



DO WHAT YOU CAN, WHEN YOU CAN, IF YOU CAN

As it seems to be the time of year for slogans I thought I would pass mine onto you... everyone is busy, everyone is doing more than they have ever done, whether working at home, home-schooling, furloughed, learning new technologies.... so, my advice to you is above, we are not superhuman, we do not have to fill every waking moment with activity, take some time to yourselves, there is no guilt trip.

Pony Club

Our area representative Catriona, is collating lots of information from Pony Club which appears on the Area 1 website, including the latest advice regarding riding and exercising your ponies. At the moment in Scotland, the advice has not changed so please consider very carefully how to keep yourself safe when riding.

Online resources are available through the Pony Club it does have videos, activities (which the members can do themselves) quizzes and pictures. It is available for all members to sign in too. <https://pages.pcuk.org/training/> - if you need a password its - pony1929

Shows, Rallies and Camp

The advice from the Scottish government has not changed so at this time we are not running any rallies or shows - I understand how disappointing this is but I can assure you as soon as we are given permission to start these up again we will do so - it may be necessary to restrict numbers in rides, shorter days and no stable management activities if we cannot implement social distancing.

Summer Camp, I and the committee have everything crossed that we might be able to run Summer camp, again the format may have to be changed but we believe it may be possible to ensure social distancing measures are implemented effectively. Please be patient and we will let you know as soon as possible.

Parents

I am acutely aware of how much you are doing in supporting your children at home, I am also aware of how hard you are working to ensure your children are supported when they can't see their friends, interacting and chatting maintaining their mental health.

However, I also want to let you know that every member of the committee and every other parent is here for you too - if you want a blether, rant, chat, time out, to talk or not about ponies, paddock, feeding and health or to see a different face through facetime/messenger or WhatsApp please get in touch.

Stay safe, missing you all
Liz