



RCV Bucks Update

'Adding colour to life'

Summer 2011



Issue 1

- Our new (full) charity name is RCV Buckinghamshire
- Our new charity number is 1141192
- If you would like to receive this newsletter in a different format e.g. email, large text or not at all, please do contact Kyle (see details on back page)

Welcome and thanks from Kyle Banks, Project Coordinator

Welcome everyone to this first edition of RCV Bucks Update.

The summer is here and, seemingly in the flash of an eye, four months have passed since I joined RCV. First and foremost I would like to thank everyone for making me feel so welcome. It has been a real privilege to meet members and

volunteers. I have been truly inspired by the level of dedication and enthusiasm all our volunteers bring. My personal thanks to you all.

I am getting to grips with how we operate in Bucks and where RCV as an organisation is wishing to go in the future.

I am also understanding more

about volunteer recruitment and finding out more about other groups and activities in the locality. My hope is that this will all help to keep adding



Smile if you're Kyle

colour to the lives of our members. Thank you.

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RCV Buckinghamshire - A new name and a new number

Since 1990, RCV has been working in the Vale of Aylesbury with the support of RCV Central. Central has long felt that we can have a

better local presence as an independent but affiliated charity. We started operating as a local charity in June. Our new

name RCV Buckinghamshire reflects our hopes for the future to work with more people across the county.

Meeting our trustees

When I started my new role in January, I got to meet the RCV Bucks trustees. They are a group of dedicated volunteers who give support and guidance to our charity.

Currently, RCV Bucks is very lucky

to have 6 trustees. We meet one evening a month to talk through all things RCV.

Liz has been committed to the branch for many years. We also have Ray, Kathryn, Martin and the two Johns. Ray and

Martin joined just before I started and the two Johns joined with Kathryn and me. Together they make a fantastic team.



The green at Vale Park

Free bowls at Vale Park Aylesbury

‘Wheelchair users are very welcome’

I have been to the bowls green which is free to use and open to wheelchair users. The park warden Malcolm said,

‘We have a disabled ramp, a gutter for wheelchair users to roll the balls down and free bowls to borrow.’

Opening hours are 11am to 7pm (7 days per week May to September).

RCV at Bucks Armed Forces Day, Aylesbury, Saturday 25th June



‘There will be an Air Display, the boy band Blue, local bands, and a whole host of other activities’

On Saturday June 25th, some of our trustees and I will be at the Buckinghamshire Armed Forces Day, taking place at Aylesbury Rugby Club in Weston Turville.

We will have a stand and be hoping to engage with potential volunteers and members.

We are offering some wine and a fluffy bunny rabbit to the

visitor who best guesses their combined weight in a wheelchair.

The event takes place from 11am to 11pm. We will be exhibiting in the day and would love to see you there.

There will be an air display, bands and music, closing with the boy band Blue.

I have heard (unofficially) that

the field is wheelchair accessible, but people need to be extra careful if it is wet. Let's all hope for sunshine!

Tickets, which cost £4 for adults and £1 for children under 18, are available from the Waterside Theatre, or on 0844 871 7606 or at www.ambassadorickets.com/armedforcesday

RCV Monthly Pub Lunch and Quiz at the Horse and Jockey Aylesbury

One of the most enjoyable parts of joining RCV for me has been having the opportunity to meet with members, volunteers, friends and carers at the monthly RCV pub lunch.

The Horse and Jockey is a friendly pub with a helpful team of staff. The

atmosphere is lovely and we have a very dedicated volunteer, Margaret who puts together a quiz and coordinates prizes for the best scores.

Pub lunches take place every second Wednesday from 12-2pm. Many people come with transport provided through Aylesbury Vale Dial-

a-ride. The next lunch is Wed 13th July. If you would like to attend, give me a call.



Margaret unveils another great quiz at our Easter bonnet themed lunch in April

RCV Central Silver Jubilee Conference at the NEC Birmingham

Although RCV Bucks is now a newly independent charity, we are still part of the RCV family. RCV operates in other counties as independent local charities, such as RCV Oxfordshire. Our um-

brella charity, RCV Central is 25 years old this year. To mark the occasion, it is holding a conference on The Personalisation of Social Care at the Crowne Plaza, NEC Birmingham on Wednesday

21st September. To find out more you can visit the RCV website at: www.rcv.org.uk or contact me.

‘ 1986 – 2011
Celebrating 25
years of RCV’

Would you like support to change your TV to digital?

TV is going digital. The old analogue TV signal is being switched off. Any analogue television left unconverted will no longer receive TV programmes.

The Central TV region served by the Oxford transmitter

group starts to switch to digital on 14th September 2011. So don't be left with a blank screen folks!

Help and advice is available for older and disabled people from the Switchover Help Scheme.

For more information phone 0800 40 85 900 or visit: www.helpscheme.co.uk





About Ryder-Cheshire Volunteers

Ryder-Cheshire Volunteers (RCV) 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. If there's a leisure or learning activity you've always dreamt of doing, our job is to make it your reality.

With support from RCV, we create opportunities for individuals to rebuild self confidence, improve physical and emotional health, develop independence and meet other people with the same interests and experiences.

RCV Buckinghamshire

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Help with our fundraising

As a local charity, we are always looking for help to raise the cash needed for us to keep doing the work we do. If you would like to offer your support in any way to RCV Buckinghamshire, please do drop me a line or feel free to call.

**Registered Charity
number: 1141192**

Opportunities to Volunteer with us...

We are always on the look out for like minded volunteers to help our members share in an activity, be it on a one to one basis, or as part of a group.

Current examples of opportunities in Aylesbury include:

Helping a chap to go fishing

A history buff to talk Ancient Civilisations

Helping someone to get more from their computer

Sharing a game of pool, darts or tennis with a friendly fellow

Joining a lady for a coffee and a browse around the shops in Aylesbury



No, I can't say it enough - my thanks again to all our volunteers

For more details of all our latest opportunities you can go to our main website. (See the info. box to the left)

RCV Bucks would like to give a very special thank you to Dan and the team at Signscope Design for their expertise, support and generosity in printing this newsletter.



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Some of the items and information included in this newsletter are received from other sources. Whilst RCV Bucks cannot endorse these services, we hope they may be of interest. Thank you