

**"How beautifully leaves grow old. How full of light and colour are their last days."**

*John Burroughs*



This quote about Autumn could so easily be about our beloved Queen Elizabeth II who very sadly passed away on 8 September. She remained beautiful and full of light right up to a few days before her death and she never wavered in her relentless dedication to duty. She will be dearly missed but never forgotten and in her own words "We will meet again."



## 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>
Thursday 13 October	Coffee at Oxford Factory, Oxford, 11am	Felicity
Monday 17 October	Lunch at Como Lounge, Witney, 12 noon	Felicity
Wednesday 19 October	Lunch at The Boundary House, Abingdon, 12 noon	Joel
Wednesday 19 October	Lunch at The Easington, Banbury, 12 noon	Sue
Wednesday 26 October	Lunch at Prezzo, Thame, 12 noon	Joel
Tuesday 8 November	Lunch at The White Horse, Bicester, 12 noon	Sue
Thursday 10 November	Lunch at The Magic Café, Oxford, 12 noon	Felicity
Friday 11 November	Lunch at The Boundary House, Abingdon, 12 noon	Joel
Tuesday 15 November	Coffee at Coffee No 1, Witney, 11am	Felicity
Wednesday 23 November	Lunch at The Royal Oak, Didcot at 12 noon	Joel
Thursday 24 November	Coffee at Tesco's Café, Bicester, 10.30am	Sue
Tuesday 6 December*	Cherwell Christmas Lunch, The Easington, Banbury, 12 noon	Sue
Wednesday 7 December	Lunch at The Boundary House, Abingdon, 12 noon	Joel
Thursday 8 December*	Oxford City Christmas Lunch, Wig & Pen, Oxford, 12 noon	Felicity
Tuesday 13 December*	West Oxon Christmas Lunch, The Hollybush, Witney, 12 noon	Felicity
Friday 16 December *	VWH & South Christmas Lunch, Chilton Garden Centre	Joel

\* Flyers for each of the Christmas Lunches are attached. Please note the deadline dates for booking places which we need in order to secure enough places in each venue.

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.

## Zoom Programme for October 2022

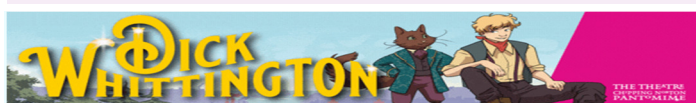
Monday 3 October	2.30-4pm	Pei-Ling	Friends against Scams - Part 2
Tuesday 4 October	12 noon	Felicity	Seated Move & Groove
Thursday 6 October	3pm	Sue & Victoria	Quiz
Monday 10 October	3pm	Felicity	Seated Move & Groove
Wednesday 12 October	2pm	Joel	Bingo
Thursday 13 October	11am	Bridgid	Wellbeing Session with Bridgid
Tuesday 18 October	12 noon	Felicity	Seated Move & Groove
Wednesday 19 October	3pm	Sue/Nicky	Book Group
Thursday 20 October	11am	Felicity	Zoom around the World
Monday 24 October	2pm	Felicity	Seated Move & Groove
Tuesday 25 October	4pm	Sue	Bingo
Thursday 27 October	11am	Bridgid	Wellbeing Session with Bridgid
Monday 31 October	11.30am	Joel & Victoria	Halloween Quiz

As usual, please let Sue know which sessions you would like to join

## CLIMB Everest Challenge

On Thursday 15<sup>th</sup> September a group of intrepid Explorers took on the challenge of 'Climbing Everest' and as a team they not only reached the peak, they got back down again too...twice! We had a mix of people taking part at either Horspath Athletics Ground or closer to home who travelled in a variety of different ways including walking, wheeling and even swimming, and together they travelled an incredible distance of 25 miles!

We hope that our efforts have not only raised money and the profile of Enrych Oxfordshire, but also show that movement is accessible and adaptable to *everyone*. You may even have caught Felicity talking about this on Jack FM on the day! We are incredibly proud of everyone who took part and grateful to all who have donated to encourage them. The JustGiving page is open for just a few more days until the end of September so please do show your support by donating – every penny counts.



We have very kindly been given an allocation of free tickets for a performance of Dick Whittington on 12 January 2023 at 12.30pm at the Chipping Norton Theatre. Sadly all wheelchair spaces have now gone but there are a few standard seats still available. Please let Sue know ASAP if you are interested.

## Giving to Enrych

Enrych Oxfordshire receives no funding from the government and therefore relies on donations, grants from Trusts & Foundations and community fundraising. Although we are very grateful for these, they are often one-off and do not guarantee the longevity of the charity.

One way that you could help ensure that Enrych Oxfordshire is able to continue running is through a monthly direct debit donation. A monthly contribution of just £10 a month would be a huge help towards funding our services in these difficult times and help us, help you.

If this is something you are able to do, please fill out the attached direct debit form and return it to Sue who will be in touch. Thank you for your support.

## Benefits of Alexa (other brands are available)



A number of our members are using smart devices like Alexa to provide them with additional support when they're alone at home. These devices have proved to be absolutely life changing for people coping with disability, by providing additional support where it's needed. You can speak to Alexa and ask it to provide reminders on medication times, Zoom timetables, hospital visits or anything that you find it hard to keep track of. Alexa can provide a lifeline in times of emergency, by allowing you to place calls simply by speaking. If you want to, you can even grant family members with access to check in on you through Alexa and speak with you directly if you want them to. Devices like Alexa are very inexpensive, starting from as little as £20. This is very competitive when you compare it to other emergency alarm systems and care devices so it's well worth looking into getting hold of one.

If you need any advice/help on how to set one up, please ask your Coordinator.

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



## Nooie 360-degree Camera (other brands are available)

Initially sold for parents to keep an eye on their babies, these cameras are now often used to check on pets or loved ones when you are away from home or when in a different room.

They can also be beneficial to check on your home from a security point of view when you are away. You can set it to notify you of sounds and/or movement.

At only £35 each and connected via Wi-Fi and viewable from your smart phone, a Nooie gives you peace of mind. You can have more than one camera within the same house so can cover many rooms.

If you need any advice/help on how to set one up, please ask your Coordinator.





## Holiday to Ross-on-Wye

We arrived back from Ross-on-Wye last Saturday after a fabulous week.

We visited a Castle and Market Town in Wales, a Butterfly Farm locally and saw the views from Symonds Yat as well as having a Boat Ride in Gloucester Harbour and a Steam Train ride in the Forest Dean. The food in the hotel was too delicious for our waistlines and the entertainment in the evening was brilliant with many dancing and singing along to the music.

We enjoyed some of our own games and quizzes too. It's fair to say we were the 'noisy lot' with so many smiles and much laughter all week.

If this sounds like your sort of thing why not join us on the next Enrych Holiday.



## Quiz Night

On Friday 9th September, we held our annual Enrych Quiz Night, in Thame. Our usual quiz hosts were unavailable this year so it fell to Sue, Felicity, Joel and Victoria to follow in their footsteps and do our best impressions of Bamber Gascoigne, Bradley Walsh, Victoria Coren Mitchell or maybe even Anne Robinson (only friendlier). A huge thank you to everybody that came along! I'm sure everyone would agree that it was another fun-packed evening with lots of smiles, laughter and friendly faces. Following a heartfelt speech from our trustee Phoebe about why she feels Enrych is such an important organisation, we had questions on a whole range of topics and subjects, including an excellent and very funny 'Is Andry Murray Happy or Angry?' photo round. This was all accompanied by a very hearty meal of fish & chips. Thanks to all of your generous contributions, we made a whopping £692.60 for Enrych Oxfordshire with a further £70 raised from our auction and True or False game, which went to Enrych Buckinghamshire in support of their contribution to the evening.



**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](mailto: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](mailto:strictlycarsbanbury@aol.co.uk)



## Warm Home Discount Scheme

You could get £140 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.