

A message from coaches...



Elisabeth Curtis Centre, Riding for the Disabled

Dear Volunteers,

I do hope you are keeping well in these unprecedented times.

As promised last week we mentioned that we would be getting in touch over the coming weeks with some further information and different things to get involved in.

As you may have seen, on our Facebook, we have been sharing pictures (and videos) of our ponies and life here at the centre. We continue to provide essential care for them, following government advice, and want to post some photos, quotes /stories to share some positivity.

This is where we could use your help! We are very lucky to have a varied and long-standing volunteer base here at the centre and we want to share your stories with our supporters / followers on Facebook.

If you would be willing to support, please reply via email with some photos (of you in a horse setting that you'd be happy to share online – extra marks for a photo from the centre!!) and a short paragraph covering:

- How long you've been at the centre and what session you support?
- What got you started with us?
- What you love about it?
- Any fun memories of your time here?

To be clear we would be looking to share this with the public so please bare that in mind when replying, we will take receipt of content as permission to share the above, photo and first name. We will look to spread these posts out over the weeks ahead.

Supporting those in self-isolation

Several resources from Bedford Borough Council have been shared recently on Facebook to support those in self isolation, I appreciate not everyone is on Facebook and so wanted to share the below support with you.

- The **Bedford Community Hub** is now up and running to support those who are self-isolating and don't have family or friends to help. They can help with everyday things like shopping and collecting prescriptions.
 - They can be contacted on 01234 718101 or online (link below). The preference is to request help online if possible as the phones may be busy.
 - <https://www.bedford.gov.uk/social-care-health-and-community/public-health/coronavirus/coronavirus-community-hub/>
- Bedford Borough Council have also started some **online fitness classes** to help keep residents moving and promote moving and wellbeing whilst at home, with gentle exercise classes and mindful Yoga. For access to the timetable & FREE fitness classes please use the below link.
 - <https://bedfordsportlive.crd.co/>
- For volunteers who live in Bromham Village then the parish council has set up a network of local volunteer to support residents in self-isolation.
 - Please contact 01234 828851
- The Bedford Volunteer Centre have gathered information on how to get more local support in your area
 - <https://www.cvsbeds.org.uk/coronavirus>

Watch out fraudsters about

Bedfordshire Police contacted users of the neighbourhood Alert scheme about several scams and frauds going around using the Coronavirus as a way to get people to part with their money.

The 3 main frauds are:

- Fraudulent sellers trying to sell quantities of masks / anti-bac gel / sanitisers
- Malicious links and attachments in emails purporting to be from the World Health organisation, NHS or emergency services
- Fraudulent charities claiming to raise money to help tackle the pandemic.

To minimise a chance of becoming a victim of fraud or a scam follow simple advice:

- Do not click on any links sent to you from an unknown organisation or person and don't open any suspicious email attachments.
- Only use trusted sources, like the Government website, for updates and information.
- Never reveal your personal or financial information in an email, text or over the phone.
- If you wish to make a donation check the legitimacy on the government charity register.
- If you are making purchases online do a thorough research of the seller, and when making payment use a credit card as most major providers insure online purchases.

If you have any concerns about any suspicious messages or you have been targeted by a fraudster, [report it to Action Fraud](#). Visit Take Five for more information. Click [HERE](#)

We will be in touch further in the coming weeks.

Thank you,

Kyle Palmer & the coaching team

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

Click the links below to find more:



Supporting us:



Supporting us for **FREE**:



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