



South Oxfordshire Branch

Welcome to our Summer newsletter, especially to all those who have recently joined us. It is early because there is a change of date for the Afternoon Tea and the trip to Cotswold Wildlife Park has now been confirmed.

Social List

- Pub Lunch Wed 4 June – The Old Fisherman, Shabbington, nr Thame – 12.15pm
Afternoon Tea, Thursday 10 July £5 Notcutts Garden Centre, Nuneham Courtenay – 2.30pm (change of date and could you please let us know whether you will be coming.)
Pub Lunch – Wed 20th August, Old Red Lion, Tetsworth, 12.15pm
Day Trip to Cotswold Wildlife Park – Thur 18 September (See attached flyer)
Christmas Lunch – Notcutts Garden Centre, Nuneham Courtenay – 12noon Wednesday 3 December

If you would like to come along to one of the above but are stuck for transport please let us know and we will do our best to try and sort something out.

Message from Daphne

Celebrations on 7th June.

Sue and Byron are getting married in Thame! They met through 'Dogs for the Disabled' when they had brother and sister Labrador's from the same litter. Sue was one of our first members at RCV, having joined 12 years ago. She is a keen painter. We wish them every happiness for their future & on their honeymoon cruise in the West Indies.

I have now met everyone in the region and was delighted with 25 RCV folk coming to our Quiz night last month. Jonathan kindly made one round of questions especially for RCV! This is now the second time that other members from South Oxon have joined us!

I have welcomed two new members in East Oxon – any suggestions for where and how to advertise in Thame, Wheatley and Chinnor would be most helpful as I am still trying to build up some local knowledge.

Nothing succeeds like a budgie with no teeth!

Free Directory Enquiries



For those who find using a phonebook difficult e.g. memory loss, ME or physical disability. Application form available by calling 195, Mon to Fri 8.30am to 5pm, ask for the registration team.

Complete the form; get it countersigned by your GP or another professional familiar with your disability then call 195 from any phone (landline or mobile) for telephone numbers required.

Text phone users call 0800838363.

Message from Penny

I know they say it is a sign of age when time passes by quickly, I must be ancient, because it only seems five minutes since writing the last newsletter!

A very warm welcome to all our new members and volunteers, it is lovely to have you on board.

Congratulations to Sam and Lee who are getting married in Henley in June, hope the sun shines for you.

Volunteers Needed:

- Abingdon Transport & help to swim at Didcot.
Berinsfield Chats – every few weeks
Cuxham Gentle walks accompanying a gentleman in an electric wheelchair
Chinnor Help with computer
Didcot Swimmers and drivers
Dorchester Flower arranging, computer, painting or trips to Wallingford
Goring Outings, social, help with computer
Sonning C. Help with computer
Thame Scooter outings in Thame
Wallingford Sailing
Wallingford Company, possible interest in computers
Warborough Gentle walking and gardening
Wheatley Driving to places to take photos
Wheatley Walks with the dog

We are also looking for two volunteers in Henley and Berinsfield to act as 'fill-in' volunteers. These members have visitors from the Oratory school, but due to holidays and exams, they are long periods during the year when they have nobody. Both members just love to have company and a chat.

Message from Sheila

The swimming sessions have been busy, it is good to see so many people having fun and getting fitter at the same time. I don't know if the reward of hot chocolate afterwards is an incentive, but something is working.

A big welcome to two new swimmers, Julie and Holly, I am sure they will soon become part of the happy group.

Also we have three new volunteers, Pauline, Sarah and Jim (who travels from Swindon to be with us). We are so grateful for their support; we could not have our swimming session on a Friday afternoon if it were not for our wonderful volunteers. We could still do with one or two more, so if you know of anyone please let us know. Janet has finally moved to her new home in the New Forrest. She has been a great help and we will really miss her.

Summer holidays start on the 25th July – 29th Aug, so don't forget our swimming is 2.45 to 4pm during that time.

Tribute

Allan Belderson sadly passed away last month. He was a wonderful volunteer for seven years and is greatly missed. Both Allen and his wife Enid have been strong supporters of RCV over the years attending pub lunches and various social events. Our thoughts go to Enid at this sad time and hope she will still wish to be involved with RCV.

Summer Recipe

EASY BEETROOT, ROCKET & CHEESE SALAD

Serves 2

4 medium sized cooked Beetroots (peeled & sliced)
1 small red onion (finely chopped)
1 Packet Rocket Lettuce
4oz Lancashire Cheese (crumbled into small pieces)
French dressing

Mix beetroot, Rocket & onion in shallow dish. Top with cheese pieces and drizzle with French dressing

Q Why was the steam engine crying?

A Because it had a tender behind!

RCV Annual General Meeting

Thursday 11 September from 12 noon in Tackley Village Hall, nr Deddington (on the A4260). Everyone is cordially invited and if you wish to attend please contact the Didcot office.

This and That

At one of pub lunches someone was quite surprised to learn that we needed funds. Whilst we do have support from South Oxfordshire District Council and several Parish Councils have given smaller amounts, we do need money to be able to keep going.

So, if you know of any companies or local organisations that are looking for a charity to support, perhaps you would like to suggest Ryder Cheshire Volunteers.

We are also looking to place collecting boxes in pubs, shops etc. If you think you could help please let us know in the office.

How about a local Street Collection? We are quite happy to obtain the necessary permits, but we would need your help in persuading people to collect for an hour – it is a great source of income, and maybe find new volunteers!

There is another area which has caused some confusion recently and that is Volunteer expenses. We told you in the last Newsletter that this had now been increased to 40p per mile and thought this might be a good time to clarify some points.

Maximum claim per return journey is £12 or 30 miles by car; this is based on one return journey. If the activity only takes place every two weeks you can claim for more than 30 miles.

Travel expenses are only claimable for the activities between a member and volunteer and not social events such as pub lunches. We would suggest that where a volunteer kindly offers to transport a member(s) to a social event they offer something towards the cost of the petrol. We feel sure you will understand this, as there are only limited funds available.

Q Why do married women weigh more than single women?

A Single women come home, see what's in the fridge and go to bed. Married women come home, see what's in the bed and go to the fridge!

Remember!

This is your newsletter and we would really like your input with ideas and suggestions. Next one is due out around September, so any material would be gratefully received - but do remember the Editor's decision is final!!

This Newsletter has been sponsored by

