



# FORGE

FORGE IS THE MAGAZINE OF THE BRITISH FARRIERS AND BLACKSMITHS ASSOCIATION



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The September 2022 issue of *Forge Knowledge* contains two articles:

- Effects of foot balance on the haemodynamics of the equine foot

by Henrik Berger FWCF and Wayne Preece FWCF

- Modern materials for farriery

by Mark Aikens



### Worshipful Company of Farriers

Clerk: Charlotte Clifford, 19 Queen Street, Chipperfield, Hertfordshire WD4 9BT

### Worshipful Company of Blacksmiths

Clerk: Jill Moffatt, 9 Little Trinity Lane, London EC4V 2AD

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Vice-President, Peter Kristiansen (DMFA Denmark)  
Secretary, Chris Linssner AWCFC  
[www.eurofarrier.org](http://www.eurofarrier.org)

### Farriers appointed to FRC Council

Farriers elected to FRC Council (three-year appointment)  
Tom Smith, FWCF, GradDipELR,  
*Chair of the Council*  
Toby B. Daniels, DipHE, DipWCF  
Derek T. Gardner AWCFC

### BFBA farrier on FRC council

Simon Moore FWCF

### WCF farrier on FRC Council

Robin P. May AWCFC

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Contributions in the form of articles, reports, letters and photographs are welcomed.

# President's address

Where has the summer gone! This year seems to be flying by and doesn't seem to be showing any signs of letting up!

BFBA has been a hive of activity over the past few months with the office working on a number of big projects at the same time as organising the launch of BFBA Focus, which we hope will be another bumper event.

We have moved the competition to the Friday/Saturday now so that the competitors get a well-earned rest on the Sunday, as well as a chance to actually enjoy the Focus event and watch the lectures.

We have an exciting new feature with a open competition for bladesmiths! It will be a true test of skill and precision, with a competition split into three sections – forging, grinding and finishing. With places limited to 18 competitors it will be a short enough format to be able to see the whole competition, but will also give them just the right amount of time to show off their skills, so long as they don't make a mistake!

One of my first duties as President was to attend a WCF ceremony at Saddlers' Hall in London to celebrate those who had passed their DipWCF exams during the covid pandemic. It was a really special day, being among all the proud parents and families never fails to make everyone smile. The ceremony is not only for the successful candidates but, I feel, more importantly, it is for their families and loved ones to recognise the hard work and sacrifices made over the previous 4 years. I was, however, sad to see that of the 80+ farriers who had gained their examinations during Covid, only 18 came to the ceremony. This is something that seems to be sadly becoming more normalised within Farriery and, up to a point, in wider society.

There disappointingly seems to be a lack of appetite to engage within our industry and also to step up to be part of it. I found it very sad that so many families (particularly parents) never got to see and celebrate the amazing achievement that gaining the DipWCF means. Many of the newly qualified farriers were quick to post on social media that they were now able to add DipWCF after their names and wished to be viewed as professional farriers, yet didn't want to be part of the ceremony. I feel strongly that as an industry, we need to engage with each other and be there to help support colleagues.

The pressures of life's stresses and strains are many. They come from a variety of sources, such as dealing with horse owners and organisations like the HMRC, the Farriers Registration Council and the Worshipful Company of Farriers.



Many of us work alone and too often we never actually have anyone to support us or cheer us up. Whenever we meet other farriers on yards, spending a few minutes with a colleague can be a big boost and cheer us up for the rest of the day.

The Association plays a huge part in keeping the industry together, through social events and CPD. If we all make an effort to get involved with, we instantly feel we are not alone and come away being uplifted and inspired.



It has been a real whirlwind and so far I have been able to present prizes at the Great Yorkshire Show and to see what an amazing set up it has, and how expertly it is run by Chief Steward Adam Fox and judged by Gary Darlow and Alex Collier. It was a real pressure cooker of high standards and fiercely fought classes with winners often separated by 0.1 of a mark. A week later I went to the Royal Welsh Show. I felt huge pride to be able to go to my country's Royal Show as it was something truly magnificent,

both in size and standing. It was awesome to see 20,000 people watching and cheering in the main arena as the championship driving horse was selected. We don't see horses supported like that anymore, so to go back to Builth Wells after all these years and hear the crowd, made up for the long drive there and back.

This year was also a first for Elgin Harries and Rob Duggan as they took over organising the competition from Terry Anthony (who is still very much working behind the scenes). It was very well run and each class was action-packed. The work presented was of a very high standard, giving judges Wayne Preece FWCF and Chris Powell FWCF some challenges to deal with.

To top off everything else, I also decided it was finally time to grow up and propose to my girlfriend, Debbie. We were in Scotland over the August bank holiday and it was the perfect opportunity! I made the ring that I used for the proposal. As you can see from the photograph, it was made using two Liberty copper nails that I offset and forged into a ring and then soldered together. In case you are wondering, I wasn't being a tight Welshman, I had bought a more traditional one too, but I felt the horseshoe ring was fitting to mark the future marriage of a farrier and an accomplished horsewoman. It took me about 30 attempts to make and by the end I was wishing I had never had the idea, but eventually it worked... and, obviously, more importantly, she said, yes! It's amazing what a horsey girl will agree to for free shoeing for life.

**Ben Benson, BFBA President, AWCF DipWCF ATF CEF Master Farrier**

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# Continuing professional development

## BFBA LAMINITIS CLINIC

**24 SEPTEMBER  
AT THE FORGE**



### KNOWLEDGE

- ▶ **Dr Andy Richardson BVSc CertAVP(ESM) MRCVS** Veterinary nutrition surrounding metabolic conditions
- ▶ **Mark Georetti BVSc CertEP MRCVS** Understanding equine metabolic syndrome
- ▶ **Matthew Burrows AWCF BSc(Hons)** Understanding clogs and their use in laminitis
- ▶ **Daniel Bennett AWCF Class 1 CertEd** The recent rise in cases of laminitis

### SKILLS

- ▶ **Matthew Burrows** will discuss the use of clogs and hoof casts and demonstrate how to make custom clogs

### BEHAVIOURS

- ▶ Open forum and Q&A
- ▶ Understand the roles and responsible for the effective treatment of laminitis
- ▶ Effective communication skills to aid the treatment and prevention of laminitis

### DETAILS

Full-day clinic. Registration 09:30, start 10:00. BFBA members £150. Non-members £200. Apprentice £95. Lunch and refreshments included.

**Book online <https://bit.ly/3QI7SUT> or call 024 76 696595**

The BFBA has set up a **CPD committee** and is delighted to announce that Danny Bennett is chairing its newest committee. He is supported by Ben Benson, Abby Bunyard, Phoebe Colton, Daniel Harman and Wayne Preece.

The group is in the process of planning CPD events alongside organising a meeting of BFBA's branch chairs to discuss how the association can help promote regional CPD events.

The committee has also discussed the best ways to help farriers understand what constitutes CPD, how to reflect on their learning and how to log the CPD they have done.

## BFBA AWCF EXAM PREPARATION COURSE

August's AWCF course session at Stoneleigh found our participants continuing their hands-on, practical approach to learning, taking it in turns to role play, being the examiner and the candidate. We helped the group to prepare for the oral assessment components of the AWCF Examination by developing a practical understanding of how to describe and demonstrate anatomy and pathology on both the live horse and morbid specimens.





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# BFBA confirms collaboration with American Farrier's Association

*The British Farriers and Blacksmiths Association (BFBA) has confirmed a new collaboration with the American Farrier's Association (AFA) for this year's International Team Horseshoeing Competition, hosted by the BFBA alongside its 'Focus' event in October.*

Over many years the BFBA and AFA have enjoyed a mutually beneficial relationship with shared educational resources, reciprocal membership benefits and a cultural exchange programme. This new development confirms their commitment to both the competition and their ongoing alliance.

BFBA President Ben Benson AWCF is delighted with the development. 'We are excited to welcome aboard the AFA and are extremely grateful for their support. The BFBA are incredibly proud of the "Internationals" and, by working together, we can continue to provide this coveted competition for the benefit of so many countries.'



William Henry (Hank) Chisholm, CJF, President, AFA continued: 'The International Team Horseshoeing Competition is revered worldwide – not just by the competitors, but by the countries they represent – and we are proud to be able to collaborate on this event with our friends at the BFBA. Our decades-long partnership, the friendships we've made along the way, and the many opportunities that still lie ahead are of utmost importance to the AFA and our members, and we remain steadfast in our support of your endeavors.'

Martha Jones, AFA Executive Director added: 'The AFA has long-cherished

our relationship with the British Farriers and Blacksmiths Association, and to be able to support their International Horseshoeing Competition at this level is an honor. There is no doubt that this is the premier team competition in the world, and the one that the most elite competitors in every country aspire to attend, and it is a privilege to help ensure it continues both now and into the future.'

Focus, BFBA's flagship event, will take place over the weekend of 29 and 30 October at NAEC Stoneleigh, Stoneleigh Park, Warwickshire, with the event being valued and enjoyed by farriers, blacksmiths and equine professionals, including vets, physiotherapists, nutritionists and barefoot trimmers.

The BFBA International Horseshoeing Competition will take place on Friday 28 October and Saturday 29 October.

The 51st AFA Convention takes place in Little Rock, Arkansas, from 7–11 November. BFBA members pay the same rate as AFA members.

Visit <https://americanfarriers.org/page/2022-convention-home>

## BFBA INTERNATIONAL TEAM HORSESHOEING CHAMPIONSHIPS

FRIDAY 28 AND SATURDAY 29 OCTOBER 2022

### ...MEET THE JUDGES



Douwe Dokter, the Netherlands, Shoeing Judge



Ian Gajczak, DipWCF, Scotland, Shoeing Judge, BFBA



Russell Jones, DipWCF, Army, Apprentice Judge



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## SATURDAY, 29 OCTOBER 2022. DOORS OPEN 08:30

TIME	DEMOS	SPEAKER	TITLE
09:00	Ian Allison, Shoeing the engine room	Robbie Richardson	Barefoot. Are we missing out?
10:15-11:15	TBA	Mark Johnson	Anatomy applied to hoofcare
11:30-12:30	Suppliers showcase	Marc Jerram	How to objectively measure the horse's hoof and gait
14:00-15:00	Jay Tovey, fitting bar shoes	David Marlin	What is going on In the rest of the body during exercise? The stresses and strains on the body above the hoof
15:15-16:15	Suppliers showcase	Bryan O'Meara	A veterinary surgeon's perspective: the foot and farriery

### Marc Jerram AWCF BSc (Hons) Grad Dip ELR Farrier

Marc qualified as a Farrier in 2006 and has since gone on to pass four postgraduate examinations, the foundation degree (FdSc) in 2011, the Associate of the Worshipful Company of Farriers in 2012, the BSc (Hons) in Farriery Science in 2014 and the Graduate Diploma in Equine Locomotor Research at the Royal Veterinary College in 2021. To date, Marc has had over 50 articles published worldwide on hoofcare and regularly offers clinics for farriers, vets and horseowners. Marc's daily work focuses mostly on corrective farriery, working alongside a number of veterinary practices in Shropshire and Staffordshire.



### Mark Johnson DipWCF Farrier

Mark qualified in 1983 and, after serving his apprenticeship with David Gulley FWCF, he continued to work for David for a further 12 months, gaining valuable experience, until he left to set up in business on his own near Bicester in Oxfordshire.



'I have always challenged thinking, my own and that of others', says Mark. 'Seldom have I been truly satisfied with the results I've achieved, always seeking practises aimed at overcoming the repetitive problems our industry encounters', to the point when, on one notable occasion, speaking at a farriery event at Moreton Morrell – to his amusement – Mark was introduced as being something of a 'Fad Farrier'. Mark disputes this, but says he does plead guilty to having adopted some 'fairly diverse methods' in his quest for finding solutions that work. Furthermore, he says, it became inescapable that while observing the unshod horses he was responsible for, his impression was that the feet looked healthier.

Fast-forward to a shoeing system that demanded dissection as part of the knowledge for its application. This, coupled with extending his knowledge of barefoot maintenance – based on information gained from both the UK and abroad and from some of the best barefoot practitioners – and a passion for functional anatomy and the whole horse, his interconnection flourished.

Mark has delivered anatomy clinics in the UK and abroad and now runs a business consisting of unshod horses, the support of hoof boots and the employment of composite shoes where needed, having taken the decision almost two years' ago to eliminate steel shoes from his business.

Enthused by further education prospects, Mark is welcoming the proposed collaboration between Robbie Richardson RSS and himself as they seek to compile a shoeless syllabus aimed at assisting the farriery industry in an ever-increasing and challenging sector.

### Sam Daplyn MSC, PGDip ACPAT Chartered Physiotherapist

Sam is the sole practitioner of Equine Performance Physio Ltd, providing physiotherapy services across the UK and Europe specialising in treating elite level dressage, showjumping and eventing clients.

Before working as an equine physiotherapist, Sam worked for seven years working as a physio with people, which means he can look at both horse/ rider interaction.



He also attends national and international competitions supporting athletes on the world class performance programme and is one of five ACPAT (the Association of Chartered Physiotherapists in Animal Therapy, which promotes excellence in animal physiotherapy and rehabilitation) physios who work for the British Equestrian Federation.

## SUNDAY, 30 OCTOBER 2022. DOORS OPEN 08:30

TIME	DEMOS	SPEAKER	TITLE
09:00		Robbie Richardson	Barefoot. Are we missing out?
10:15-11:15	Jay Tovey, fitting bar shoes	Mark Johnson	Anatomy applied to hoofcare
11:30-12:30	Suppliers showcase	Marc Jerram	How to objectively measure the horse's hoof and gait
14:00-15:00	Ian Allison, Shoeing the engine room	David Marlin	The equine as a machine and how we need to be building balance and to retrain from injury
15:15-16:15	Suppliers showcase	Sam Daplyn	Equine static and dynamic observation, what do they actually tell you?

### David Marlin BSc(Hons) PhD Scientist

David Marlin studied at Stirling University from 1978-1981. He then trained with dressage rider and coach Judy Harvey (FBHS and FEI International dressage judge). He obtained his PhD from Loughborough University in 1989 on the response of Thoroughbred racehorses to exercise and training. He worked for three years in Newmarket for racehorse trainer Luca Cumani.



From 1993-1996, he undertook studies on thermoregulation and transport of horses in the build-up to the 1996 Atlanta Olympic Games. He was also involved in advising on air-conditioning and cooling for horses at the 2008 Beijing Olympic Games. From 1990-2005, David held the position of Senior Scientist and Head of Physiology at the Animal Health Trust. His main areas of professional interest are exercise physiology, including nutrition, fitness training, thermoregulation, anhidrosis, competition strategy, transport, respiratory disease and exercise-induced pulmonary haemorrhage in horses and has published over 200 scientific papers in these areas.

He has worked as a consultant to the British Equestrian Federation since 1994 and is a member of the BEF's World Class Performance Scientific Advisory Group. Between 1996 and 2000 he was trainer for the British Endurance team when they won a silver medal at the World Championships in Compiegne, France in 2000.

David has a strong interest in equine welfare and has been involved in many projects, including working with World Horse Welfare to improve the conditions for horses transported for meat in Europe.

He is currently involved in a range of projects including the impact of Covid-19 on horse owners and horse welfare, protective boot testing, the safety of headcollars, performance analysis, saddle tree design, saddle pads, quantification of headshaking and a large number of nutritional projects.

David is a past Chair of the International Conference on

Equine Exercise Physiology, editor of Comparative Exercise Physiology, author of Equine Exercise Physiology and President of the UK National Equine Welfare Council. He has also been the International Federation for Equestrian Sports' (FEI) climate adviser since 1996 and currently runs his own equestrian community at [DrDavidMarlin.com](http://DrDavidMarlin.com).

### Bryan O'Meara MVB MVM(R) CERT ES(ORTH) DIPL.ECVS MRCVS Veterinary Surgeon

Bryan is a European Specialist in equine surgery. He also has an RCVS certificate in equine orthopaedics and a Masters of Veterinary Medicine from the University of Glasgow where he investigated a new surgical technique and surgical instrument. He completed a Senior Clinical Scholarship Residency Programme in equine surgery between O'Gorman Slater Main and Partners, Newbury, and Glasgow university, which was funded by The Horse Trust.



Bryan has presented work on tendon disease in racehorses at the European College of Veterinary Surgeons, and at the British Equine Veterinary Association conferences, and has published studies in the Equine Veterinary Journal, Irish Veterinary Journal and Equine Veterinary Education among others. He has a special interest in dynamic endoscopy (overground endoscopy) and upper respiratory tract surgery (WIND OPS). Bryan has extensive experience of equine practice, having worked in several practices in the UK and in his native Ireland.

### Robbie Richardson RSS Farrier

After qualifying, Robbie set up in general practice in the south-west of the UK. In 1985, he founded Greatcombe Clinic,

Continued on page 10/

a centre for hoof-related referrals from vets and farriers.

Along with the clinic he also started 'Little learning' a training method for owners, farriers, and vets to understand better the language of the horse.

As from 2022 he is part of 'Intohoofcare' team, a movement that amongst other things wishes to get away from the convention of nailing steel to a horse's foot.

He has also published two books 'The Horse's Foot and Related Problems' in 1994, and 'So You Want to Take Your Horse Barefoot' in 2020.



own farriery tuition business, passing on his knowledge and encouraging others to pass on theirs. With an ever growing number of tutors specialising in many different aspects of farriery they have helped farriers in furthering their knowledge in the UK and all over the world.

Jay has spoken, demonstrated and judged farrier events all over the world. He runs his farriery business from his home in Bedfordshire, shoeing all types of horses while training his son who is successful in his own right and has represented England on the farriery apprentice team.

- Jay's Focus demonstrations will cover the 3Ps - practices, protocols and procedures for correctly fitting bar shoes – including trimming protocols, the reference points of the feet, fitting machine-made bar shoes and making bar shoes to fit feet, etc.

## DEMONSTRATIONS

### Jay Tovey FWCF

Jay qualified as a farrier in 1996 and has been competing since he was an apprentice, at national and international events. He became a Worshipful Company of Farriers Judge in 2008 and has judged the Home International and the International Horseshoeing Team Competition at Stoneleigh. He was also on the farriery team for the London Olympics 2012. He passed the AWCF in 2013 and went on to achieve the FWCF in 2017.

In 2018 he was also appointed as a WCF examiner and in 2020 he joined the team of four farriers and three vets on the Executive Examiners Group (EEG).

Jay is passionate about farriery education and runs his



### Ian Allison DipWCF

Ian (Spud) Allison started his apprenticeship in 1982, training with his father Tom Allison at the Forge in Stoneleigh Village, Warwickshire, close to the BFBA's headquarters.

After qualifying, he initially spent four years working alongside his dad, before setting up his own business.

He now runs what he describes as 'a very mixed business', adding that a vast number of the horses he shoes are show jumpers. He says he has been lucky enough to shoe 3 Olympic Gold Medal-winning show jumpers over the years, and has been travelling around Europe with some of them, shoeing in Holland, Germany and Spain, while they are on the Sunshine Tour.

- Spud's Focus demonstration is entitled 'Shoeing the engine room'.





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# Laminitis

**Dr. Andy Richardson BVSc CERTAVP(ESM) MRCVS**

**Matthew Burrows AWCF BSc (Hons) Master Farrier**

**Daniel Bennett AWCF Class 1 CertEd**

**Mark Georetti BVSc Cert EP MRCVS**

- Equine Metabolic Syndrome
- Clogs and their use
- The Rise in Cases of Laminitis
- Using Clogs and Hoof Casts
- Understanding roles and responsibilities
- Effective Communication Skills
- Veterinary nutrition surrounding metabolic conditions

✔ Skills   ✔ Knowledge   ✔ Behaviour



## Cost

BFBA Members £150  
Non-Members £200  
Apprentices £95  
Lunch and refreshments inc.



## When



9.30am for 10am start  
24th September 2022

## Where



The Forge, Stoneleigh  
CV8 2LG

# In the September issue of *Forge Knowledge*



*Forge Knowledge* is a member-only benefit offering an opportunity for gaining CPD. BFBA membership is free for apprentices.

## Effects of hoof balance on the haemodynamics of the equine foot

By Henrik Berger FWCF and Wayne Preece FWCF

A lot has been written about equine foot balance in farriery literature! In this article, Henrik Berger and Wayne Preece look at the negative impact poor foot balance and unequal loading can have not just on the horn of the hoof capsule but also the internal structures of the equine foot, especially the flow of arterial and venous blood through the various plexuses (networks) and capillary beds within the dermal layers.

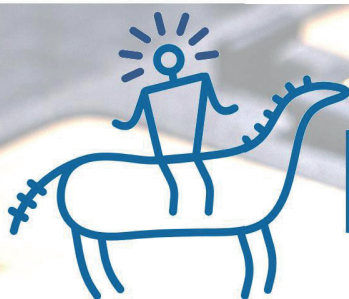


## Modern materials for farriery

By Mark Aikens DipWCF FdSc BSc(Hons)

As part of his studies for his foundation degree in farriery science, Mark Aikens had to submit a number of case reports describing the treatment of a variety of hoof problems. Here, he discusses his use of various modern farriery materials in the treatment of a number of horses with complex issues affecting their feet.

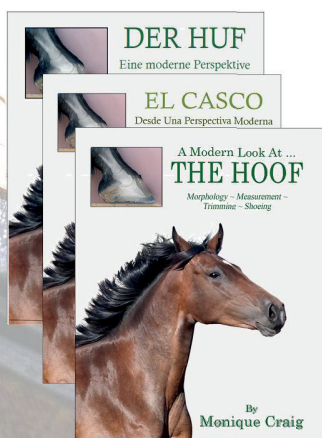
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## EQUINE SPORTS MASSAGE DIPLOMA

*The First Independent Level 4 Diploma in Equine Sports Massage has been Launched by Animal Therapy Solutions with accreditation from the Animal Health Professions Register.*

The Animal Health Professions Register (AHPR) has accredited a new Level 4 Diploma in Equine Sports Massage, which it says is the first independently moderated course of this level to be made available in the UK. The course is being offered by Animal Therapy Solutions (ATS).

Devon-based ATS provides animal therapy, veterinary physiotherapy and equine massage training. Helen Tomkins, who runs ATS, said: 'This is a first for the industry as it is the only independent Level 4 stand-alone (not part of a degree) equine sports massage diploma in the country listed on the Regulated Qualifications Framework.'

Helen added: 'As the veterinary industry moves towards redrafting the Veterinary Act and discusses the regulation of paraprofessionals in the veterinary sphere, it is essential that quality training courses produce graduates whose standard of training meets the very specific criteria for regulation.'

'Acceptance on to the Animal Health Professions Register (AHPR) provides confidence to industry professionals and to animal owners that our students have undergone extremely rigorous training and been externally examined to a high standard, will act professionally

within the animal care team and are responsible, knowledgeable therapists.'

The wide-ranging syllabus is designed to provide graduates with an understanding of the management of the professional horse in an athletic sphere. The Diploma course considers the management of these horses covering farriery, foot balance, saddlery, and tack, understanding and managing injury, disease and health, conditioning and training requirements, and many other relevant aspects of equine management and is intended for career therapists.

The aim of the Animal Health Professions Register is to raise standards in the industry and assist animal owners and veterinary surgeons in ensuring that the professionals they use to assist in the treatment and health maintenance of their or their client's animals are suitably trained and accountable.



All registrants have achieved an industry recognised appropriate standard of training through externally accredited courses, comply with CPD and hold full, valid professional indemnity insurance as required by the wider industry

For further information about Animal Therapy Solutions and how the Level 4 Diploma in Equine Sports Massage visit: [www.animaltherapysolutions.co.uk](http://www.animaltherapysolutions.co.uk)

For more information about the Animal Health Professions' Register, accredited courses or to find an AHPR professional visit: [www.ahpr.org.uk](http://www.ahpr.org.uk)

## STRANGLES VACCINE LAUNCHED

Dechra Veterinary Products has launched what it claims is a ground-breaking new strangles vaccine for horses and ponies.

The company reports that Strangvac has been in development for over 25 years and says it is the first and only intramuscular vaccine to help protect against strangles, which is caused by the bacterium *Streptococcus equi*.

The vaccine contains no live bacteria or bacterial DNA, so it will not trigger positive culture or PCR tests, a key feature in outbreak management.

The vaccine, which trials demonstrate can protect more than 94 per cent of horses, reduces the clinical signs of strangles including a high temperature, coughing, inappetence, difficulty swallowing and changes in demeanour, while also reducing the number of lymph node abscesses.

It can be given to foals from five months of age and two injections should be given at a four-week interval. Horses at high risk of *Streptococcus equi* infection, such as those in livery,

should be revaccinated after two months. Based on measured antibody titres, immunological memory was found in horses following repeated vaccination six months after primary vaccination.

The vaccine, which received over €20 million of funding, has been in development since 1995, initially at the Animal Health Trust and more recently by Swedish company Intervacc AB.

Dr Andrew Waller, chief scientific officer at Intervacc AB, said: 'Strangvac is a ground-breaking new vaccine which, alongside good stable management and biosecurity procedures, can play a really important role in improving herd immunity and reducing the number of strangles cases in the equine population.'

[www.dechra.co.uk/equine/vaccines](http://www.dechra.co.uk/equine/vaccines)





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**Swedish insurance company Agria has launched the UK's lifetime insurance policy for horses.**

Agria been involved in the insurance of horses and pets across Europe since it insured its first animal, a horse, in 1890. Since coming to the UK in 2009, it has protected the nation's pets with lifetime cover, and now horses can benefit from the same protection for life.

Bringing Lifetime horse insurance to the equine world allows horse owners the reassurance that vets' bills can be covered year after year for recurring injuries or repetitive or chronic conditions, ensuring their horses' lifelong welfare, the company says. A Lifetime policy, with up to £10,000 of vet fees cover every year, means owners will no longer face the difficult decision of whether to call the vet or wait and see.

In consultation with British horse owners and equine vets and drawing on its vast experience of horse insurance in Sweden, Agria has developed an insurance product that it says meets the needs of UK horse owners by keeping pace with the increasing costs of improved veterinary diagnostics and treatment.

Vicki Wentworth is the managing director of Agria in the UK, as well as being a keen event rider. She said: 'We understand that every horse is an individual, which is why our policies offer owners a flexible range of options that are reliable, uncomplicated and revolutionary to the UK horse world. As it is the horse that we are insuring for the course of its lifetime, the same policy can continue upon sale of the insured horse, giving the new owner further peace of mind.'

'We know the responsibility owners feel to ensure the welfare of their beloved horses, and now there is finally an insurance product to help share the care and financial load.'

Not only does an Agria Lifetime Equine policy come with the ability to transfer the horse's policy to a new owner, but for those owners with up to three horses – and unlimited dogs or cats – Agria offers annual multi-policy discounts.

To find out more, please visit [www.agriapet.co.uk/equinelife](http://www.agriapet.co.uk/equinelife)



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# Hard ground essentials

Retaining the integrity of the hoof itself is vital in enabling the individual to function and perform on top of the hard conditions.

While we have to hydrate the hoof, we have to remember the concussive forces that are at play, simply landing off a jump can bring about a force over twice the individuals weight on the load bearing landing limbs.

## What to recommend

### Joint support

Rather than feeding one or two ingredients, look for the right combination to address wear and tear, help address toxin activity, seek synovial strength and provide nourishment for the soft tissue to promote their regenerative process.

- ▶ Flush out the free radicals
  - ANTIOXIDANTS
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- ▶ Care and Repair
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- ▶ Additional care for the aging joint
  - OMEGA-3 fatty acids
- ▶ Synovial fluid support
  - HA

All joints undergo natural wear and tear process daily, so it is wise to support all individuals to help them enjoy their performance for longer and supply them with flexibility for life with **NAF Five Star Superflex**.



### Hoof support

Both **Farrier Dressing** and **Farrier Solution** will allow the hoof to breathe, where oils and greases can often suffocate the hoof so we needed our application to be permeable, using ingredients naturally seen in keratin.

Secondly, the applications offer protection from environmental threats such as anaerobic bacteria and waterborne threats that can infiltrate the gaps in the horn created through the constant changes in the moisture content of the horn.

Finally, being permeable, means that it will also be able to directly support and nourish the keratin structure with the hoof.

A hoof application that tackles these three points should be a daily routine for hoof care.

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# The value of podcasts

By Dr Simon Curtis FWCF HonAssocRCVS PhD

*I was recently visited by Bernard Duvernay of Switzerland and local farrier Mark Aikens from Norfolk. Apart from enjoying a good pub lunch, I took the opportunity to record a podcast with them. This is something that I have been doing for the past four years, or so. For those who are new to podcasts, here is my guide what they are and how to access them.*

## What are podcasts?

A podcast is like radio on demand; you listen to what you want, when you want. In that way it is the same as our television viewing. Long gone are the days when you had four channels and you watched your favourite programmes when they were broadcast. The other thing about podcasts is that anyone can record them. In that way, they have become like YouTube, but just for sound.

## How do you listen to them?

Anyone with a smartphone or computer can download them. You usually have an app on your phone, Soundcloud, Acast, iTunes, Spotify and many more. You search for what you want; in my case The Hoof of the Horse and you will find it straight away. Many farriers like to listen in their vans or trucks, through the sound system. You can do it by Bluetooth, but for better quality, just plug in. It is charging your battery at the same time.



Mark Aikens, Simon Curtis and Bernard Duvernay

## What do they cost?

The vast majority of podcasts are free, including all the farrier and equine foot ones that I know of. You may have to listen to the occasional advertising message, but they are not intrusive. Although free for the listeners, podcasters pay a fee to the platforms that broadcast them. Podcasters, at our level, are doing them for fun and just to contribute to our craft.

## Who records podcasts about farriery?

There are only a few but they are all different so you can listen to just your

favourite or all of them. My apologies to anybody that I have missed. Here is my list:

- The *American Farriers Journal* Podcast, from the USA with Jeremy McGovern. This podcast builds on the AFJ and the International Hoofcare Summit.
- The Humble Hoof Podcast, with Alicia Harlov in New York. Alicia has a lean towards the barefoot movement.
- Farrier Focus Podcast, from the Butler Professional Farrier School in the USA. Following the great Doug Butler, the family continues to be involved in many educational media.
- Hoof of the Horse Podcast is my contribution, where I interview mainly farriers but also others with farriery and equine knowledge from around the world. I try to keep it light but informative.
- Mullins Farrier Podcast is broadcast by Brian Mullins from his base in Canada. He manages to get his guests to speak for long, in depth podcasts.
- Lockdown Farrier Podcast is recorded by Danny Bennett, formerly a British Army farrier and now a tutor at the Farrier School at Hereford. Danny brings his own inimitable style.

*Podcasts suit farriers who are always on the move and often travel for short spells between jobs. Podcasts are free, informative and enjoyable. Why not give them a try?*

## REMOTE TEMPERATURE MONITORING FOR HORSES 24 HOURS A DAY

Forte Healthcare has partnered with Epona Biotec to bring the VetTrue System (VetTrue Tail Tab and VetTrue App) to Europe.

Epona Biotec says the VetTrue System delivers accurate and non-invasive temperature monitoring, which can be accessed anywhere in the world 24 hours a day, thereby offering proactive equine healthcare. It consists of a single-use VetTrue TailTab containing a temperature monitor and transmitter that is fixed securely to the horse's tail and the VetTrue App, once activated, records the horse's temperature every five minutes, delivering the results to a smartphone

device via Bluetooth. The monitoring device is easily fitted using a self-adhesive medical-grade tape and can stay in place for up to five days.

Kirsty McCann, Equine Sales Manager at Forte Healthcare said: 'Once the TailTab is correctly fitted, its benefits are many and wide-reaching. It will enable equine professionals in both clinical practice and everyday care routines to improve horse healthcare practices and the early detection and prevention of illnesses and diseases in horses – and not least, it will dramatically reduce human hours traditionally required for temperature monitoring.'

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Dr Des Leadon FRCVS, Clinical Consultant at The Irish Equine Centre said: 'I have used the VetTrue system for 24 hours and longer periods of monitoring of high-value racehorses and stallions, during long-distance travel, since the system first became available. It provides very valuable reassurance that all is well, it facilitates rapid identification of fevers, and the Bluetooth facility, which permits remote monitoring, is a major breakthrough in minute-by-minute temperature monitoring.'

For more information visit [www.fortehealthcare.com](http://www.fortehealthcare.com) or click on VetTrue System.

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# Welfare awards back at year's Appleby Horse Fair

*The 'Best at Appleby' welfare awards – organised by Redwings and supported by several National Equine Welfare Council members – celebrated equine health, happiness and horsemanship at this year's Appleby Horse Fair in June.*

Sixteen 'Best at Appleby' welfare awards were presented this year, supported by the Blue Cross, Bransby Horses, British Horse Society, The Donkey Sanctuary, Oak Tree Animals, Redwings, the RSPCA and World Horse Welfare.

Two Best at Appleby 2022 Champions were chosen from the winners and runners up selected by a team of six welfare vets and a Master Harness Maker and Saddlery Fitter in attendance at the fair. The criteria included being fit for the work they are doing, being bright and relaxed with healthy hooves, and microchipped and passported.

It was the 7th Best at Appleby awards – sponsored by the Traditional Gypsy Cob Association, which provided rosettes and membership for winners. The event took place online last year because of Covid. Since 2015, over 60 awards have been made.

Andie McPherson, Campaigns Manager for Redwings who has been coordinating Best at Appleby since its inception, said: 'Best at Appleby provides a unique way of breaking down some of the barriers that sometimes exist between the horse owners at the fair and vets and equine welfare officers. Vets get to know horse owners who wouldn't ordinarily speak with them and the awards provide the opportunity for some energising conversations about horse welfare at the fair and beyond. As well as the vets, the awards attracted the



*Kimberly McLeod was the winner of the Rising Star (under 16s) Award, riding Tommy*

involvement of Farriery Educator, Dean Bland AWCF, as well as Master Harness Maker and Saddlery Fitter, Chris Taylor.

Each winner and runner-up also received a gift from Horslyx and Ragwort Disk, as well as a weigh tape and body condition scoring chart from Redwings.

As a charity 100% funded by donations, it is thanks to the generosity of its supporters that Redwings is able to promote the welfare of horses, ponies, donkeys and mules.

## Epic ride fulfills Kate's dream

Vet Kate McMorris and her home-bred horse Marilyn recently completed an epic journey – the Great British Vet Trek – travelling from John O'Groats to Lands End in aid of charity, raising almost £18,000 in the process.

Kate logged her journey on Facebook where she expressed her enormous gratitude to the people who helped her on her journey, which included farriery services for Marilyn. Other people gave Kate a bed for the night, found grazing for Marilyn, provided buckets of water and horse feed, transporting her stuff, offered physiotherapy for her and some provided companionship by riding or cycling short distances alongside her. Kate's journey began at the end of April and ended in August, a journey of well over 1000 miles, carrying the kit she needed for wild camping.

The charities she chose were Pets As Therapy, a national charity that enhances the health and wellbeing of thousands of people in communities across the UK, and Vetlife, which provides emotional, financial and mental health support for the vet communities.

Arriving home, the first thing Marilyn did – after greeting her horse friends – was to enjoy a good roll.



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# Farriery history in action



Jarvis Browning RSS was invited to demonstrate shoemaking in World War One at the Royal Logistics Corps museum at Worthy Down near Winchester, from 11–13 August. He said it was very hot but enjoyable event, which provided a living and useable display (photographs above by RLC Heritage Carriage Team)



Our recent demonstration at Beamish Museum, 'Horses in Harness'



# Ten fence types at increased odds of a fall for horse and rider

*New research into equestrian eventing safety has assessed different types of fence and course design, and quantified their associated risk of falling for either the rider or the horse.*

A study published in the *Equine Veterinary Journal* has highlighted 10 fence types that are at increased odds of a fall occurring when compared with square spread fences. Seven types of fence were found to be at reduced odds of a fall. Twelve other factors related to fence and course design were also identified as affecting the risk of falls occurring.

Eventing is a challenging equestrian sport – cross-country involves riding at speed over a course of fences and is the most dangerous phase because falls can happen at fences. Around 6% of starts result in a fall – with either the rider falling off the horse, or the horse itself falling. Falls can have very serious consequences, up to and including death for both the horse and rider. Since 2016, there have been at least 41 horse fatalities and at least 18 rider fatalities.

The study assessed fence eventing risk factors, covering aspects of fence design and course design. Researchers found that fence types were at increased odds of a fall occurring compared to square spread fences, and seven types were at reduced odds. Fences positioned with approach and/or landing downhill were more likely to have falls occur than fences on flat ground, and fences which were a jump into water were riskier than jumps onto solid ground.



Picture: Flickr/Rayand

The study team, at the Universities of Glasgow, Bristol, and Nottingham Trent, analysed data from over 200,000 fences in about 6,500 competitions over an 11-year period, and, overall, found 13 factors related to competition, fence, and course design that meant falls were more likely to occur.

Researchers believe that this study offers a starting point for establishing a scientific 'risk profile' of cross-country courses, which could help athletes and trainers safeguard safety and welfare, and plan for future success.

Lead author Dr Euan Bennet from the University of Glasgow, who started the work at the University of Bristol, said: 'More than two decades after the International Eventing Safety Committee urged that "everything should be done to prevent horses from falling", an improved understanding of the true level of risk posed by a particular series

of fences on a specific course is an essential focus of further risk reviews.

'However, it would not be desirable to look at our results and say, for example, that challenging jumps should no longer be used. Rather, it should be recognised that course design can prioritise safety without reducing challenge or competitiveness in the sport. "Risk grading" of courses would be an important way of informing athletes about the level of risk to which they would be exposing themselves and their horse and would reduce the risk of serious and fatal injury to both horses and riders.'

- The study, 'Fédération Equestre Internationale (FEI) eventing: Fence-level risk factors for falls during the cross-country phase (2008-2018)' is published in *Equine Veterinary Journal*. The work was funded by the Fédération Equestre Internationale.

## **WESSEX HEAVY HORSE SHOW AND COUNTRY FAIR** Incorporating the West of England Championships

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**Judge: Andrew Reader-Smith AWCF**

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# Life after farriery

By Marc Lockwood AWCF

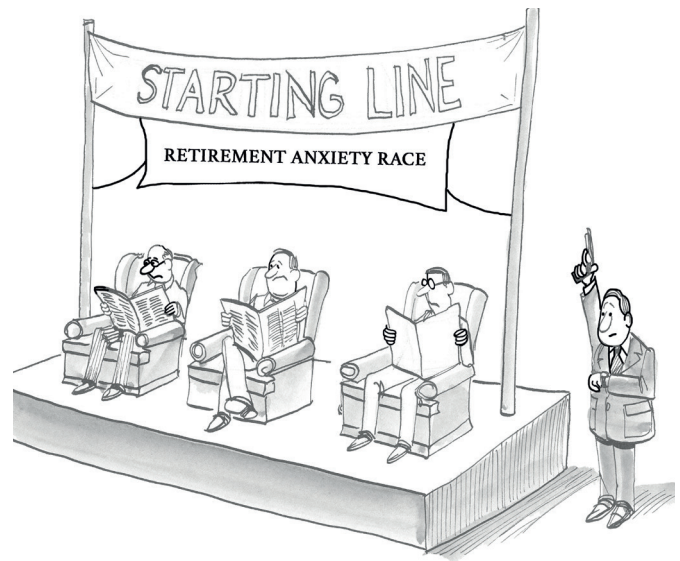
*In an industry which is characterised by its highly skilled manual labour, where working conditions and clientele are challenging and at times unpredictable, how many farriers have thought about the next steps for when they reach the end of their career?*

In the UK, the majority of the population now receive their State Pension at the age of 66, although the government has proposed<sup>1</sup> increasing that to age 67 by 2028 and 68 by 2039, based on current research on increased life expectancy. However, due to the nature of the job, it is unlikely that most farriers will be physically able or willing to work well into their 60s.

According to Marie Beal of Eastlake and Beachell, (an insurance provider with over 25 years' experience working with farriers) 'the majority of farriers will gradually ease themselves into retirement, rather than stop shoeing immediately. The physicality of the job does mean that some farriers have to reduce their hours whilst they are still in their 50s and their retirement journey will tend to start much sooner'.

The typical career pathway for a farrier often begins when they are still in their teenage years. All farriers within the UK will enter the profession after completing a four-year apprenticeship with an Approved Training Farrier (ATF). Once a Diploma qualification has been achieved, most farriers will operate as self-employed sole traders and therefore do not benefit from a workplace pension scheme, which is available to PAYE employees (tax being paid as you earn via the company's payroll).

In most cases, newly qualified professionals in their early 20s will traditionally enter employment as an employee and their employer must legally enrol them into a workplace pension scheme, where a percentage of their pay will be put into a pension scheme automatically every payday<sup>2</sup> (unless the employee chooses to opt out). Money paid into a pension scheme may also benefit from government tax relief as workplace pension payments are typically made on gross pay,



Picture: Shutterstock/Cartoon resource

before tax is deducted (Department for Work and Pensions, 2014). For farriers, by comparison, the decision to start thinking about the end of their career and in terms of pensions is often made at a much later date, with most leaving it into their 40s when the physicality of the job has already started to leave its mark. Potentially, doing so can leave them financially short when the time comes to slow down, as they had not realised how much they would need to put aside for retirement.

For most farriers, shoeing and shoemaking is not only a job but a way of life, and reaching their pensionable age while still working will be the long-term goal for nearly all. As a collective, it would be fair to assume that nearly all farriers understand the high-risk nature of the profession, but perhaps do not fully understand the personal and financial repercussions for themselves and their families of not being able to work. Statistics from the British Blacksmith and Farriers Association's (BFBA) 2021 injury survey published in Forge magazine showed that over 80% of farriers have sustained an injury at work that required hospital admission, with 38.2% stating that the injuries sustained left them with lasting physical impairments. Of those injured, 45% reported financial suffering and 90% made a personal injury claim. But what happens if you are injured at work and do not have the means or personal income insurance to cover your financial outgoings? For farriers without adequate resources this will unfortunately be a harsh reality, which is why The Farriers Foundation was founded in 2012 'with the aim of providing relief of financial hardship among farriers or retired farriers and their dependents who, by virtue of illness or premature retirement or any other reason, have need of such assistance'.

Not all farriers will be motivated to continue shoeing and shoemaking until retirement age. For some, the decision to leave the profession will be dictated by injury, but for others they may simply decide that the nature of the work isn't sustainable in the long term. Phil Ibitson, 42 from Surrey, left the profession in early 2022. He claims it was the hardest decision he'd ever had to make, but did so because he felt that the job was so physically demanding that he didn't feel long-term he could carry on doing the numbers he needed to be doing. He now works in the motorsport industry.

Marc Lockwood is an AWCF farrier based in Surrey, who qualified in 2003 under Howard Cooper FWCF Hons. He went on to complete his AWCF in 2015 and is working towards his FWCF which he hopes to achieve in 2023/4. He shoes a variety of horses and wants to complete his FWCF in order to provide the best possible service to all clients. In his spare time he enjoys cycling, running and competing in Ironman triathlons, although this has been put on hold by the arrival of two small children (and a third on the way) over the last few years.





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For Jason Bayliss, 39, also from Surrey, the decision to leave came a lot earlier – when he is still in his 20s. He felt his earning potential would be capped if he continued to work as a sole trader and made the decision to move into gas engineering, and eventually started a renewable energies company. While some may leave the profession entirely, a small percentage choose to move laterally within the industry, such as developing tool brands and farriery equipment, and an even smaller percentage take on an academic route, working as lecturers and examiners.

**For the majority of farriers who will realistically be shoeing and shoemaking until retirement, what can they do to safeguard themselves financially and physically?**

There are a variety of insurance schemes for farriers who want the security of financial support in the event of a debilitating injury sustained at work.

Ashley Sims (owner of Equestrian Protect, which specialises in personal insurance for farriers) suggests that the single most important policy to take out is Income Protection. This provides monthly sick pay as a percentage of the policyholders income when they are not able to work due to injury or illness. Depending on the type of policy taken out this may also include a one-off lump sum, ie, for fractures and a variety of specific illness.

For an Income Protection scheme, you will be required to calculate your core outgoings to establish the financial amount needed in terms of a monthly policy payout if claimed, anything above that may be down to affordability.

Other things to consider may be Life Insurance, which is an insurance policy that will pay out to the policy-holder's beneficiary (the person named on the policy who will receive a pay-out, usually your partner and/or children) when you pass away.

Critical Illness cover offers protection when the policyholder falls seriously ill unexpectedly. This can be helpful for those who don't have enough savings to fall back on. Critical Illness cover pays out a tax-free lump sum that can be spent on whatever the policyholder wants and can be used for things such as clearing debt, paying medical bills, or even adapting your home to meet your needs. Some may also consider Private Medical Insurance to help facilitate a speedy recovery and return to work.

So, what is the path to retirement for most farriers? Some may have had the foresight to make investments either financially or through property, which may increase in value, giving access to a lump sum when a decision is made to relocate or downsize. But what about pensions?

While most PAYE employees pay into a pension, amongst self-employed workers the figure is only around 31% (IPSE, 2022/23). This means two out of three people need another viable savings plan for their future or need to start paying into a pension.

According to the Office for National Statistics, the number of self-employed workers who are saving into a pension has dropped by 40% in the past 10 years<sup>4</sup>. This means that if you have operated in a self-employed capacity for the duration of your career and have not had access to the workplace pension scheme mentioned above then you may struggle to make ends meet in later life.

The maximum State Pension is currently £185.15 a week (2022/23)<sup>5</sup> providing full national insurance contributions have been paid for 35 years, with a minimum of 10 years providing a reduced amount state pension. The only additional income to the state pension you can rely on in retirement is what you have saved yourself.

**When planning for retirement it is worth considering the monthly amount you would like to retire on, based on projected outgoings such as bills and mortgage/rent if you do not own a property.**

The recommended amount to save is to aim for 50-75% of final earnings, and as people are living longer and it is not unusual to require a pension pot that will provide an income for a third of your life.

The following suggested savings amounts – if you are self-employed – are widely used as a good guide for savings by age according to the finance industry:

- 30s – try to save around 15% of your annual income into a self-employed pension scheme
- 40s – increase this to 20% of your annual income
- 50s – save a minimum of 25% of earnings into a pension

**Not only is pension saving an important consideration if you're self-employed, but pensions come with some unique, tax efficient benefits.**

This includes a lump sum payment to your beneficiaries without inheritance tax deductions should you die before the age of 75. New pension freedom rules, introduced in 2016 under the Pension Reform Act, also mean that you now have more choice over what you do with your pension savings when you reach retirement. Including the option to take up to 25% of your pension savings as a lump sum without paying tax on this amount, and then taking flexible withdrawals from your 'pension pot' each month, as opposed to purchasing an annuity (a financial product you trade your pension for) which provides you with a regular guaranteed income in retirement either for life or for a set number of years, and can be purchased using either some or all of your 'pension pot'.

**Self-employed workers also benefit from pension tax relief, which includes a generous 25% top up from the government on pension contributions, meaning that for every £100 you pay in, the government effectively adds £25 for free to your pension.**

In addition to this, if you pay enough tax at the higher rate of 40% in England, Wales, or Northern Ireland – you can claim back a further £25 through your tax return for every £100 you pay into your pension eg, if you are paying £400 a month into your pension per month you can effectively claim back £100 per month through tax relief and £100 free pension 'top up' meaning that a £400 pension contribution will result in up to



Picture: Shutterstock/Mind and I



a £600 saving towards your retirement. You can, however, only receive tax relief up to certain amount.

Each year your pension has an 'annual allowance' for contributions that are eligible for tax relief. The annual allowance is currently set at £40,000, or 100% of your income if lower than £40,000, in that tax year. In a tax year, if you have not paid in the maximum pension contributions of £40,000 into your pension the remaining balance can be carried forward into the next tax year for up to 3 years, ie, £30,000 paid in a pension in 20/21 tax year leaves a balance of £10,000 to be carried forward so up to £50,000 can be paid into your pension in 21/22 tax year. This gives you additional flexibility to save more into your pension scheme and maximise your pension savings.

While there are no specific pensions just for the self-employed, that does not mean there is nothing available for farriers.

With a personal pension, sometimes called a private pension, you choose where you want your contributions to be invested from a range of funds the provider offers. (Independent pensions advisers will be able to search the whole of the pensions market, while advisers working on

behalf of a company will only offer products from that company). How much you get back depends on how much is paid in, how long the savings are invested, your attitude to risk and which funds you have invested in, which in turn will determine how well your savings perform over the long term. You will also be charged a management charge that you pay the provider to manage your pension fund.

There are three types of personal pension:

- Ordinary personal pensions – these are offered by most large providers.
- Stakeholder pensions – which are subject to a cap on their charges.
- Self-invested personal pensions – which might have a wider range of investment options.

**You can get help and advice on starting a pension from a variety of sources including: your bank or building society and websites like: [www.moneysavingexpert.co.uk](http://www.moneysavingexpert.co.uk) or [www.pensionbee.com](http://www.pensionbee.com) or by speaking to a regulated Independent Financial Adviser (IFA) who is listed with the Chartered Institute of Securities & Investment – Wayfinder – find financial planners at ([cisi.org](http://cisi.org)).**

It is said that the best way to start a pension is to start putting in as much as possible, as early as possible. The longer that pension savings are invested the greater potential for growth.

**Although the thought of starting a pension and realistically saving enough for this to be meaningful in later life may seem daunting, every little helps when it comes to retirement. Either way, all farriers need to be thinking ahead to the end of their careers and safeguarding themselves against the financial implications of injuries where possible.**

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*Before investing, you should take independent financial advice, ask questions and do your own research*

*Dr Simon Curtis FWCF and Jay Tovey FWCF ran a four-day course at The Forge, Stoneleigh, during June and July for a small group of candidates who were interested in achieving Fellowship of the Worshipful Company of Farriers.*



*The aim was to provide the candidates with the skills and knowledge needed to pass the FWCF exam. Individual tailored tuition was provided.*

*The topics included the practical task, shoe board and criteria. A brainstorming session encouraged participants to form study ideas and the feasibility of these was discussed. How to research and reference articles, where to find research material, how to plan a scientific study and collect data, and how to write a scientific paper, were also covered. For the communications section of the examination, the tutors offered guidance on how put together a presentation using PowerPoint or Keynote; how to deliver and time manage a presentation for the exam; coping with surprise lecture topics, and photography and video skills.*

This article was produced as part of the course.

# Practising and strengthening resilience

By Catherine Wensley-Green, Trauma Informed Coach

**'Life is 10% what happens to us and 90% how we deal with it', Charles R. Swindoll**

How well we deal with life depends on how strong our resilience is. It is inevitable we will experience difficult times and it is in those times when strong resilience is vital in order to process and move past each challenge efficiently.

Everyone has their own levels of resilience and coping skills. Shaped by our past experiences, our level of resilience also determines how we will cope with future negative experiences.

**Think of resilience as your mental armour, it will protect you from attack, so long as it is intact.**

Any cracks that appear in the armour will allow challenges to seep in and affect you, so it is vital that it is strong and sealed.

Although it is important that we don't allow negative events to affect us, we do still need to feel them. This is a vital part of processing the event in order to accept it, let it go and move on.

Here are five ways to strengthen your resilience:

◆ **Control** your automatic negative thoughts (ANTs). Allowing automatic negative thoughts (ANTs) to run free in our mind will only make us feel negative; when we feel negative, we feel mentally weak. You are in control of your own thoughts. Recognise when ANTs pop up and deal with them. You can tell them to f\$%k off, you can switch them for their positive opposite, or you can consciously think about something totally different. ANTs are of no use to you.

▶ **Challenge** yourself. In order to grow we must stretch ourselves and a great way to do this is through challenge. It's all too easy to slip into a comfortable way of life where we are never being pushed or stretched. Think of a muscle, in order for it to grow it must first be put under pressure.

\* **Increase your skills.** Increasing your skills and learning new things will in turn increase your self-belief. Self-belief is a

building block for confidence and the more we are confident and believe in ourselves, the less a negative event can affect us.

♥ **Self praise.** By giving another person the responsibility of praising us, an employer or a partner for example, we make it their responsibility to validate us. Validation comes from within. Make a point of giving yourself a pat on the back each time you have done a good job.

✂ **Anxiety control.** We are hard-wired to focus on negativity, this is simply due to our unconscious motivation to survive – we are always on the look out for danger. Because this is hard wired, that is, we are born with it, we must consciously work to control it.

## What to do

- 🕒 **Positive thinking** Switch negative thoughts for positive ones. A situation will be what you make it.
- 🕒 **Breathing exercises** Breathe in for 4 seconds, hold for 4 seconds, breathe out for 4 seconds. This calms and regulates the nervous system.
- 🕒 **Be assertive** Tell negative thoughts to f\$%k off. Put yourself in control of your own thoughts.

**Being strong and resilient is available to everyone, though it won't simply happen. It's up to you to do the work and make it happen.**

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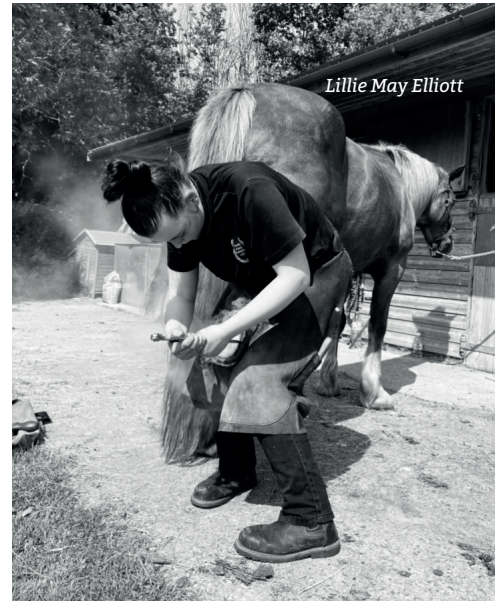
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**FARRIERS WEEK**

The BFBA celebrated 'Farriers Week' in July. Here's what we did.



Initiated 24 years ago by the *American Farriers Journal* as 'a time for horse owners, trainers, veterinarians and other members of the equine community to acknowledge the contributions of farriers', the celebratory week has evolved to include farriers acknowledging their mentors throughout their career.

BFBA President Ben Benson AWCF said: 'Our farriery members face new challenges on a daily basis. Like so many industries, so soon after the troubles of the coronavirus pandemic, we are now facing crippling increases on all of our basic costs including wages, fuel, steel, coke and gas. In the UK, we have an incredible depth of skill, knowledge and talent amongst our farriers and we also know how hard our members work. We very much hope that horse owners and equine organisations will join with us and demonstrate their appreciation.'

During Farriers Week the BFBA published a series of posts on its social media channels to inform and support clients. Owners, equine professionals and organisations were encouraged to share the posts – and give a 'shout out' to their farrier!

The topics we highlighted included how to deal with a twisted shoe; the importance of foot trimming and hoof health; what farriers can tell about how a horse is moving from the shoes they have removed; hoof maintenance; lost shoes; stud holes; daily hoof care; how fly repellent can help your farrier; types of horse shoe; traction and when to introduce foals to foot care.



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# Force majeure

By Mike Williams, [www.totalfootprotection.co.uk](http://www.totalfootprotection.co.uk)

Much has been published regarding equine lameness and the gains in performance, both by reducing and the optimisation of the point of breakover. Having the right and correct distance between the centre of articulation of the pedal joint, (distal interphalangeal articulation) and the last point from where the shoe or foot leaves the ground is paramount and this idea is universally understood.

Keeping the toe short is acknowledged as a positive and desirable aim of farriery. Radius or rolled toes have always featured in shoes. An early example of this principle can be seen in the Fitzwygram shoe, depicted in Holmes 'Principals of Horseshoeing' published in 1888, and later developed as the 'Natural Balance' shoe by Gene Ovnivek of Equine Digit Support System (EDSS) Hoofcare. In acknowledging this, most horseshoe manufacturers now include an early- or reduced-breakover shoe in their range.

If we consider some of the forces involved with biomechanical movement, a greater understanding of these powerful and potentially destructive elements can be achieved.

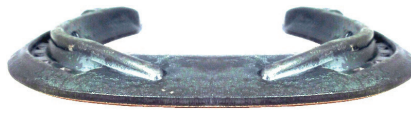
Inertia, the power required for an object to undergo a change in motion, is hugely important in biomechanics. Increasing this presents a greater risk of injury and reduces performance. Consequently, reducing these forces significantly reduces the risk of injury and can also enhance performance. Optimisation is the key to performance as over-shortening lever lengths can be equally counterproductive. Misapplication of any type of shoe will ultimately cause problems; simple effective hoof mapping techniques will aid placement.

To overcome inertia, the resistance of an object to undergo a change in direction, a simple calculation can be applied to determine forces needed to overcome the actual moment of inertia.

**Inertia = Mass (weight) x Distance<sup>2</sup> from the centre of articulation to breakover** (Eager 2004)

In short, this calculation amplifies massively the mass or weight of the horse by the lever distance required to commence movement by squaring or multiplying a number by itself.

For our equines, the centre of articulation is that of the distal phalangeal articulation (pedal joint) to the point of breakover, this being the last part of the hoof at the toe that leaves the ground.



*EDSS Avanti shoe*



*EDSS Performance leverage reduction shoe*



*Fitzwygram shoe*



*Kerkhaert Classic Roller shoe*



*Vulcan roller motion shoe*

So, for an example, if we considered foot that was 5 inches (125 mm) across the widest and least distortable part of the foot. The distal border of the third phalanx would be around half that distance less the thickness of the hoof wall.

Therefore, we could reasonably assume that the point of breakover of a 125 mm wide foot would be around half that distance, somewhere around 62.5 mm.

If we then extend this measurement to simulate a long toe (80 mm), the calculation would look like this:

$$\text{Mass } 500 \text{ kg horse} \times 80 \text{ mm}^2 = 80000 \text{ kg of force}$$

So, if we reduce this distance by 5 mm the forces change significantly

$$500 \times 752 = 75000 \text{ kg}$$

$$500 \times 702 = 70000 \text{ kg}$$

Around 7.5% reduction of forces required to overcome inertia is achieved by reducing breakover by 5 mm.

Remember this force occurs at each stride. If we look at a flat racing horse galloping at 19.8 mph, its stride length is 7.7 metres and the stride frequently is 2.55 strides per second<sup>2</sup>. That's a lot of repetitive forces acting very quickly, any reduction in forces would be seen as beneficial.

## Turning forces

As we know, the equine lower limb consists of a series of ginglymus or hinge-like joints that allow movement in one plane. Therefore, horses are ideally suited to sprinting away from danger in a straight line. Of course, they can turn but

they are not really designed to continually turn as we ask to in a schooling situation.

The same forces described earlier to overcome inertia are still apparent, but in addition sideways leverage and rotational torque forces become factors when turning.

A flat shoe or a shoe with a square or sharp outer edge will hold the foot and limb on the surface but starts to cause repetitive strain especially upon the collateral ligaments. As we understand it, ligaments prefer stretch and don't like compression. As an example, turning to the left compresses the ligaments on the inside (left) and stretches those on the outside.

Relief to the sides of the shoe to facilitate and allow for comfort while turning is needed. EDSS Inc addressed this

with its aluminium performance leverage reduction shoe (PLR). This shoe has proved hugely successful for the treatment of problems brought about by consistent turning. The design took the radius of the early breakover toe and continued this along both branches to the heels.

Again, this positive attribute has filtered down in various degrees into production shoes. Most notable for both early breakover and considered collateral relief are Centre Fit from Alpha Inc, Vulcan Roller Motion from MNC, LiBero EQ from Mustad, Kerckhaert's Classic Roller Quarter and Sports Quarter shoes.

To replicate the positive attributes, including the (stack) height and acute angles of collateral relief of the aluminium PLR shoe in a more durable steel shoe, without the excessive weight, has been a design challenge met by Avanti from EDSS Inc.

The early breakover toe profile has been continued through the branches to the heels. To reduce shoe weight, the stack height of the shoe has been extended by the addition of narrow directional 'rails'. Not only do the rails provide traction, but facilitate easy modification to allow for conformational issues and to be tuned for beneficial foot fall. One or both rails can be reduced by grinding or hot rasping as well as adjustments to medial or lateral height. It is extremely easy to convert the Avanti to a graduated shoe.

## What's next?

As more research, understanding and study results explore equine biomechanical needs, it is likely that shoe profiles will continue to evolve in a beneficial way for soundness and performance. With verified data being readily available from practitioners using Werkman Black, positive changes will ensue. Much has been published about early breakover and collateral ligament relief, so my prediction for the future is for more focus on the landing phase. Heel design will perhaps feature a larger area with reduced angles to soften impact and to spread the load? One thing is certain, the evolution of equine shoes is fluid and we can expect to see progression and advancement in design.

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# National Heritage Ironwork Group, courses and events

## Conservation of architectural ironwork, 2 day course

Venue: Jacob's Well, Trinity Lane,  
Micklegate, York YO1 6LE  
[www.holytrinityyork.org](http://www.holytrinityyork.org)

When: 29 September 9 am to 30  
September 5 pm



Aimed at craft practitioners and consultative professionals, this course is an introduction to the conservation of ironwork, covering historical context, metallurgy of wrought iron and steels, traditional tools, techniques, materials, design and manufacture, with a focus on the processes of restoration, surface preparation and treatments, specification & standards for heritage ironwork contracts, including a procurement and pricing exercise. The lectures will be complemented by a site visit to survey historic ironwork and develop a strategy for its conservation.

The IHBC (Institute of Historic Building Conservation)

recognises this course as contributing to mandatory CPD requirements for its Members.

Delegates will learn the basic principles of assessing historic ironwork and making decisions about its care. Tender procedures often require the commissioner of the work to have knowledge of the medium in order to procure the best value. We aim to equip those wishing to commission work on listed ironwork with information they will find essential in the writing of specifications.

Lecturers Geoff Wallis & Bethan Griffiths have extensive experience in the field of historic ironwork conservation. They will share their own practical experiences and will be available to discuss delegates' own projects where appropriate.

Download the full programme at <https://bit.ly/3PHfHsX>

Book at <https://nhig.org.uk/events/event/conservation-of-architectural-ironwork-2-day-cpd-course/>

Tickets: £250 for 2 days, including lunch and refreshments on both days.

## Greenwich Iron

Venue: St Alfege Church Hall, Greenwich  
When: 27 October at 10 am to 28 October at 4 pm

A two-day celebration of all things 'iron' in and around World Heritage Greenwich.

A focal point for Britain's maritime and horological heritage, as well as the site of Henry VIII's armoury, Greenwich is steeped in ironwork history. This one-off event will celebrate the fascinating, multi-faceted material that has played such a vital role in our history, and contributed in so many different ways to major technological developments across the globe.

A morning of talks will be followed by a guided walk of local ironwork highlights. The following day offers a rare opportunity to go behind the scenes in the busy workshops of leading conservators Hall Conservation, and try your hand at various conservation techniques.

### Conserving the Cutty Sark

by Claire Denham, Research Adviser, Royal Museums Greenwich

The Cutty Sark is an icon of the lost age of sail. Groundbreaking for her time, her composite structure of iron and wood gave her strength, rigidity and speed, making her the epitome of Victorian engineering. Built to last only 30 years, she spent 85 years in the water. This, combined with 50 years in dry dock, propped up by a network of shores, placed a severe strain on her already corroded iron work. A structural survey in 1998 pronounced if nothing was done to preserve the structure, the ship would collapse. In 2006 The Cutty Sark conservation project was launched to conserve the structure and save the ship.



This talk will give an insight into the conservation project, decisions made and techniques used in the quest to preserve the ship for future generations.

### Rise and Fall of the All-Iron Warship

by Andrew Choong, Curator & Historian, Royal Museums Greenwich

The Thames Iron Works was the most prolific of the modern London shipbuilders during its short life from the mid-19th Century to 1912. From their yard on the Isle of Dogs, they built a number of famous warships including HMS Warrior (1860) and HMS Thunderer (1912).

This talk will give a historic overview of local shipbuilding including the shift from iron to steel and how developments in armour plating, construction techniques and increases in vessel size continually challenged, and ultimately defeated, this once-famous company.

### Hands-on Heritage

Try your hand at a variety of conservation techniques – including blacksmithing, patination, gilding and repousse in the busy workshops of a thriving conservation business.

Tickets: There is a variety of ticket options for this event, find out more at <https://nhig.org.uk/events/event/a-celebration-of-greenwichs-ironwork-history/>

The British Farriers and Blacksmiths Association (BFBA) exists to represent, and be the voice of, the professional farrier whilst supporting and enabling our farriery and blacksmithing members throughout their career.



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The Horse Trust and Redwings Horse Sanctuary have created an online course for farriers on equine welfare and legislation.

### CPD for Farriers on Equine Welfare and Legislation

These equine charities recognise that farriers are at the forefront of equine care provision. They build strong relationships with clients, see their horses regularly, and are in a unique position to promote positive welfare.

By reaching horse owners early with helpful advice on good welfare practices, farriers can help prevent potential welfare cases. These two major equine charities, are showing their support for the farrier industry – recognising farriers' intrinsic role in equine welfare – and have created a platform where farriers can develop knowledge, expertise, and confidence in dealing with welfare cases.

The charities created the course based on their vast experience of dealing with welfare concerns, drawing on the work already done on important issues

such as biosecurity and disease prevention.

Designed with the busy farrier in mind, the course is 100% online, easy to follow and packed full of resources and helpful contacts. The course will provide farriers with the tools and resources to provide advice, report concerns, attend welfare cases and provide evidence to a court if required. For just £10 farriers can complete the course and gain four CPD points.

### What other farriers say

'In today's society we see so much more litigation and accountability that as working farriers we are often asked by clients or horse owners to make decisions or give opinions without sometimes the ability to fully understand what we as the professional can and cannot say in situations we

come across. Sometimes it is even just knowing what to say or how to say it appropriately. This is an excellent course that all farriers and apprentices can do that really does add to our professional development. Thank you for putting it together for us in such an easy format!

*Ben Benson AWCF, DipWCF, Master Farrier, ATF*

'With the course being 100% online it makes it an easily accessible way to achieve some

annual CPD points, in an area that is really relevant and topical for us at the moment. As a training farrier, I think this course will be a great introduction to welfare and legislation for apprentice and newly qualified farriers, who may not have come across any issues in practice yet. I think it will help build their confidence in knowing what a welfare case is, and when, how and to whom to report it.'

*Daniel Harman AWCF Master Farrier*



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Holly Flack, telephone: 07984 808445, email: membership@bfba.co.uk

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*Father*



*Mother*



## **QUALIFIED FARRIER WANTED - SYDNEY, AUSTRALIA**

Proforge Pty Ltd is looking for a qualified farrier in Australia for a minimum of two years.

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The position covers recreational horses, competition horses and racehorses.

Candidates must be committed to the trade, have pride in their work, respectful and punctual.

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**Please send a written application by email to  
Proforge@bigpond.com describing your experience as a farrier**

**For further inquires please contact Rodney Brazzill oo 61 4 1459 9291**



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# LiBero Concave

*When your sports horse needs Extra Traction*  
**Now available in 8mm**

## LiBero Concave 8mm:

- The best of both worlds: the increased traction from the concave features while benefiting from the cover of a ¾ fullered shoe
- Placement markers for tungsten pins and stud holes
- Perfectly forged clips designed to be slim and strong
- Original concave U crease fullering for extra traction
- Durable and still 20% lighter\*

\* Than the 10mm LiBero Concave

- Perfect fit with ESL pitch nails
- Available in symmetrical fronts and left and right hinds
- Toe clip or side clips fronts and quarter clip hinds

20 Shoes per box  
Punched for Type E nail  
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Concave, EXL and ESL Pitch.



**LiBero Concave:**  
The extreme versatility of the LiBero is now combined with a full concave profile to provide extra traction.

The LiBero Concave are available in the following models, sections and sizes:

SHOE MODELS	SECTIONS	SIZES
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	22 x 10	2 - 4
Front Quarter Clip	22 x 8 <b>New</b>	00 - 3
Hind Side Clip	20 x 10	00 - 1
	22 x 8 <b>New</b>	00 - 3
	22 x 10	2 - 4



Flush Clips



Extended Crease Design



Comfort Sole Relief



ABC Concept



COMFORTMIX

## HOOF PAD ZNO

Hoof pad with Zinc Oxide  
Preventing thrush



- Recommended for use during wet seasons, preventing thrush
- Closes hoof sole from air thanks to the bonding feature
- Prevents humidity from getting in between the sole and pad material

## HOOF REPAIR WHITE

Hoof reconstruction and repair  
Glue on steel, aluminium & plastic shoes



- Adhesive designed for large and small hoof repairs
- Bonds to most shoes
- Affixes to a clean dry hoof wall
- Sets in approximately 1 minute and hardens within 5 minutes while maintaining flexibility to ensure natural hoof movement
- Hardens to white/beige color

## SILICONE

Protective filling material



- It gives good protection and coverage of the sole
- This silicone sets within 3 minutes
- Can be used with any kind of pad
- It prevents debris or moisture getting in between the pad and the sole

## HOOF PAD

Protective pad material  
For shock absorption and support



- Your "Must have" pad material to create comfort and protection
- Urethane-based, that sets in 30 seconds and sticks directly to a clean, dry sole
- Ideal with or without any kind of pads
- Optimal shock absorption, support and protection, enhancing the general condition of the sole, frog and hoof

## HOOF REPAIR BLACK

Super fast hoof reconstruction and repair  
Glue on steel, aluminium & plastic shoes



- Adhesive designed for large and small hoof repairs
- Bonds to most shoes
- Affixes to a clean dry hoof wall
- Sets in approximately 1 minute and hardens within 5 minutes while maintaining flexibility to ensure natural hoof movement
- Hardens to black color

## SUPER BOND

For a super fast bonding & hoof repair  
Foal extensions. Customized shoes



- It sets in 30 seconds and sticks to a clean dry hoof wall for small repairs
- Create a custom shoe for horses
- Perfect to glue on cuffs for foals or use with foal extension

## HOOF PAD SOFT

Soft pad filling material  
For shock absorption and support



- Xtra Soft Hoof pad material for very sensitive soles
- It sets in 30 seconds and affixes to clean dry soles
- Can be used with any kind of pad
- It seals the pad from any debris or moisture getting in between the pad and sole



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