



# Vale Newsletter



*I love the Christmas-tide, and yet,  
I notice this, each year I live;  
I always like the gifts get,  
But how I love the gifts I give.*

### London Eye Trip

Towards the end of September we took a party of members, along with carers, friends and relatives on a coach trip to the London Eye.

In total there were 35 of us including 12 wheelchair users and although it was a little on the cold side the sky was really clear affording us some marvellous views over the capitol and beyond.

Before heading towards Westminster Bridge the coach driver took us around Buckingham Palace and down the Mall passing at just the



*"It gets even better"*

right time to witness the splendid site of the Life Guards on their horses as they made their way to the Palace for the Changing of the Guard.

To finish the day off we were taken on a tour of some of the landmarks of London including Tower bridge, the tower of London, Whitehall, the Houses of Parliament, the new St. Pancras Station and many other interesting buildings and sights, all with a running commentary.

We already have several ideas for future trips next year but suggestions are always welcomed.

### Real notes left for the Milkman



*Dear milkman I've just had a baby, please leave another one.*

*Sorry not to have paid your bill before, but my wife had a baby and I've been carrying it around in my pocket for weeks.*

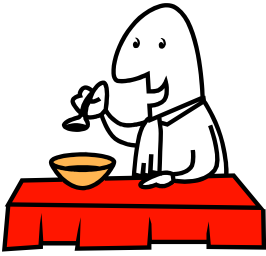
*Milkman, please close the gate behind you because the birds keep pecking the tops off the milk*

### Doorstep Selling

Trading standards has information that a door to door salesman is operating in the Aylesbury area. The salesman is selling and fitting door and window intruder alarms at very high prices. The salesman is playing on the fears people have following recent burglaries in Aylesbury, This type of alarm can be purchased for a few pounds from DIY stores. Unannounced doorstep callers should always give 7 days cancellation rights, if goods or services cost more than £35.

*I was in the attic the other day with the wife. Damp and dusty....but she's great with the kids.*

*Tommy Cooper*



## Pub Lunches

Every 2nd Wednesday of the month at the newly refurbished **Horse & jockey** on the Buckingham Road, Aylesbury from 12 noon. Come and join us, no need to book just turn up on the day for a reasonably priced meal, a good chat and a few laughs.

## Thanks

A special thank you at Christmas to all our volunteers, without you there would be no project in the Vale of Aylesbury.

Keeping in touch with you is not always easy but we do keep in regular contact with our members and thus get to know how things are going.

As the Project Co-ordinator I am always available for support and advice. Should you need it, just call me.

## Volunteers still needed

Aylesbury Area:

- Companionship or computing
- Ancient history
- Gardening

*Love is in the room with you at Christmas if you stop opening your presents and listen.*



## Do you shop at Amazon?

Then you could earn money for RCV!

We have a link on the RCV website home page. Please use the link when shopping at Amazon and RCV will receive a commission from them on any subsequent purchases you make—at no cost to you.

Please spread the word and tell your friends and family they can support RCV in this way.

So go ahead use the link on [www.rcv.org.uk](http://www.rcv.org.uk)

Thank you.

*I would never belong to a club that would have me as a member*

**Groucho Marx**

## Is Your Home Safe From Fire?

### Do You Have Smoke Alarms?

Buckinghamshire Fire & Rescue Service offer a free Home Fire Risk Check to anyone that would like one.

It takes about 20 minutes, depending on the size of the house, and if they think you need them their staff will also fit as many smoke alarms as they think necessary.



To request a Home Fire Risk Check phone—01296 744477.

## A Question for Bird Lovers



I know it's winter but are there fewer birds than normal in your garden? The bird feeders at this time of the year usually have birds queuing for a turn, especially the blue tits, but this year there are far fewer. Not global warming I hope!

## Dial-a-Ride marks 10 years

Aylesbury Vale Dial-a-Ride celebrated 10 years of operation this summer.



Set up in 1997 to transport people who are unable to use public transport, Dial-a-Ride has enabled its members, many of them in wheelchairs, to go shopping, to work and school, and to vital appointments.

### CONTACT

Phone: 01296 381623

Write to: Tony Bruce  
14 Gainsborough Place  
Aylesbury  
HP19 8SF

Email: [tony.bruce@rcv.org.uk](mailto:tony.bruce@rcv.org.uk)



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