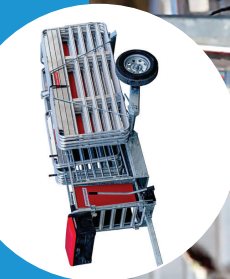


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## Seminars

### Seminar 1: 11.00am – 12.00pm

Food for thought – Where does lamb and mutton fit in a balanced diet? Healthy eating relies on a balanced diet to provide a good balance of nutrients for you to stay healthy, as well as eating in a way to promote good gut health and avoid conditions that might lead to disease. Red meat consumption has come under criticism and led to concerns in some quarters over obesity and certain cancers, however more recent findings challenge this and give positive evidence for the health giving properties of sensible red meat consumption as part of a balanced diet. This seminar will explore how our predominantly grass fed lamb and mutton can fit with healthy eating messages, giving you some facts that can be used to dispel some of the myths around eating meat.

**Chairman:** John Yeonans, NSA Cymru Committee Member  
**Speakers:** Janet Roden, Innovis; Robbie Dawson, Managing Director Can Cook-Well Fed; Bob Kennards, British Heritage Sheep

### Seminar 2: 12.30 – 1.30pm

Sustainability – How sustainable is our industry? A session looking at the sustainability of sheep farming in Wales and how, alongside producing high quality food, it fits with other interests around land management and the increasing demands on our industry such as carbon sequestration, the need to reduce emissions, nature recovery, and providing access and well being. To what extent can we reduce emissions, and what impact will that have? Can our grasslands outperform mass forestry in terms of its delivery of public goods and how might we need to manage our pastures and farm infrastructure differently to deliver more? The future of farm and land management policy in Wales is still lacking much detail, even if the direction of travel is clear, and we have the chance to influence our future providing we can evidence and communicate our positions.

**Chairman:** Phil Stocker, NSA CEO  
**Speakers:** Dr Eleri Thomas, HCC; Rachel Madeley Davies, HCC; Pysor Williams; Nicky Naylor, Harper Adams

### Seminar 3: 2.00pm – 3.00pm

Looking after the Next Generation – What does it mean? Increasingly the public are trusting farmers and demonstrating a high level of interest in what we do. But to maintain this and build further we need to do more to communicate facts and human stories, and what better way to do this than with enthusiastic and bright next generation farmers. But they need security and support as well as the potential for viable and rewarding businesses and careers. This seminar will consider what it will take to further grow a positive recognition of sheep farmers and what we can do to ensure a satisfying and fulfilling future.

**Chairman:** Catherine Smith, HCC  
**Speakers:** Gamy Wilson, The Sheep Game; Michael Burley, NSA Next Generation Ambassador and Sheep Farmer; Stan Davies, Radnor YFC; Agriweb



Ladies and gents toilets, including disabled facilities, are available.

Toilets

Information Point

Mobile units, caterer serving sandwiches and cakes etc will be available, along with a licensed bar

Food

Qualified first aid staff are available at the event

First Aid

Car parking and toilets available on site

Disabled Facilities

Dogs

Only assistance dogs will be permitted



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Welcome to NSA Welsh Sheep. The day would not be possible without the hosts, sponsors, exhibitors, stewards, committee and numerous others who have given up their valuable to time. We hope you have an enjoyable day – Kate Hovers NSA Cymru chair.

## Host Farm

The venue is Redhouse Farm, Aberhafesp, near Newtown, courtesy of hosts Huw and Stoned Owen, with their son, Dafydd. Redhouse extends to 550 acres and rises to 855 feet above sea level, with sweeping views down to the Severn Valley. The Owen family run 1,000 Texel cross ewes, together with Dafydd's flock of 55 pedigree Beltex sheep.

There is also a flock of a hundred pedigree Texel sheep and a hundred pedigree Limousin suckler cows. Lamb production concentrates on producing a good quality carcass, with a weight that will appeal to all markets.

## Events

There will be a wide variety of events continuing throughout the day. These range from sheeppdog trials, through various competitions, to demonstrations including PGI Welsh Lamb butchery and cooking, seminars, health updates and a whole lot more. Further details within the timetable.

Seminars will touch on attitudes to lamb and mutton in a balanced diet, sustainability and how to best serve the interests of the Next Generation. Health updates will include how wets scan for OPA, biosecurity information, ticks and tick borne diseases as well as live demonstration of sheep dipping, hosted by the Gwaredu Scab Project.



## Programme of Events

<b>9.00am</b>	Gates open to public.
<b>9.00am</b>	Trade stands and sheep Breed Society Stands open to the public.
<b>8.00am</b>	Sheeppdog trial – two Sessions with 80 dogs entered this will take place at Red House. Organised by David Williams. Until 4.00pm.
<b>8.30am</b>	Judging of the best trade stand and best sheep breed society stand along with the Wool on the Hoof competition.
<b>9.00am</b>	Stockjudging Competition: £1 entry for charity. Cash prizes to be won.
<b>9.00am</b>	Next Generation Shepherd Competition - watch the Welsh young shepherds of the future sort finishing lambs for slaughter; demonstrate handling, vaccinating and dosing techniques, shearing and putting an ATV through its paces among other things. Until 2.30pm. This is at The Cefn and forms part of the farm tour.
<b>9.30am</b>	Demonstrations on various stands throughout the day.
<b>9.30am</b>	PGI Welsh Lamb Butchery Demonstration - repeated 11.30am.
<b>10.00am</b>	Two lambs kindly donated by Red House Farm.
<b>10.00am</b>	Have a Go – Childrens Cookery - PGI Welsh Lamb Pizza - repeated 10.00pm.
<b>10.00am</b>	Farm tour to take in the spectacular views and livestock that the farm has to offer. Work will also provide a demonstration as part of the tour. Until 3.30pm.
<b>10.30am</b>	Opening Ceremony – Glandon Lewis auctioneer with Welshpool Livestock Auctioneers.
<b>10.45am</b>	PGI Welsh Lamb Cookery Demonstration repeated at 1.45pm and 2.30pm
<b>11.00am</b>	Welsh Sheep Dog Society – Demonstration will be repeated.
<b>11.00am</b>	Announce the winner of the best indoor and outdoor trade stands; best sheep breed stand and Best Wool on the Hoof to take place at the Opening Ceremony.
<b>11.15am</b>	Presentation of Carcase Competition Winners on Pilgrim's UK Lamb stand.
<b>Seminar Programme</b>	
<b>11.00am</b>	Food for thought – Where does lamb and mutton fit in a balanced diet?
<b>12.30pm</b>	Sustainability – How sustainable is our industry.
<b>2.00pm</b>	Looking after the Next Generation – What does it mean.
<b>Health Hub Programme</b>	
<b>10.00am</b>	Condition scoring then demonstration of how wets scan for OPA – what is required from farm in terms of handling etc. Plus videos of OPA lungs and healthy lungs. Discussion of what makes sheep thin, including feeding diseases.
<b>12.00pm</b>	Onwards – Videos of post mortems plus vets) from WWSC and APHA lab discussing why they are important, how to get the best out of them (i.e. fresh carcasses etc) and disease surveillance.
<b>1.00pm</b>	Ticks and tick diseases.
<b>2.30pm</b>	Biosecurity – demonstration of App available plus information throughout the day.
<b>9.00am</b>	Throughout the day – Live demonstration of sheep dipping, hosted by the Gwaredu Scab Project.
<b>4.00pm</b>	Presentation of prizes for the Welsh Next Generation Young Shepherd of the Year
<b>5.00pm</b>	Event closes.

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We are attending the NSA Welsh Sheep Event on 16th May 2023 and we look forward to seeing you there.

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