



## Media Release

### For immediate release

18<sup>th</sup> July 2011

#### **TV presenter Charlie Dimmock joins with Bucks resident to help raise funds for local charity.**

TV presenter and gardening expert, Charlie Dimmock was in Aylesbury on Saturday to help raise funds for the Chilterns Multiple Sclerosis Centre. Charlie opened the garden of Aylesbury local, Sarah McCready. Sarah has MS, a disease which affects the nervous system, and uses a wheelchair.

When asked for her thoughts on the garden at the opening, Charlie said, 'The garden is fabulous. I can see a lot of work has gone into it. It's very practical for Sarah with the raised beds and the paving and there's enough room to be able to move around. She's got a really good selection of plants, from colourful bedding to perennials that will keep going for her'.

Sarah has plenty of hands on experience at making her garden accessible to disabled people and she was keen to show people who use wheelchairs what can be done.

Getting the garden into shape has been a team effort for Sarah. She said, 'I have had a lot of help from the RAF Benevolent Fund with the ground work, and I also have a volunteer, Barbara who I met through the charity, Ryder Cheshire Volunteers Bucks. Barbara comes on weekly basis to help me keep on top of things.'

Barbara and Rose (pictured with Sarah and Charlie) are both local volunteers for RCV Bucks. Rose also offers support in the garden. When asked about her volunteering, Rose said, 'Volunteering with RCV Bucks has been inspirational. It has lifted my spirits and brought me out of myself'.

RCV Bucks is a local charity that helps to give adults with a physical disability the opportunity to add colour to their life through leisure and learning. They are always keen to talk to potential volunteers. If you are interested you can find them at [www.rcv.org.uk](http://www.rcv.org.uk) under the Vale of Aylesbury project.

The event was well attended and has raised in excess of £300. When asked about this, Sarah declared herself to be, 'really rather chuffed'.

**Ends.** Word Count: 341 incl. Header.

#### **Notes to editors:**

##### **Structure**

RCV Bucks is organised by a group of local volunteer trustees and run by Kyle Banks, a full-time coordinator who lives in the Vale of Aylesbury.

##### **Objectives**

To give adults with a physical disability, who have a need, the opportunity to add quality TO life through leisure and learning.

It is a person-centred organisation which aims to give adults with a physical disability, who have a need, the opportunity to add quality TO life through leisure and learning. RCV looks beyond a person's disability, to focus on what can be achieved, rather than what can't. We create opportunities for individuals, with support from RCV, to rebuild self confidence, improve physical and emotional health, develop independence and meet other people with the same interests and experiences.

### **Ways of working**

- Group activities like swimming or bowling
- Supported introductions to local clubs or groups
- Finding a like-minded volunteer
- Joining the RCV community

### **Examples of volunteer member partnership activities include**

- Supporting a member to play golf again following the loss of mobility after a stroke.
- Supporting a Tetraplegic Epileptic member to go swimming.
- Supporting a member with Multiple Sclerosis to take up and improve landscape painting.
- Supporting a registered blind lady to access the town shops.

### **Figures**

At the end of the last financial year, RCV Bucks had been involved in supporting 38 disabled members, with 15 volunteers. RCV Bucks has a further 18 members and volunteers whom it keeps in touch with via a newsletter and the opportunity to attend regular social activities such as a coordinator run monthly pub lunch in Aylesbury.

### **Background**

In April 2011 RCV Bucks was awarded charity status by the Charity Commission.

RCV Bucks is affiliated with the national Ryder-Cheshire Volunteers charity, which provides us with support in many areas of our work. Ryder-Cheshire Volunteers was originally set up in 1986 by Sue Ryder with her husband Leonard Cheshire (its Silver Jubilee is celebrated this autumn).

### **Misc.**

RCV Bucks is reliant upon fundraising to maintain its operation.

### **Press Contact**

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For a direct link to RCV Bucks project page and our latest newsletter click:

<http://www.rcv.org.uk/rcv/index.php/projects/voa-project.html>

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