

## A message from coaches...



### Elisabeth Curtis Centre, Riding for the Disabled

Hi all,

Hope you're all keeping well.

As I mentioned last week we are aiming to provide regular updates from the centre (to help you get that horse fix) and share some positive news during the lockdown.

We are continuing to update Facebook with daily puzzles (guess the pony), news and photos. I appreciate that not everyone has access to Facebook and so we have now linked this to the homepage of our website. This means you can review updates, see photos and play videos direct from our website without having to be on Facebook!

I have attached a few of the photos and videos which we have shared in the last few weeks online.

Last week we asked for riders to share who is their favourite pony and what makes them special. We had a fantastic poem shared by Luke about Rupert (which can be seen on our Facebook / Website) and I must say it has touched the hearts of many at the centre and wider RDA community. Well done Luke! We are still taking in stories to share so if you want to share a photo/ drawing as mentioned last week please send it in! We would love to hear from you!!

We also asked volunteers to share some memories of what brought them to the centre and their most memorable time with us. Thank you to the Saturday helpers who've sent these in so quickly! We still want more stories to share with the wider community and to continue sharing that positivity which is so important at this time.

As a little activity this week I have attached the Grade 1 riding and Horse care revision workbook. For those wanting to take part and test their knowledge please do fill it in and return to us. To make it a bit more fun we will mark it and send back with a certificate (digital). Please note these are practice sheets for grades which are done face to face during sessions.

I can also announce that from Monday 6th April we will be launching our new "Resource Hub" from our website which will store a range of resources, rather than just emailing them out each week. We aim to keep adding to this hub each week and if you have any suggestions or feedback we would welcome it. For volunteers it will also signpost some key RDA materials and learning which would otherwise be harder to find.

Finally I would just like to say a massive thank you for those who have contributed to our Covid-19 pony care support fund either on Virgin, Facebook or by purchasing something for the ponies from our Wishlist. All support is gratefully received. If you can share the below links with contacts, family or friends it would be appreciated. Thank you!

Have a good weekend.

Thank you,

**Kyle Palmer & the coaching team**

Chair of Riding Committee / Coach – Elisabeth Curtis Centre  
(Volunteer)

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Click the links below to find more:



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Supporting us:



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Supporting us for **FREE**:



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