



Elaine interviewing Clare about the Pegasus Sanctuary

Clare: We have a shelter and we have four horses, and the rain has been absolutely terrible and it's been so muddy I'm literally half way up my boots in mud. One day I said to Graham, back in January, I am gonna go out there in my knickers and my bra, and I am gonna roll in the mud. And Graham dared me, and then he went 'hold on a minute, if you want to go rolling in the mud why don't you do it for Pegasus, the horse sanctuary where we got Adele from.' And I said what a brilliant idea. So anyway, I took a video of myself and I sent it to my brother in Germany, and he said, Clare, whatever you do, don't do it in your knickers and your bra, he said because you know what www means? And I went, no, and he said it's the world wide web. And if you're going to do it for charity do it in something sensible, he said otherwise when you go shopping down at Leclerc's, he said, all them farmers are going to recognise you and go, oooh, I've got a muddy field you can come and do it in my field. So, I rang Pegasus and I said to Felicity and Helen that I would like to raise money and do a mud challenge. How do I go about it? And with the help of Helen we decided on a date which was the 14th of February, and she did all the pamphlets and we put it all through Facebook telling everybody what I was gonna do for five euros, and on the 14th of February as everybody knows it was so cold and because I had decided to do it, and I don't like letting people down, I said to Helen and Felicity I am going to go ahead and do it. And they said you're crazy, and I said, well, it's the 14th of February, it's Valentine's Day and I'm going to do it. So, I put my shorts on and I put a little top on, and Graham said to me "are you really going to do it, Clare it is cold out there," and I must admit, Elaine it was freezing. I have never been so cold in all my life. But anyway, I did it, Graham did the video and I had a friend here who was doing the music, cos we put the music to the video. Somebody said I will treble the money if you do it with a glass of wine so I had my wine, and I totally and can honestly say I thoroughly enjoyed it. I was so cold, I didn't want to be hosed down outside. I came running indoors and went straight into my shower and I can honestly say the shower looked like a crime scene. After I had done my mud challenge my skin was so soft.

Elaine: It's a beauty ...

Clare: It is.. a beauty therapy. I might even bottle it and sell it.

Elaine: Absolutely. So what is this sanctuary?

Clare: Yes, it's Pegasus Sanctuary for horses and Felicity, who runs the sanctuary, she co-founded the sanctuary in I think it was 2016. And what she does, she rescues all the French trotters or any horses from the meat man. It's horrible because the horses go off to Italy and you don't want to know what happens but they go in the bullrings and it is terrible, it's a terrible death for the horses and some of the horses, I mean, you're talking about beautiful foals. It's very upsetting but Felicity puts it on Facebook that we are rescuing a horse from the meat man and people can donate and then they can find a home for the horse. There is a group of people up in Normandy and they all help and they feed the horses and they care for them, and you've got Jane Overton, she goes and does some of their teeth and they've got a vet on hand, and they find homes for the horses.

Elaine: Fantastic. Is there a base, I mean you are obviously a contact here in Brittany but do they have any bases? Or not at the moment?



Clare: No, it is just the sanctuary which is up in Normandy, Saint Lô. I've never been there but you can go on Facebook, just type in Pegasus sanctuary, or horse sanctuary. They are always asking for donations because they need the money to feed the horses and pay the vet bills. And they do a really, really good job.

Elaine: That's brilliant. Now I gather you've got horses.

Clare: We have four horses and Adele, she is a French trotter. She's been sired eighteen times and she's had 16 foals. She came to us from Normandy from the Pegasus Sanctuary and she has got 12 implants and they never took them out. It's so sad but she's so happy. She is a lovely horse and when you look at her, her structure, you can imagine she was beautiful and very fast. And she did set a record in Normandy on a race track.

Elaine: So how can people help, how can we get people involved here in Brittany?

Clare: Simply do something as crazy as I did. If anyone's got a muddy field or, I don't know. I mean I would do it again because I thoroughly enjoyed it. Helen, she said 'you are so crazy Clare,' but they cannot stop thanking me because a lot of people donated and a lot of our friends in England donated as well. I'm not sure how much I've actually raised at the moment but they said 'Clare, if you come up with any other ideas you will let us know.' And I said yeah of course I will and I am always thinking what I could do next. I'm just so proud I've done it.

Elaine: Well, well done you.

Clare: Aw, thank you so much, Elaine. Thank you.