

Ryder-Cheshire Volunteers Newsletter



South Derbyshire Edition

Christmas Greetings

On behalf of RCV I would like wish you all a very Merry Christmas and a Happy New Year. I would also like to say a big thank you to our volunteers for their help and support in 2005.



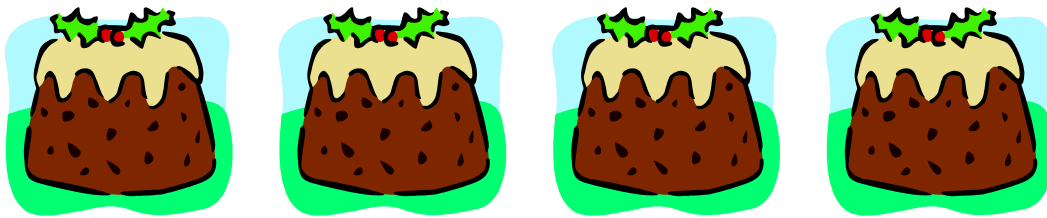
Quiz time Fun

On 19th October the Derbyshire & Leicestershire projects joined forces for a lunchtime quiz held at Greenbank Leisure Centre in Swadlincote. After a hearty lunch and 40 mind bending questions later, it was Leicestershire that finally came out on top. Well done to them.

Christmas Pudding

Trying to watch your weight over the Christmas period seems impossible, try swapping some of your favourites for lighter results and beat the festive bulge.

swap	Glass mulled wine - 227 cals	Glass of champagne - 90 cals
swap	4 small roast potatoes - 300cals	2 large roast potatoes - 180 cals
swap	Mince pie & double cream - 370 cals	Slice of Christmas cake - 240 cals



Wrap up this winter

The Heat Derbyshire project are giving grants of up to £450 to insulate your homes cavity walls and a further £470 to insulate your loft. For further details call 0800 093 40 50 or check out the website at www.heatproject.co.uk. By insulating your home you can also save as much as £200 per year on your fuel bills, that's a few extra Christmas presents!!.

New Years Resolutions

If becoming a volunteer is on your list in 2006, then maybe one of these vacancies might be of interest;

Dog walking computers male swimmers
 Golf or snooker visiting garden centres shopping
 Contact Clare Perriment on 01283 223192 for further details.

www.rcv.org.uk