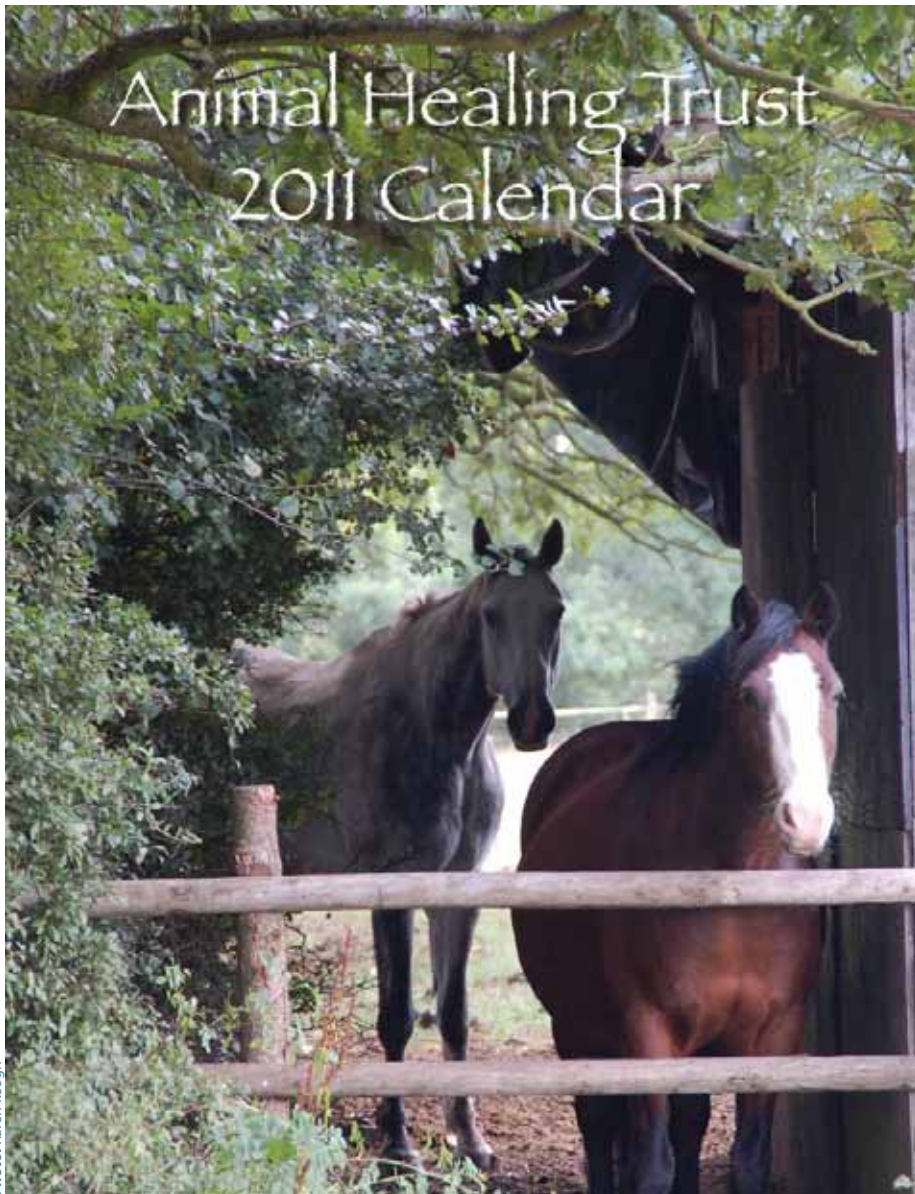


Photo: Karen Keogh

Bobby in his special place with Bailey.

legs would carry them, how cute!!

Even though our stunning white Pearl is a pony she seems to prefer to be with the larger horses, its because she has a crush on Billy!! We have noticed that our Daisy does stay with the Ponies sometimes so perhaps she is making sure the overall herd discipline stays in order as after all that is her job!

The Rain arrived recently and boy did we notice that! In the bottom field there are 2 field shelters and the herd (that's the eleven) squeezed as many of themselves inside both shelters as they could with Bobby deciding that round the back of the larger field shelter was a good place to be as the trees act as a second roof and he then has all that space to himself! We have called this 'Bobby's Corner' as now he insists that we feed him there too! Bobby thinks this is a magical place where he becomes invisible and none of the other horses can ever see he

is there so he never gets bothered while he eats! He is right, because he does become invisible while he is there! There can often be a lot of dancing around buckets at meal times when some of the horses think that their neighbours portion of food is larger or more delicious than theirs so they keep swapping and dancing around until they all find which bucket they like the most. Now Bobby (in Bobby's Corner) NEVER has to be involved in this nonsense – he sees us coming and no matter where he is in the field he comes running over, looks to see what the others are doing then briskly on his best tip toes (which is a challenge for Bobby being a Welsh Cobb!) dashes BEHIND the shelter into the magical kingdom of Bobby's Corner where he becomes invisible! He then waits patiently for us to go over and slide his bucket under the fence where he delights in having an undisturbed meal!! Its hilarious!

He is such a gorgeous boy!

When the sun comes out he can also be found there as it doubles up as a perfect shady cool place, he does allow his best mate Bailey to share Bobby's Corner when it has been really hot and we have captured this magical scene on photo and had it as the front cover of our 2011 calendar! SO beautiful!

Anyway back to the rain, Billy's herd have their shelters but there isn't really enough room for them all so we intend to build an extension on the larger one so that they can all fit in in the winter. The other 3 (Springy, Cottie and Westie) don't have ANY shelter at all so we have had to get their waterproof coats out while it has been raining and we are so glad as it rained almost none stop for 3 days solid! We have decided to have a 'Houses for Horses' appeal so we can build a shelter for the 3 older horses. We cannot believe the cost of such a project! We were quoted £2000 just to buy the wood! Yikes!! So Richard, Daryn and John are now looking to use scaffolding as a frame and then wood on the outside and we hope to get all this done for half of that quote before the end of September in time for the weather turning. If you wish to help with this project either financially or physically then please let us know.

When the rain was rather severe the one evening I went up on my own to feed them and Billy's herd were in the middle field (where there are no field shelters!) They were all trying to shelter under the trees but I could see Billy was shivering. Now its not a good idea to put a coat on a wet horse as they can get a chill, but I had to do something so I found a coat with a fleecy lining that would wick away the rain and hopefully warm Billy up asap. Now its also not a good idea to attempt to put a coat on a horse in the pouring rain when the field is full of mud and there are ten other horses around you saying things like "What are you doing to Billy? Can I have a look? What is it? What you doing?" and they were all crowding round me and it could have been quite dangerous! So I said "Look guys it's a coat, that's all it is, a coat, your have seen one before, Billy needs it on because he is cold and its raining. I am NOT going to



Billy says hello to Westie.

hurt him or take him away from you so just move along so I can do this” And bless them they did move along and then the lovely Justine arrived and she climbed over the gate and held Billy for me while I fastened his coat on. (Thank you Justine, sorry your trainers got all muddy!)

I then decided that they would all be better off in the bottom field for the night where the field shelters were, only thing was how was I going to get them all to move?..... BILLY!! They will follow their herd leader anywhere!..... He still had his head collar on so I gently started walking him across the field and started calling out their names, “Daisy, Bailey, Bobby..... come on, lets go, nice and gently, come on...” Now obviously I didn’t want a stampede of horses coming up behind me and Billy, all panic stricken because their leader was leaving them! Especially as I was walking (and sliding) through the mud and therefore had little chance of escaping! I really believe that our thoughts are very powerful, so me reacting like a human and going into fear mode wasn’t going to help this situation! And from many experiences I have had I KNOW horses can telepath, they can definitely read our thoughts, and images we hold in our minds, so I instantly made sure my mind was clear of anything fearful! And instead I consciously relaxed my thoughts and my body and visualised in my thoughts all of us walking very relaxed through the field behind Billy, no running, no rushing, no overtaking,

all just walking calmly, following the herd leader, and as I kept replaying this picture in my mind I knew all the horses would pick up on it, including Billy. (Not sure if I mentioned that Billy and I have a terrific bond anyway so he would no doubt be ahead of me with this scenario anyway and had probably already communicated with them not to play up!)

When I glanced around to see what was happening behind us it was truly amazing..... there was a line, and I mean a single file line of horses and ponies, one by one in a line, all relaxed, and gently following me and Billy across the field, we looked like a long caterpillar, all bendy and moving together... I smiled, here I was on my own in the rain, soaking wet, covered in mud and yet in that moment that very moment when I glanced round I had a rush of pure happiness and joy run all the way through me, I cant really put into words how magical it was..... what an honour and a joy and a privilege to be in that moment and have that experience, just the sight of those wonderful, gentle, Divine creatures all following Billy in a row was so delightful to see I will never forget it, it was magical..... When we got to the bottom gate and I slipped Billy’s head collar off I said “Thank you Billy, off you go now, back to your shelters” and he then started to run..... and as soon as he took off and started running the rest followed..... I was safely behind the gate by then and there

it was..... STAMPEDE!! And I was splashed with mud! What a great evening!

Before the rain came we had a couple of fund raising events that were both a great success! We had a MIND BODY SPIRIT event in Stourbridge where we had many therapists and stalls, people could have a Reiki treatment or Indian Head, reflexology, Bowen therapy, massage, Guardian Angel drawing, Aura photography, Angel card reading, and they could buy hand made jewellery, crystals, CDs, gifts, natural health products as well as a stall all about the Charity and people could sponsor a horse or buy merchandise, then finish off with a cuppa and some home made cake! We had a wonderful day, the energy was great, lots of people came and supported us and we made £810 for the horses! Great! It was so well received that we are going to have another one before Christmas on Sunday November 21st so if you’d like to come it will be at The Bonded Warehouse, Canal Street, Stourbridge, 1030am till 4pm, entrance just £2.

We also had an Open day at the farm where people could come and meet the wonderful horses! The weather was great and we had lots of lovely people come along and support us. We had a raffle, tombola, horsey gifts, face painting for kids and other activities to keep them happy, home made cakes (obviously) drinks, even ice creams as it was so hot and of course the chance to sponsor a horse. We were also very fortunate that our new Natural Horsemanship buddies were all free to come do a demonstration! So the 4 of them turned up with their 12 foot ropes and special soft collars to demonstrate that you DON’T have to dominate a horse to get it to do things you would like him or her to do. We had our Oscar, Inka, and Bailey working in partnership with Kelly, Leona and Julie and they were playing, doing some join up, moving backwards, forwards and around with just gentle pressure – NO VIOLENCE, it was lovely to see, the horses really enjoyed themselves! And I did say there were 4 didn’t I?..... well yes the 4th human was the lovely Reggie, he really loves our Bobby and wanted to have a go working with Bobby, and even though they got off to a great start, Bobby wasn’t really in the



Bailey enjoying his Natural Horsemanship.

mood for playing like the others and guess why? He was in the top field that's why! Where the grass has been rested for a while and now he had been allowed on it he had seen all this great fresh grass!! He was delighted! Why would he want to play when there was some serious eating to be done?! And just like a true Natural horseman Reggie didn't force Bobby to stop eating the grass, or shout or get angry, instead he just stayed with him, chatted to him and enjoyed being with him, building up a relationship..... and we could see Reggie and Bobby getting further and further away from the rest of us, and it didn't matter they were both happy, Bobby was eating and Reggie was spending some quality time with Bobby, just great. Thanks guys, we really appreciate your time and love you give to the horses.

And thanks to all the people that came to the events too! Thanks to our friends and families who helped with the organising and manning the stalls and thanks to all the people who came and either bought the horses food, brought raffle and tombola prizes, sponsored horses or just gave us their cash!! We REALLY THANK YOU! We made £1069 that day and as the horses cost about £1200 per month to keep that really helps!

So what is next..... well we have 2 more fundraisers before the end of the year! (as well as the Mind Body Spirit 21st November) We have a great 60's evening/party with a first class tribute band called The Born Again Beatles! This will be held at Kings Heath Cricket Club, 8pm till 1130pm tickets just £10 – I've seen these guys and they are

great! Singing, dancing, bar,(plus bar meals you can buy if you get peckish) This will be SATURDAY 25TH SEPTEMBER, ring me or Richard for tickets, will be a great night!

Then we will be having a Christmas fancy Dress party again £10 on FRIDAY 3RD DECEMBER this time over in Stourbridge at the Bonded Warehouse, with Richard's Band called 'Good Times' who will be doing various covers all night, again 8pm till late, with a bar, tickets will go fast as its so near to Christmas and the guys always give us a really good night, so best to order your tickets in advance if you wish to come, ring me on 07780 698 393

We have also just finished the 2011 calendar which is lovely, each month has a different photo of one of the horses

and of course as there are only 12 months and 14 horses some of them have 2 horses in a photo (for example Faith with her son Baby Michael) so if you would like to buy one they are just £10. We will also be doing Christmas cards this year and general Greetings cards too, all with our horses on, will be in time for Christmas so watch this space!

Also I have given up my office job! Wow! So I can now divide half my time to managing and promoting the charity and the other half of my time developing my own business (doing reiki healing, animal healing and communication, consultations, courses and workshops) So lots of changes. Richard is doing the same devoting his time between his business and the Charity too.

We are going through the process of becoming a Registered Charity so we can help more animals and ultimately become involved with Education and promoting change with how animals are dealt with. Our trustees (as well as me and Rich) presently are Kim McCabe (aka Pippa) Naomi Palmer (Bobby's number one fan) Pam Holliday (excellent drummer!)and Martin Cheatle (helped us create the calendars, website, and newsletters!) Also I am working on a new Website which will have a blog with the daily horsey activities, this is taking a while so bear with me, and we are now on Facebook (you have to log onto my page SUE GESSEY and then join my GROUP which is THE ANIMAL HEALING TRUST.



Naomi on the Sponsorship stand.

Costs

As I mentioned earlier it costs us about £1200 a month to look after the horses and with the winter coming it is going to be more with increased food and hay to buy SO IF YOU CAN HELP IN ANY WAY THEN PLEASE LET US KNOW! If you can help with any of the following (you may have some you don't need or want) :

Raffle and tombola prizes

Horse coats/ rugs (please label them with the size and if waterproof – thank you)

Large wheelbarrow (we cant get 14 food buckets in ours now, there are too many)

Carrots (always welcome) as is Chaff, pony nuts, garlic

Bales of Hay

Field shelter - we are looking at erecting a field shelter for the older horses so if you can help with that, then let us know, (be it materials, wood, physical help, donation)

Electric fencing, tape, etc

Horse lorry

Large farmhouse! With a lot of land (seriously! if anyone wishes to leave us a legacy then please let is know, these horses could be around for another 35 years so we need to secure their future!)

Could you help any way at all?

Sponsor a horse? For a regular sum each month (as little or as much as you like) you could sponsor one of our horses and receive a certificate of your horse and updates.

Volunteer at the farm? Making up feeds, grooming, poo picking, repairing fences and gates?

Help out at a fundraising event? Making cakes or helping on a

stall

Treat the horses? We are always looking for good holistic equine therapists that can give their services for free so if you wish to volunteer your services let us know

Raise money? If you have an event or an idea of an event you could organise to raise money for the horses let us know, would be great

Thank you!

So thank you so much for reading this newsletter, and thank you for supporting us! Us humans and the horses all really appreciate your help. We are dedicated to these horses, to helping them heal and to giving them a loving, safe, happy and secure environment and indeed future. None of us humans take any money at all from the charity, we are all volunteers which means ALL of the profits we make on the fundraising events and ALL the money you donate to the horses via cash, cheque, paypal or sponsorship ALL goes to the horses.

WE CAN MAKE A DIFFERENCE AND WE ARE MAKING A DIFFERENCE many of these horses may have been put to sleep if we hadn't taken them in, others were abused, ill treated, poorly, homeless, or their owners just couldn't cope anymore or they needed a safe place for their horse. By helping us you HELP THE HORSES which is a wonderful thing to do. Thank you for helping and bless you for helping, with much love and gratitude, Sue and Richard and all at the Animal Healing Trust, especially Billy, Daisy, Bailey, Inka, Bobby, Alfie, Miracle, Faith, Baby Michael, Oscar, Pearl, Springy, Cottie and Westie xxxxx



Photo: Karen Keogh

Sue with the Horses.

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