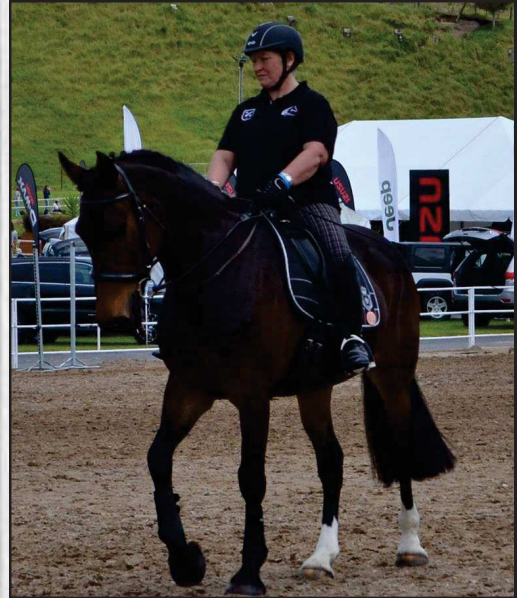


Grade III Para Rider:

SALLY ESSEX

and

CIDER ROSE



I am Sally, mother of Nicola another Grade III rider, and I was classified as a Para in 2012, at HOY. I unfortunately suffer from Rheumatoid Arthritis too and a L-para central B6/7 Discherniation which paralysed me from the chest down but luckily was partly corrected by an anterior disectomy + C6/7 fusion. I use bands on my stirrups, two whips and loops on my reins when riding. My new horse of one season is Elley, an 8yr old Clydie TB X who was competition green. She is extremely big, kind and eager to please and has adapted to a para horse very well. In my other life I am an Occupational Therapist in an

AT&R & Geriatric Care Hospital in Pukekohe so I know the full meaning of how important it is to live life to the fullest and to not let any disability slow you down!

