



"There are three stages of man: he believes in Santa Claus; he does not believe in Santa Claus; he is Santa Claus."

I think I am probably somewhere between stages 2 and 3! At what stage do you think you are?

It has been a challenging year with the cost of everything increasing. However, friendship doesn't come with a price tag and is the most precious thing that Santa can give you.

Enrych Oxfordshire holds out a hand of friendship all year round but particularly at Christmas when we know some of you are alone. We have a few Zoom sessions planned over the holiday period so do join us for the activity, or just for a chat and friendly smile.

We have lots of things planned for 2024 which you can find below. We have also included some dates for your diary for events happening later in the year.

All of us at Enrych Oxfordshire send our warmest wishes for the Christmas Season and hope that 2024 is everything you hope it will be.

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>
Wednesday 17 January	L at Stanbridge House, Banbury, OX16 9HU, 12 noon	Joyce
Monday 22 January	Como Lounge, Witney, OX28 6BB , 12 noon	Joyce
Tuesday 23 January	Coffee at Flo's in the Park, Cowley, 10.30am	Joel
Friday 26 January	Singalong & Karaoke Night, Deans Court Comm Centre, 7pm	Sue
Friday 9 February	The Acorn, Bicester, OX26 6WB , 12 noon	Joyce
Friday 9 February	Black Horse, Thame, 12 noon	Joel
Tuesday 13 February	Boundary House, Abingdon, 12 noon	Joel
Monday 16 February	Lunch at Restore Café, Oxford, 12 noon	Joel
Monday 19 February	Coffee Morning at Coffee #1 in Witney , OX28 6AP 11am	Joyce
Monday 22 February	Good Game, Banbury, OX16 5JJ , 12 noon	Joyce
Tuesday 5 March	The Cherwell, Banbury, OX16 5BL , 12 noon	Joyce
Friday 8 March	The Beekeepers, Witney, OX28 6BB , 12 noon	Joyce
Tuesday 12 March	Boundary House, Abingdon, 12 noon	Joel
Friday 15 March	Ladygrove, Didcot, 12 noon	Joel
Friday 22 March	John Lewis, Oxford	Joel
Friday 29 March	Banbury Bowl, Banbury, OX16 5BH, 12 noon	Joyce

Some dates for the future

Friday 26 April	Quiz Night in Oxford	Sue
Tuesday 11 June	Waterways Trip	Sue
Saturday 16 November	The Enrych Tinsel & Turkey Holiday—see flyer	Sue

Cinema trips - Joel will be starting WhatsApp groups for outings to the Vue Cinema and Abbey Cinema and letting everybody know about dates for film outings in the New Year. Please let him know if you would like to subscribe to either WhatsApp Group to receive notifications.

You are welcome to any event regardless of area and do remember friends, family & carers are all welcome as are volunteers with or without their member. Please let the contact person know if you would like to attend so we can confirm numbers which is really helpful for us and is a definite requirement for some of the events where payment will be required on booking.



Hello everyone

My name is Joyce and I live in Banbury with my Husband & Daughter. I enjoy art, gaming and am an animal lover and have a dog, cats, and fish.

I am really excited to get to know you all and spend time with you. I have taken over from Felicity as the new volunteer coordinator for West Oxon and from Sue in Cherwell. Sue has shown me pictures from the trips you have done this year and it looks like everyone had a fantastic time. Although I am sad that I missed them I am looking forward to joining you next year and being able to create new memories with you.

I would also like to thank everyone who I have already met for making me feel so welcome.

I wish you all a very Merry Christmas and a happy and healthy year to come!



DONATIONS

Funding for all charities, but small charities in particular, remains very challenging so the monthly donations we receive from some of our members is really much appreciated. Thank you!

If you are in a position, and would like to make a small monthly donation, then please ask your bank to set up a standing order. Our bank details are as follows:

Enrych Oxfordshire
Sort code: 30-99-03
A/c No: 01184897

If you are a UK taxpayer, Gift Aid allows us to claim 25p for every £1 that you donate from HMRC, which is an added bonus.

We make sure every penny donated really does make a difference to the physically disabled adults of Oxfordshire.

Days out



In addition to some coach trips, we are planning some local day trips by car in the next year.

Here are a few places we have in mind:

Tiggwinkles Wildlife Hospital, Haddenham

British Motor Museum, Gaydon

Beale Wildlife Park and Gardens, Reading

College Lake and Museum, Tring

Bletchley Park, Bletchley

Places will be limited so do let Sue know now if you would like to join us on one of these trips.

We will then be in touch when firm plans are in place.

If you don't add your name to our list now, you might miss out!

Quiz Night

On Friday 17th November, we headed to the Thame Girl Guide Headquarters for our Fundraising Quiz. We were joined by members and trustees from Enrych Oxfordshire and Buckinghamshire and our excellent quiz master and mistress Jon & Lyn. We had a great selection of rounds on a broad range of topics including music, general knowledge, sport, geography, 'Does it sink or float?', Family Fortunes, picture rounds and competed for the longest flight from team-built paper aeroplanes! We also had fantastic raffle, thanks to everybody's very generous donations. We topped it off with a fish & chip supper and as always a superb time was had by all!

We raised a whopping £653 for Enrych! A huge thank you to everybody that contributed to the evening event and dug deep to support the charity. It will go a long way towards helping us to support all our wonderful members as we come into 2024.





January 2024

Wednesday 3 January	11am	Victoria	Seated Move & Groove
Thursday 4 January	2pm	Joel & Joyce	Quiz
Monday 8 January	11am	Joyce	Bingo
Tuesday 9 January	12noon	Joel	Seated Move & Groove
Friday 12 January	3pm	Victoria	Afternoon Chat
Monday 15 January	2pm	Sue	Seated Move & Groove
Wednesday 17 January	11am	Sue & Joel	IT Q&A
Thursday 18 January	8pm	Joel & Victoria	Twilight Chat
Tuesday 23 January	3pm	Sue	Games
Wednesday 24 January	12noon	Victoria	Seated Move & Groove
Thursday 25 January	11am	Bridgid	Wellbeing
Monday 29 January	3.30pm	Sue	Friendly Debate
Tuesday 30 January	11am	Sue & Victoria	Quiz
Wednesday 31 January	2pm	Sue	Book Group
Thursday 1 February	2pm	Joyce	Seated Move & Groove

What it means to be a Volunteer for Enrych

My reason for becoming a volunteer was that I felt that during my nursing career, disabled people were often on the margins, and still are to some degree today. I felt I wanted to make a difference, to recognise that each person is an individual with their needs and aspirations and that they need to be valued by society.

One of my first members, was a lady called Pamela. Following a stroke whilst in her 20s, she wanted to be able to swim. After discussions with the local swimming pool, who agreed for us to use the training pool, with me by her side, Pamela managed to swim and regained some strength. This encouraged her to move into supported living, find a job, and become independent and her own person again.

My present member is another Janet - we are known as the two J's. During our 27-year partnership we have grown old together. Janet now needs support from carers but we still meet up regularly and add to the many adventures we have shared - Sandbanks, Bournemouth, London, Stately Homes, numerous lunches, theatre, cinema, cream teas, garden centres, holidays to Blackpool and Ross-on-Wye etc. The challenge now is to find new places and things to do even though the pace of life is slower.

Any volunteer needs to develop a partnership with their member and assist them to facilitate their interests - nothing is impossible with planning. In doing so, we enable our members to enjoy life and do things many of us take for granted.

Janet M, Enrych Volunteer & Trustee

If you know anyone that might like to volunteer like Janet, please do ask them to get in touch as we need volunteers in all parts of Oxfordshire.

**VOLUNTEERS
NEEDED!**

If you are a member, or friend/family of a member, and have time to be a telephone volunteer, please get in touch. This could be good for you as well as for the person you call.



Moira & Gwen

Gwen

I have been volunteering with Enrych since 2011, so for twelve years now. I had just retired from teaching and was worried that I would miss having people around me. My job had involved long hours and so I had rather lost touch with my neighbours. I didn't want to feel isolated, as my husband was still working then.

I was just leaving Tesco's when I saw an advertisement for Enrych. They were looking for a person to meet up with someone, go to a garden centre and have a meal out on a regular basis. 'I can do that!' I thought and applied. Of course, when I rang up that position had gone. I was offered instead visiting a lady who had poor eyesight to read to her. She loved Agatha Christie novels, as did I and so began a four-year friendship.

Now I have been paired with Moira. We play Scrabble once a week and she usually wipes the floor with me. Joel had forgotten to mention what a brilliant player she is! She has difficulty speaking, so I tend to do all the talking, but then again that's not unusual for me! She has a great sense of humour and we have a good laugh. I really enjoy her company and hopefully my Scrabble skills are gradually improving, even if a little slowly.

Moira

I joined Enrych about 16 years ago when it used to be called Ryder Cheshire Volunteers. At the time, I was gradually losing my mobility and was looking for hobbies other than the jogging that I was doing.

Gwen and I play scrabble which we both enjoy. As Gwen was a French teacher, I suggested that we incorporate French words into the game! I'm sure that I will be regretting this suggestion! Anyway, we enjoy chatting, it doesn't matter who wins.

I enjoy meeting people and all my volunteers become friends. Indeed, I am very good friends with my first volunteer to this day. I look forward to seeing them each week and getting a snapshot into their lives. It's always a fun afternoon when they visit.



West Oxon Christmas Lunch

A small but very lovely group shared a wonderful Christmas Lunch together at The Beekeepers in Witney recently.

Delicious food, a drink or two, a fun Christmas Quiz and plenty of laughter was enjoyed by everyone.

This is just one of the four Xmas lunches we have this year.



Enrych Holiday

Everyone reported having a wonderful time on the 2023 Enrych holiday. Among our day trips we visited a Cider Museum, spent a day in windy Weston-Super-Mare, had lunch on a Steam Train, a game of Tenpin Bowling and a lovely Canal Trip and picnic Lunch.

We had wonderful food and fantastic service at the hotel and a combination of entertainment provided by the hotel and our own quizzes and karaoke sessions.

"It felt like we were one big happy family" was a quote from one of our holiday makers with everyone looking out for each other.

We are returning to Ross-on-Wye in November 2024 for a 'Turkey & Tinsel' week.

Please see the flyer attached for details and how to book for 2024.

