Speak Out On Strangles Day!

Saturday 6th July 2019

Join yards across the UK as we raise awareness of infectious disease to help protect the health of horses and businesses!
**Why Speak Out On Strangles Day?**

When it comes to infectious disease, we need to work together - and communication is key!

We know that it can sometimes be difficult to even bring up the issue of strangles, or to make changes that can help reduce disease risk on your yard.

So Speak Out On Strangles Day is a bit of fun, but also a chance to chat, share ideas and information, and remind everyone that even small steps can make a BIG difference when it comes to steering clear of infectious disease.

People usually start talking and making changes once an outbreak has happened, but getting ahead of the game before strangles strikes is a smart move!

So get together, raise some smiles, and let’s all Speak Out On Strangles!

**What will be happening?**

That’s up to you! The key is to bring people together, whether it’s for a few minutes or a couple of hours. It’s a chance to organise a fun ride, hold a second-hand tack sale or share a tea-time treat – read on for more ideas!

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**Did you know?**

- Over 110 yard managers have already pledged to Stamp Out Strangles
- More than 150 strangles packs have been requested by vet practices around the UK (plus downloads!)
- 18,441 blood samples were tested for strangles by the Animal Health Trust in 2018 (that’s more than 50 a day!)
- Almost half our daily behaviours are habits that we don’t really think about – let’s make them good ones!
- The success of the human species is believed to be largely the result of our ability to communicate and co-operate in social groups!

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Want to organise an activity on a different date? Don’t worry, that’s fine! Just remember to post your photos with the #SpeakOutOnStranglesDay hashtag on 6th July to help mark the occasion!
What do I do next?

Five easy steps to Speak Out On Strangles

Step 1: **Sign up** to take part (if you haven't already) and we’ll send you a goodie bag to help make it happen! Email campaigns@redwings.co.uk and find more ideas and downloads at www.redwings.org.uk/speak-out

Step 2: **Plan your activity** - large or small (read on for ideas...)

Step 3: **Personalise and display your poster** to promote the event, and share on your yard social media and WhatsApp groups.

Step 4: **Enjoy the day**! Get people together and use the chance to raise awareness and improve biosecurity on your yard!

Step 5: **Use the hashtag #SpeakOutOnStranglesDay** to post photos and see what your fellow pledgers across the country have been doing to spread the word and make a difference!

**Don’t forget to pledge!**

The Stamp Out Strangles pledge is a simple, free way to access practical ideas and information to help protect horses and yards from infectious disease. No one wants to be a nag when it comes to biosecurity, but get your liveries and friends to pledge, and we’ll do the nudging for you!

Go to www.redwings.org.uk/strangles/make-a-pledge or use the forms included in your Speak Out On Strangles pack!

PS. To thank everyone who speaks out on 6th July, we’ll be sending everyone who pledges on the day a free campaign thermometer!
**Stuck for Speak Out On Strangles Day ideas?**

Don’t worry, we’ve got lots! Be as creative or as practical as you like, but it could be as simple as having a cuppa or cleaning tack together…and asking people to pledge!

**Quick and easy:**

- **Find out who’s hot and who’s not:** ask clients to take their horse’s resting temperature and use the temperature table poster to compare results!
- **Share our #StampOutStrangles animation:** available on Redwings’ website and social media, and we’ll be sharing it directly with everyone signed up to take part in the day.
- **Run a yard quiz:** use the Speak Out quiz in your pack, or create your own!
- **Break the ice-ing!** When in doubt, make a cake... Invite everyone on your yard to bring and share something for morning coffee or afternoon tea, or just take in your own ‘buns against bacteria’ to help ‘ex-sponge strangles’!

**Make the most of the day!**

- **Watch and share our Facebook Live session:** a unique opportunity to ask vet and strangles guru Nic de Brauwere your questions about anything strangles-related. Email your questions to campaigns@redwings.co.uk by 3rd July!
- **Get down with the kids!** Help children be aware of infectious disease. Why not get them to help set up a practice quarantine area?
- **Team clean:** a chance to clean out the feed room, wash and disinfect horse boxes and trailers, weed the yard or tidy up tired fencing. Many hands make light work!
- **Introduce/update/review your yard biosecurity protocol:** the chance to make sure everyone knows how to stay a step ahead of strangles the way you’d like them to! Need help? Go to www.redwings.org.uk/strangles/help-and-advice/yard-managers