



The Cherwell Circular

Issue 12
August 2010

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Update since last Newsletter

It has been a busy three months for me during which I have met all of you at least once either at your homes, day centres or a pub lunch. I want to thank all of you for making me feel most welcome. I am now busy finding volunteers for those of you without one and researching other opportunities for you all.

One such opportunity which hopefully many of you will take advantage of is a weekly session for disabled swimmers at Banbury's Spiceball Leisure Centre. This will be on a Tuesday from 1-2pm starting in September. A Swimming Instructor will be on hand to assist if required.

Whilst this will not be an RCV event I hope as many of you as possible will attend these sessions to prove to the Leisure Centre Management that this is a valued and much needed opportunity for all disabled swimmers. I will let you know the exact start date in due course and will be at the first session to support you.

Some useful Information

BT's free directory enquiry service for disabled people – Dial **195** from a landline

Cinema tickets for carers For £5.50 a year carers go free - **0845 123 1292** or www.ceacard.co.uk

NHS Direct - medical advice line – **0845 4647**

Small Repair Service - £15 for work taking up to one hour eg minor electrical or plumbing - Cherwell District Council – **0844 833 0310**

Free Electric Blanket Safety Checks in October arranged by OCC – call for an appointment **01865 815607**

Bowling in Banbury

I arranged a ten-pin bowling session during July to see if this would appeal. 8 members from Banbury came along and had a go and fun was had by all. Lakeside Superbowl is well organised for disabled bowling and so whatever your disability, whether you have played before or not, why not come along and give it a go next time. The cost of a game is only £1.75
The next dates are 6 September, 5 October and 2 November – 12 noon.

Contact:

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Is your computer giving you a headache?



An organisation called ITCH – Information Technology Can Help, offers free computer assistance to disabled people. They will install and fix problems free of charge although if equipment/software is required then the member would be expected to purchase this. Please note ITCH does not provide training. If help is needed call 0800 269 545

Christmas Lunch

This year's Christmas Lunch will be held on Tuesday 7 December at the Deddington Arms at 12.15pm. Menus, pricing & transport details will follow in a month or so.



Please keep this date free

Future Pub Lunch Dates

Tuesday 17 August – 12.15pm
The Bure Farm Pub, Bicester
Barberry Place, Bicester, OX26 3HA

Tuesday 21 September – 12.15pm
The Pepper Pot, Banbury
6 Burchester Place, Banbury, OX16 3WT

Tuesday 19 October – 12.15pm
The Bure Farm Pub, Bicester
Barberry Place, Bicester, OX26 3HA

Tuesday 16 November – 12.15pm
The Pepper Pot, Banbury
6 Burchester Place, Banbury, OX16 3WT

Please let me know if you are able to attend so that I can confirm numbers

Volunteers

Thank you to all our wonderful volunteers. I really do appreciate all the time you give us. We are always in need of more volunteers so if you know anyone who you think might be able to help us please ask them to contact me.

RCV is not endorsing any services or groups mentioned in this Newsletter, but we hope the information may be of interest to our Members.

Brain Teaser

The peacock is a bird that does not lay eggs. How do they get baby peacocks? The first person who phones or e-mails me with the correct answer will win a prize, so don't hang about!

Answers for the Brain Teaser anagram from the last Newsletter – there was no winner!

LIES - LET'S RECOUNT	Election Results	BEST IN PRAYER	Presbyterian
DIRTY ROOM	Dormitory	CASH LOST IN ME	Slot Machines
HERE COME DOTS	The Morse Code		

If you would like to receive this newsletter in a different format, e.g. email, large text, not at all (!), please contact Susan Linnett on 07518 300387, email: susan.linnett@rcv.org.uk