



Ryder Cheshire Volunteers

Cherwell Newsletter No 8 - March 2009

Hello and Good-byes...

As you will have read in the enclosed letter, the summer is bringing changes to RCV. Our CEO Sylvia Wear and Programme Manager Sandy Jeffery (who many of you will have met at our Christmas lunch) are retiring in the summer. We will miss them both very much! However, they have put in a lot of work to make sure that RCV continues to thrive and grow.



Also, as part of these changes, I am moving to a new role as mentor and support to all the other RCV Co-ordinators, so, sadly, I will be leaving Cherwell. It has been a real privilege getting to know everyone on the Project - **you are a smashing lot!** I hope you will enjoy meeting your new Co-ordinator - we are recruiting now and will let you know when we have found the right person. But I will still be around for the next few months, and will stay in close contact with the new Co-ordinator, so you haven't totally got rid of me!



PUB LUNCH DATES

Tuesday 21 April – 12.15pm
The Kings Arms, Bicester

40 Market Square, Bicester, OX26 6AH
A chance to say good bye to Sandy - and thanks to a generous gift, lunch will be provided **free** to RCV members and volunteers by The Saddlers Association - but **PLEASE RING AND BOOK** with me, so we can arrange the seating

Tuesday 2 June – 12.15pm
The Pepper Pot, Banbury

6 Burchester Place, Banbury, OX16 3WT
A chance to meet the new Co-ordinator (we hope!) and I will be there too, so please do come along

Members' Recommendations

The items below have come from Members or other sources. While RCV isn't endorsing these services, we hope they may be of interest. Thanks to everyone who has contributed.

Any Questions?

Oxfordshire Library Services have launched **Answers Direct** – a phone service for your questions about business, law, general knowledge, quizzes – in fact – anything! So if you have a question that needs answering, ring **0845 600 3119** or email libraryanswersdirect@oxfordshire.gov.uk



What's green and free... to Carers in Cherwell?

E.ON and Grass Roots are working with The Carers Centre to give every Carer in Cherwell two free, low-energy light bulbs. To collect yours, call in at The Carers Centre, 27 Horsefair, Banbury. (They can only be collected in person, but you can ask someone to collect yours for you).

WaterSure

Do you qualify for help paying your metered bill? Your water company may be able to offer financial assistance with your metered bill if anyone in your household has a medical condition that requires the use of extra water. For more info, Thames Water customers can ring **0845 641 0068** (Minicom 0845 7200 899).



Sofa, so good

If you have unwanted furniture or household goods which are too good to throw away, why not ring the **Furniture Recycle Store**. They will collect (a small fee is charged) and pass items onto people in Cherwell who are in need. For details, ring 01295 267741.



CONTACT: Rachel Chai, Co-ordinator for Cherwell, Ryder Cheshire Volunteers, Stonelee Close, Chadlington, OX7 3LA, Tel 01608 676209: Email rachel.chai@rcv.org.uk



Here is another in our series featuring Cherwell project partnerships:

This time we meet **Sarah** (centre) and her volunteers from Tudor Hall School (**Pandora**, left and **Isobel**, right). This article also appears in the current edition of the national RCV newsletter 'Pathways'.

Music To Our Ears

When you visit Sarah in her Banbury home, you may notice a photograph on the wall showing Sarah singing with – can it be – Fairport Convention? It is indeed. Sarah, who was born blind, has a beautiful voice and sings regularly in and around Banbury. As well as singing with Fairport Convention, she recently appeared with Marilyn Baker, another visually-impaired singer who has not let her disability hamper her music-making.

So music is clearly important to Sarah, and she is able to enjoy listening to music with two RCV volunteers. Pandora and Isobel, sixth formers from Tudor Hall School in Banbury, have been visiting Sarah for a year now. Every week they choose a couple of tracks from their ipod or CD collection to listen to and then they talk about what they like in each song.

Sarah's favourite music is jazz, country, easy-listening and Christian music both modern and traditional. She also enjoys listening to Dutch bands over the internet. However, through meeting the girls, she now includes James Blunt and Michael Bublé on her list of favourites.

"It is interesting learning about different types of music and I think we have educated each other a bit because I hadn't heard of some of the music the girls are in to and they had never heard Dutch music either." said Sarah.

I asked Isobel why she and Pandora decided to become RCV volunteers: "We wanted to do something different and meet new people."

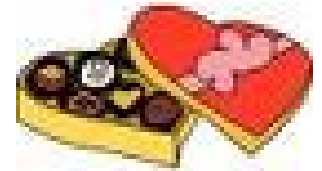
"Yes" added Pandora, "it is so nice to come out of school and chat with Sarah, and have some fun!"

And Sarah gets a lot out of the sessions too: "It is good to have friends to chat with, especially people nearer my own age. Also, being isolated makes me depressed but I get excited about the girls coming!"

Recipe Corner

Thanks to member Nicky for this lovely recipe. They are fun to make, for adults or children, and would make an impressive Easter gift for your family and friends. They also freeze well.

Handmade Chocolate Truffles



Ingredients

- 1 lb chocolate (milk, dark or white)
- 8 oz double cream (fresh or UHT)
- 1 tbsp unsalted butter (or margarine or ordinary butter)
- 1 tsp vanilla extract

Coating

Cocoa power, grated chocolate, sprinkles, crumbled chocolate flake etc....

Method

1. Break up chocolate bar into chunks and put in a bowl
 2. Pour cream into saucepan and heat. Remove pan when it starts to simmer
 3. Pour cream over the chocolate and stir gently til chocolate has melted
 4. Add butter & vanilla extract and mix
 5. When mixed, cover bowl and chill for a couple of hours or overnight
 6. **To form the truffles:** Put the different coatings on saucers or small bowls
 7. Remove truffle mixture from bowl using a teaspoon (or dessert spoon if you want bigger truffles!)
 8. Drop a spoonful of mixture into the coating and use spoon to cover and shape it
 9. Place finished truffle balls onto a plate, or into small fairy cake cases
 10. Store in fridge in an air tight container - enjoy!
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