



Here comes the summer...

I hope you all had a wonderful Jubilee Weekend and managed to enjoy an event in your local community. Whilst not very hot, the weather was mostly dry which was a relief. Let's hope that we have a lovely summer, raining at night for our gardens but remaining dry in the day!

'Wherever you go, no matter the weather, always bring your own sunshine.' Anthony J. Angelo.

We certainly did that on 13 September when a group of us descended on Southend. Thankfully we were blessed with lovely weather and an easy journey traffic wise.

Some of us visited the Aquarium but most headed for the longest pier in the world where some walked the 1.34 miles whilst others took the train to the end.

We had a super day with plenty of fish & chips and ice-cream consumed, smiles and laughter shared and friendships renewed.



Social Events

Here is our varied programme of social events. We look forward to welcoming you at any/all events.

<u>Date</u>	<u>Place</u>	<u>Contact</u>
Tuesday 12 July	Coffee at Restore, Manzil Way, Oxford, 11am	Felicity
Tuesday 12 July	The Boundary House, Abingdon, 12 noon	Joel
Wednesday 13 July	White Horse, Bicester, 12 noon	Sue
Tuesday 19 July	Como Lounge, Witney, 12.30pm	Felicity
Tuesday 26 July	The Royal Oak, Didcot, 12 noon	Joel
Tuesday 9th August	The Boundary House, Abingdon, 12 noon	Joel
Thursday 11 August	The Easington, Banbury, 12 noon	Sue
Wednesday 17 August	The Marsh Harrier, Oxford, OX4 2HH, 12 noon	Felicity
Tuesday 23rd August	The Black Horse, Thame, 12 noon	Joel
Wednesday 24 August	Coffee #1, 15 Market Square, Witney, 11am	Felicity
Tuesday 6 September	Cotswold Wildlife Park - see attached flyer	Sue
Friday 9 September	Quiz Night in Thame - see attached flyer	Sue
Tuesday 13 September	Coffee/Lunch at Flo's in the Park, Oxford, 11.30am	Felicity
Tuesday 13 September	The Boundary House, Abingdon, 12 noon	Joel
Wednesday 14 September	White Horse, Bicester, 12 noon	Sue
Saturday 17 September	Enrych Holiday to Ross-on Wye	Sue
Tuesday 20 September	Café Rouge, Marriott's Close, Witney, 12.30pm	Felicity
Tuesday 27 September	The Royal Oak, Didcot, 12 noon	Joel

You are welcome to any event regardless of area and remember friends, family & carers are all welcome.

Please let the contact person know if you would like to attend so we can confirm numbers which is really helpful for us.



July Zoom Programme

Monday 4 July	12 noon	Recorded	Keep on Moving
Wednesday 6 July	2pm	Pei-Ling	Friends against Scams - Trading Standards
Thursday 7 July	11am	Sue	Quiz
Monday 11 July	12 noon	Felicity	Keep on Moving
Wednesday 13 July	3pm	Joel	Afternoon Tea Chat
Thursday 14 July	11am	Felicity	Bingo
Tuesday 19 July	11.30am	Felicity	Keep on Moving
Wednesday 20 July	4pm	Sue	Games Afternoon
Thursday 21 July	11am	Bridgid	Wellbeing Session with Bridgid
Monday 25 July	12noon	Felicity	Keep on Moving
Tuesday 26 July	11.30am	Victoria & Felicity	Quiz
Wednesday 27 July	2.30pm	Sue & Nicky	Book Group
Thursday 28 July	4pm	Victoria	Bingo

If you want to join any of these sessions please let Sue know - susan.linnett@enrych.org.uk

Easter Egg Competition Winner

We're delighted to announce that Laura Rogers was the winner of our Easter website competition! Congratulations Laura!

Laura was one of a few keen-eyed people that successfully counted 15 eggs hidden within the pages of our site. We entered all successful entrants into a prize draw and Laura was selected as the lucky winner!

Laura has been a long-time volunteer with Enrych and has a wonderful pairing with her friend Anita! In fact, they're such good pals that Laura was even kind enough to share her prize, as you can see in this picture!

We'd love to get your thoughts and feedback on our website, so why not head over there now and use the purple chat button in the bottom right hand corner to tell us what you think - <https://www.enrychoxfordshire.org.uk/>



VOLUNTEERS NEEDED!

We are in urgent need of more volunteers from across the county.

- * If you are already a volunteer could you spare time to volunteer for someone else, possible alternate weeks, or do you have a friend, family member or colleague who may like to volunteer?
- * If you are a member, do you have any family, friends or carers who may wish to volunteer?
- * Do you belong to a group where you could ask for volunteers or put up a poster?

If you have answered yes to any of these questions, please do get in touch with one of us



Cost of Living

The 'cost of living crisis' has become an understandably worrying phrase for many of us – but it's important to know that there's lots of help out there, nationally and locally. We at Enrych can't offer advice but we can point you to some places that may be able to:

Citizens Advice Bureau: <https://caox.org.uk/> - Offering free, confidential advice to everyone in Oxfordshire.

Sofea: <https://www.sofea.uk.com/> - Tackling food insecurity through community larders (a place to access surplus food, access additional services and save money on your bills).

Hub of Hope: <https://hubofhope.co.uk/> - mental health support database for anyone in distress.

Live Well Oxfordshire: <https://livewell.oxfordshire.gov.uk/> - information about groups and organisations offering services across Oxfordshire.

Warm Home Discount £150 in 2022/23 - see back page for more details

A Day in Life of a Coordinator

Being an Enrych coordinator is not without its challenges but I love my role and I get to meet some amazing people!

Sometimes, when I tell someone that I work for a charity they assume that I mean on a voluntary basis, but all of the Enrych coordinators are actually paid employees with specific roles and responsibilities.

I work part-time with Enrych at 25 hours a week and my main responsibilities include:

- Advertising and recruitment of volunteers
- Receiving referrals for new members
- Enrolling and supporting new members
- Supporting existing members
- Arranging pairings of members and volunteers
- Developing and maintaining the Enrych website
- Drawing up risk assessments
- Promoting our services externally and collaborating with similar organisations across the county
- Organising and delivering social events and Zoom sessions
- Gathering feedback and evaluations

There's a lot of work that goes on behind the scenes and as with all jobs, there's a reasonable amount of paperwork and administration required to make sure everything runs smoothly. However, I'm happy to say that there is no such thing as a 'typical' day at Enrych and every day we do our best to make sure that we are offering the best possible service to our members. So far this month, I've taken part in a wonderful trip to Southend-on-Sea, where a great time was had by all! I've visited new members and told them all about our services and the lovely people that they can expect to meet by joining our Zooms and social events. I've visited an existing member in the John Radcliffe, following a recent fall they had and shared stories about some of the trials and tribulations of time in hospital. I've spoken to new volunteers and scheduled introductions for them with our members. I've got to meet lots of you at thoroughly enjoyable pub lunches and I'm currently looking into other social activities that we can host, such as cinema visits and boat trips.

We're always delighted to hear from you, so please do get in touch with your coordinator for any questions or support that you need!



WE WANT YOU TO CLIMB EVEREST WITH US AND RAISE MONEY FOR ENRYCH!

Join us in our team challenge to collectively go 5 ½ miles together and raise money for Enrych on the 15th September! You can either take part in person at Horspath Racetrack, or virtually in your own area or home and you can travel in any way is best for you whether that's walking, running, riding, or by any other means – we want everyone to feel like they have the opportunity to take part. To join the team, please register your interest with Felicity using the details at the bottom of the page.



NEWS FLASH

Please regularly check your Junk/Spam box as it appears that some of our emails are routing here rather than to your Inbox. We have our IT Team looking into why this is happening.



The accessible car you need, for as long as you need it.

Call us now on
01865 300361
or visit fleximobility.co.uk



Unlimited
Oxfordshire

Expanding horizons – Opening doors

Unlimited Oxfordshire is focused on 'Opening Doors and Widening Horizons' for people with physical and sensory disabilities, to enable us all to have the same opportunities as other residents, to enjoy social events and activities. Together we can help to bring awareness to the community.

info@unltdox.org.uk 01865 376478

Strictly Cars

Wheelchair Accessible Vehicle in Banbury

Call Tom Pike on
07976 772945

or email strictlycarsbanbury@aol.co.uk



Warm Home Discount Scheme

You could get £150 off your electricity bill under the Warm Home Discount Scheme.

The money is not paid to you - it is a one-off discount on your electricity bill, between Sept and March.

You may be able to get the discount on your gas bill instead if your supplier provides you with both gas and electricity. Contact your supplier to find out more.