



Ryder Cheshire Volunteers South Oxfordshire Branch

Newsletter No 4
Autumn 2008

Welcome to the Autumn Newsletter, especially to our new members and volunteers. Where on earth has our so called summer gone? Perhaps by the time you are reading this we might be in the middle of a heat wave!!

Social List

Pub Lunch Wednesday 29 October – The Lamb Inn, Chalgrove (*It would be helpful to the pub to have an idea of how many will be going and an idea of what they wish to eat*) *Menu attached.*

Christmas Lunch – Wednesday 3 December – Notcutts Garden Centre – *Form enclosed including menu choice.*
We know it's hard deciding what you want to eat so far ahead, but we are trying to save on postage costs.

Please remember that if you wish to attend a social event but are stuck for transport, we will try and help wherever possible.

Message from Daphne.

So who would have thought we would have a second summer in a row with flooding! On the Pub Lunch to Shabbington in June, we experienced this first hand as we watched drivers get stranded in the Ford. Luckily 2 of our volunteers came to the rescue - not normally on our volunteer's agenda! Grateful thanks to Dave and Chris.

Congratulations to Michael, who with the help of supporters in Thame, have raised enough money to buy him a special computer to help him communicate both verbally and by E Mail.

I now feel I am getting more familiar with the Thame, Wheatley & Chinnor areas, which is making planning visits a lot easier and more efficient from a petrol point of view. I am hoping to meet more of my volunteers in the next few months, so please let me know if you have a regular time when you get together and I will try to coincide!

My thanks to Tom who volunteered with us for 6 months. Tom has now been accepted into the Police Force and he was able to add his volunteering experience to support his application. We welcome the opportunity to encourage young people into volunteering for RCV.

What do you get if cross a sheep and a rainstorm? A wet blanket!

Cotswold Wildlife Park



(Daphne and Penny with members and volunteers – including a lion sunbathing just over Penny's shoulder!)

We were so lucky with the weather, what a fantastic day. Everyone seemed to have a lovely time and it was so nice to be able to eat outside, either with our picnics or with food from the restaurant.

It is highly likely that a trip to Southsea/Portsmouth will be our next venture in May 2009. However, if you have any good ideas, or a preferred day of the week, we would love to hear from you.

Handy Hints

The UK Road Atlas for Blue Badge Holders can now be obtained free of charge with £3.99 for packing and postage. Either phone 0844 847 0875 or at www.thepieguide.com/shop It is full of useful information such as where to stay, journey planning and street mapping of 65 major UK cities.

Some of you might not be aware of the Cinema Exhibitors Association Card (CEA). This is a national card for disabled people which entitles the holder to one free ticket for a person accompanying them to the cinema.

To be eligible, the holder must receive Disability Living Allowance, Attendance Allowance or be registered blind. The card costs £5 and is valid for 3 years. You can get an application form at any participating cinema, or download from the CEA website.

Even if a cinema is not participating in the scheme, it is worth asking whether they offer reduced or free admission to your carer or assistant.

We got this information from www.direct.gov.uk, where there is lots of useful information. We know not everyone has access to a computer, so if we can help at all in the office, please give us a call.

Penny's Piece

I cannot believe the leaves are beginning to turn, though I have to confess to enjoying the beautiful autumn colours. As I write this I am still recovering from the trip to Cotswold Wildlife Park! Which reminds me to say, our pub lunches and trips are for members and volunteers, carers and family members and friends, when space is available. The only warning is **book early please**, we nearly cancelled this trip due to lack of numbers and then at the end had a waiting list!

We are always urgently seeking new volunteers and any help you can give us would be gratefully appreciated.

All Paid For

An Englishman, an Irishman and a Scotsman all went to the pub together. The Englishman spent £30, The Irishman spent £50 and The Scotsman spent a very pleasant evening indeed.

Volunteers Needed

Cuxham	Gentle walks accompanying a youngish gentleman in an electric wheelchair
Didcot	Art/Painting
Dorchester	Either flower arranging, computer, painting or trips to Wallingford.
Goring	Outings, social or help with computer.
Sonning C.	Help with computer
Thame	Accompany someone to Thame market in their wheelchair
Wallingford	Lift to Sailability
Wallingford	Company to talk about art
Warborough	Gentle walking and/or visits to the pub

A man arrived at his holiday guesthouse and met the landlady. 'Can you sing?' she snapped. 'No' he replied. 'Well, you'd better learn quickly. There's no lock on the bathroom door.'

Thank You Ted and Goodbye



(Ted on the left with member Fred)

There were mixed feelings at the Wave in Didcot on Friday 26 September, when over 30 members and volunteers spanning the 17 years Ted has been involved, turned up to show their appreciation and to wish him well.

Ted was one of the founder members of the Didcot Swimming group and has been invaluable to their success.

South Oxon RCV Reg Office: C3 Didcot Enterprise Centre, Hawksworth, Southmead Industrial Estate, Didcot OX117PH Charity No: 1119954



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An Englishman, an Irishman and a Scotsman were hungry one night and had money only for a small pie. Since it was too small to divide they decided to go to sleep and the pie would go to the person who had the most interesting dream.

When they woke up in the morning the Englishman said, 'I had a very interesting dream. I dreamed I was ruler over the whole world. You can't get more interesting than that, so I deserve the pie.' 'Hold it,' said the Scotsman. 'I dreamed I was ruler over the whole universe, so that pie belongs to me. 'I had the most interesting dream of all,' said the Irishman. 'I dreamed I was hungry, so I got up and ate the pie.'

Volunteer Expenses

Our Treasurer has asked if those volunteers claiming expenses could submit them by the 15th of each month. This would ensure they are paid by the end of the month and would also make life easier for Helen our Treasurer, who is also a volunteer! We appreciate there might be the odd exception.

Warm Front Grant Scheme

If you own your own home or rent it from a private landlord and are receiving disability allowance, you may be eligible for a grant under the Warm Front Scheme.

Call freephone 0800 3162805

What do you get if you cross a hen with some gunpowder? An eggsplosion!



Sailing Regattas

Two of our swimming members took part in the Sailing Multiclass Regatta in August at Rutland Park and the Challenger National Championships at Farmoor in September. At Rutland, Neil came first in the bronze fleet and Emma third. Success continued at Farmoor where Neil came second. Congratulations to both of you. Emma said 'sailing is great fun and I've met loads of people and learnt a lot, racing is hard work but enjoyable'. Sailability meets on Tuesday evenings from around April at 6pm. If you are interested in the activity for next year please contact Pam Gee on 01865 862386.

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