



**"Reflect upon your present blessings - of which every man has many - not on your past misfortunes, of which all men have some."**

*A Christmas Carol by Charles Dickens*

Here at Enrych Oxfordshire, we know it has been a challenging year for many of you with more to come in 2023. We all face huge energy bills, an ever-increasing cost of food and so much more but we also have each other to share stories, smiles and laughter with. Why not give our Zoom sessions a go. All sessions are free of charge, typically last an hour and hopefully cover something for everyone. We have increased the number of our Seated and Move Groove sessions each week as a way to encourage more movement during the time of year when none of us get out as much. They are also a good way of getting warm. See the list of sessions for January on page 3.



**We hope this festive season is a joyous, fun and peaceful one for all of you. Please do join our Zoom sessions over the Christmas period and one of our many events in 2023.**

**A very Merry Christmas from Sue, Felicity, Joel and all of our Trustees**



## 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>
Sunday 1 January	Jumpstart January Online - see page 3 for more information	Felicity
Tuesday 10 January	The White Horse, Bicester, 12 noon	Sue
Tuesday 10 January	Boswell Café, Temple Cowley, 12 noon	Felicity
Thursday 12 January	Dick Whittington, Chipping Norton Theatre, 12.30pm **	Sue
Monday 16 January	The Beekeepers, Witney, 12 noon	Felicity
Friday 20 January	The Boundary House, Abingdon, 12 noon	Joel
Wednesday 25 January	Prezzo, Thame, 12 noon	Joel
Tuesday 07 February	The Easington, Banbury, 12 noon	Sue
Friday 10 February	The Boundary House, Abingdon, 12 noon	Joel
Monday 20 February	Costa Coffee, Temple Cowley, 11am	Felicity
Wednesday 22 February	Alfonso Gelateria, Witney, 12 noon	Felicity
Friday 24 February	The Royal Oak, Didcot, 12 noon	Joel
Tuesday 7 March	Restore Café, Cowley, 12 noon	Felicity
Thursday 9 March	The White Horse, Bicester, 12 noon	Sue
Friday 10th March	The Boundary House, Abingdon, 12 noon	Joel
Tuesday 14 March	Como Lounge, Witney, 12 noon	Felicity
Wednesday 15 March	The Black Horse, Thame, 12 noon	Joel
Monday 27 March	Coffee at Tesco's Cafe, Bicester, 10.30am	Sue
Tuesday 6 June	Cadbury World Trip	Sue
Saturday 30 September	Enrych Holiday to Ross-on-Wye	Sue

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.

[Flyers and booking forms for Cadbury World in June and the Holiday in September are attached/enclosed.](#)

\*\* Please note there are a couple of tickets remaining for Dick Whittington. These are free of charge.

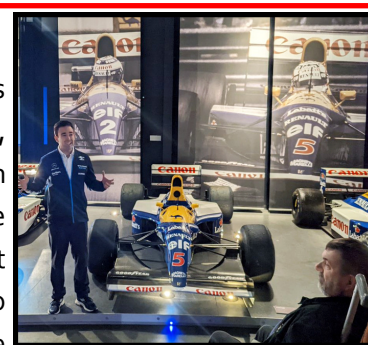
## Zoom Programme for January 2023

Sunday 1 January	12 noon	Sue	Chat & Memories of 2022
Tuesday 3 January	12 noon	Felicity	Seated Move & Groove
Wednesday 4 January	3pm	Joel	World of Animation
Thursday 5 January	11am	Felicity	Seated Move & Groove
Monday 9 January	4pm	Victoria	Bingo
Tuesday 10 January	11am	Felicity	Seated Move & Groove
Wednesday 11 January	11am	Sue & Joel	Quiz
Friday 13 January	3pm	Felicity	Seated Move & Groove
Monday 16 January	2pm	Felicity	Seated Move & Groove
Tuesday 17 January	3pm	Sue	Games
Wednesday 18 January	11am	Felicity	Seated Move & Groove
Thursday 19 January	2.30pm	Victoria & Sue	Quiz
Monday 23 January	3pm	Felicity	Seated Move & Groove
Tuesday 24 January	2.30pm	Sue & Nicky	Book Group
Wednesday 25 January	11am	Felicity	Seated Move & Groove
Thursday 26 January	11am	Bridgid	Wellbeing Session with Bridgid
Friday 27 January	2pm	Joel	Bingo
Monday 30 January	11am	Victoria	Coffee Morning Chat
Tuesday 31 January	2pm	Felicity	Seated Move & Groove

**If you want to join any of these sessions please let Sue know**

### On Board for Days Out

As we're all too aware, there were a few bumps in the road at the start of this decade. The threat of a new, unknown virus left a rather large obstacle in our path, preventing us from moving forwards with some of our planned events. Well, I'm very happy to report that we finally made it to the Williams Formula 1 Experience Centre in Grove, this October. I think it's fair to say that it was worth the time that we spent in the pit lane, as we ended up with a podium finish! We were treated to an enormous array of cars, spanning several decades, as an enthusiastic tour guide described the rich history of Williams at Formula 1. Also, this summer, we went off-road and jumped aboard the wonderful wheely-boat run by Wallingford Accessible Boat Club, for a couple of fishing trips. We had a great time and even managed to get a few bites! The boat is also available for relaxing cruises down the river throughout the summer. We plan to run lots of small group activities like this in 2023 and we will be able to provide transport, for a car-load of people each time. We've received an invitation to a local kennel to meet some of their young pups and another invite to see a fully operational farm in action. Please let your coordinator know if this is something that you would be interested in joining, or if you have any other ideas for trips that we could arrange in small groups.



**JUMPSTART JANUARY!**  
Do you make resolutions every year but find it tricky to stick to them? **NOT THIS ONE!**  
Join **JUMPSTART JANUARY 2023** to have access to a daily Wellbeing calendar that has something for *everyone* to improve your physical, mental and emotional health. Click on the link below to take a look at the calendar and sign up to take part. The more people who sign up, the bigger the community support and the more we will all get out of it!



[www.enrychoxfordshire.org.uk/jumpstart-january](http://www.enrychoxfordshire.org.uk/jumpstart-january)

### Laura runs for Enrych

"As of June 2022, I was a nonrunner, my colleague/friend/cheerleader Charlie suggested "why don't we run a half marathon in Barcelona in Feb23", my response at the time was "Charlie I can't even run down my street". After a few days contemplating it and for anyone that knows me personally, knows I NEVER turn down a challenge. I thought why not me, I can do this, so I downloaded the Couchto5K app and began training with the dream of signing up for the half marathon....



To spur me on even further, I am doing this on behalf of a charity close to my heart. Over the past 3 years I have volunteered my spare time to a local charity Enrych Oxfordshire, who support adults with a disability. They believe that every adult with a disability should be able to choose how they live their life and be empowered to achieve the goals they make. Their mission is to work collaboratively to eliminate social socialization and improve wellbeing for adults living with a disability.

I have been part of their buddy scheme for 3 years. I was/still am paired up with Anita (see photos) and we have so much fun together. Trips to the cinema, zoo, dog walks, garden centres and so much more. This gives Anita the comfort of knowing someone is coming to see her and she is able to leave her house to do things she would never dream of doing alone. I wanted to run this half marathon to give even more back to a charity that does so much for its members. Enrych provide its members like Anita to have the confidence to leave their house, go for meals with the group so they are not alone, have someone to speak with and so much more. As Enrych have a shortage of volunteers they really rely on donations as they have no government funding to fund the charity so they can organize group events, days out and the funding keeps the charity alive!!

Please donate anything you can to support Laura and in turn Enrych Oxfordshire:

<https://www.justgiving.com/fundraising/laura-rogers89>

### The Future of Enrych

As you may have read in our previous newsletter, Enrych's running relies mostly on donations, grants from Trusts & Foundations and community fundraising. Although we are very grateful for these, they are often one-off and do not assure the longevity of the charity, leading to a near closure last month. Thankfully due to some last-minute support, we are now in a position to be able to keep running for the foreseeable future, but this is not guaranteed. Please do seriously consider how you may be able to support Enrych Oxfordshire, whether that's spreading the word about us, sharing with your area coordinator what difference Enrych means to you for future funding applications or arranging a fundraiser...every bit helps.

## We need another Trustee - apply now!

If you are keen to get involved in the governance of a small charity which strives to make a difference to adults with physical disabilities, then please get in touch.

The role is voluntary and involves 6 meetings a year generally held in Oxford on a Wednesday or Thursday at approx. 10.30am but this is flexible and can be arranged to suit all parties.

There are specific roles such as Treasurer, Secretary and Chairman which are assigned to individuals and more general roles looking at supporting staff, liaison with organisations offering similar/complementary services, connecting with corporate supporters and planning for the future.

Enrych Oxfordshire has been operating for more than 36 years so this is a great opportunity to join an established charity bringing your own particular skills and knowledge to our small team. We are an equal opportunities employer and are committed to diversity and inclusion in the workplace and the services we offer.

If you are interested, please give us a call or drop us an email. **What have you got to lose?!**

Susan Linnett - 07518 300387 - [susan.linnett@enrych.org.uk](mailto:susan.linnett@enrych.org.uk)



**"If I can just get one more meal out of this"**

... sound familiar?

Let's help point you in the right direction

Oxfordshire County Council helps with free school meals, childcare and holiday schemes	Your district [city] council helps with free and low cost food services	gov.uk lets you check if you're entitled to the £,000's unclaimed in benefits each month in Oxfordshire
--	---	---

For practical local and national support to help you care for your family this winter, visit [oxfordshire.gov.uk/living](http://oxfordshire.gov.uk/living) or your local advice centre or library

OXFORDSHIRE COUNTY COUNCIL

## Scam Aware!

We have recently had a couple of Zoom Sessions hosted by a lady from Trading Standards.

Here are a few facts to consider:

- ◆ Did you know that scams cost the UK economy between £5 – 10 billion pounds a year, with only 5% of them being reported? 53% of people over 65 years old have been targeted by scams.
- ◆ You can protect yourself and others by following these 5 tips:
  1. Be sceptical, don't be afraid to hang up, bin it, delete it or shut the door
  2. Never disclose your personal or bank details
  3. Don't assume everyone is genuine
  4. Take your time, don't be rushed into making decisions
  5. Stay in control



If you think you have been scammed or want more information contact Oxfordshire Trading Standards on **01865 895999**