



Spring Newsletter 2026

News from the Eele House

Victoria, Steve, Skye, Thomas and Oscar welcomed Lexie Joy Anne to the family on 25 February at 6.32am weighing in at 7lb.

Mum and Lexie are doing really well and getting plenty of help from Daddy and the older children whilst Oscar is always eager to get involved in cuddles.

Nana & Grandad are very happy too and ready for the babysitting!

Victoria sends her thanks to everyone who sent gifts, cards and good wishes.

Needless to say Victoria is up to her eyes in nappies, sleepless nights and noisy days right now but will be back later in the year. In the meantime, she may well see you at a pub lunch or on a Zoom one day soon!



40 coins

This year marks a very special milestone for Enrych Buckinghamshire as we celebrate **40** years of supporting people living with a physical, or sensory disability. We are proud to have made a real difference to the lives of our members and volunteers. Our service has evolved from matching volunteers with members, over a variety of activities and interests, to offering trips out to some amazing places. We have also introduced weekly Zoom sessions covering a myriad of subjects, which can be enjoyed from the comfort of your own home.

As we celebrate this anniversary we are looking to the future, as our service continues to be a vital need in the community and we need to ensure that we can continue our work for many years to come. We are fortunate that we have supporters who, with their generosity, have helped us grow and develop our service. To mark this special anniversary, we are launching a fundraising initiative, that we hope you will help us with.

We have money tubes that will take 20 pence pieces. Each tube will take **40** coins. You may fill as many, or as few as you wish. Every little helps! Funds from this activity will help us to continue and build the next chapter in our charity's story.

If you would like to take part in this fundraising event please contact: Sue or Vicky
Thank you for being part of our charity and helping us continue making a difference.

Board of Trustees – Enrych Buckinghamshire



As we head into the Spring and Summer, I've been thinking of what could be a new and exciting meet up or activity that people would like to come to in the South Bucks area.

Perhaps board games in High Wycombe? A trip to the cinema? Even just a new place to meet up for a coffee and chat!

If you have an idea or there's something that you'd love to try, please let me know and we can look at making it happen, perhaps turning into a regular event on the calendar or as just a one off outing. We want to hear from you!

Vicky S



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APRIL				
Thursday	2nd	Craft Group	2pm	Waitrose Café - Aylesbury, HP20 1AL
Wednesday	8th	Aylesbury Lunch	12 noon	Horse And Jockey - Aylesbury, HP19 9QL
Wednesday	15th	High Wycombe Lunch	12 noon	Spindle & Thread - High Wycombe, HP13 5HP
Monday	20th	Tea & Cake	1pm	The Crew Café, Princes Risborough
Wednesday	22nd	Aylesbury Evening Meal	6.30pm	Harvester, Aylesbury, HP19 8BU
MAY				
Wednesday	6th	Cineworld	TBA	High Wycombe
Thursday	7th	Craft Group	2pm	Waitrose Café - Aylesbury, HP20 1AL
Monday	11th	Cadbury World	TBA	Booking required
Wednesday	13th	Aylesbury Lunch	12 noon	Horse And Jockey - Aylesbury, HP19 9QL
Friday	15th	Quiz Night, Botley	7pm	Booking required
Tuesday	19th	Westgate, Oxford	10.30am	Seated Move & Groove *
Wednesday	20th	High Wycombe Lunch	12 noon	Spindle & Thread - High Wycombe, HP13 5HP
Friday	22nd	Bekonscot	TBA	Flyer to follow shortly
Friday	29th	Tea & Cake	1pm	The Crew Café, Princes Borough
JUNE				
Thursday	4th	Craft Group	2pm	Waitrose Café - Aylesbury, HP20 1AL
Wednesday	10th	Aylesbury Lunch	12 noon	Horse And Jockey - Aylesbury, HP19 9QL
Thursday	11th	College Lake	11am	Flyer to follow shortly
Friday	12th	Coffee in Thame	10.30am	Costa in Thame
Wednesday	17th	High Wycombe Lunch	12 noon	Spindle & Thread - High Wycombe, HP13 5HP
Monday	22nd	Tea & Cake	1pm	The Crew Café, Princes Borough

Our sister branch, EnrichAbility (formerly Enrych Oxfordshire) is celebrating 40 years of supporting the community by hosting **40 events in 40 days** across Oxfordshire. Several of these events are listed above and are open to any Enrych Bucks member or volunteer to attend. Additional events will be shared in the regular monthly calendar.

* This will be our regular **Seated Move & Groove** session, held in the centre of **Westgate Shopping Centre, Oxford**. The session will be led by Felicity, whom many of you will remember. Seats will be provided based on expected numbers, so please let Sue know if you plan to attend. Afterwards, we will gather for a social lunch in John Lewis.

We hope as many members as possible can join us. The press are expected to attend, and your support will help us raise our profile.

FUTURE PLANS				
July	3rd	Canal Trip		Flyer to follow
September	11th	Southend-on-Sea		Flyer to follow
October	10th	Holiday to Ross-on-Wye		Flyer sent out in January



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Lee & Niamh

Before Lee connected with Enrych Buckinghamshire, his life was quiet and isolated. At 52, he saw his mum every day and his dad for medical appointments, but otherwise his days were lonely. Four years ago, a stroke affected the right side of his body, making walking harder, stopping him from working as a painter and decorator, and bringing his social life to a halt.

Now, Lee is in a much better place, thanks to the support of his volunteer, Niamh. "I wanted to get out and meet a complete stranger — someone to enter my life," he says. He looks forward to their weekly meetups "If I didn't see her, I wouldn't have any friends to talk to."

They meet once a week, usually in the mornings for about an hour and a half, fitting around Niamh's busy schedule. The gym is their main hangout, but they also mix things up with dog walks and coffee trips. Lee loves the rowing machine: "We have a competition to beat my own time and distance — I love it!"

Niamh, an Associate Director in People Insights, explains, "We have so much fun during sessions — our similar sense of humour means you'll often catch us giggling mid-set!" She keeps track of Lee's progress, pushes him safely in his workouts, and even brings small thoughtful gifts, like a brace for his hand. They WhatsApp every week, and Niamh picks him up and drives him home after sessions. Lee has even met her boyfriend Elliot, and enjoys hearing about her life — something he isn't usually chatty about himself.

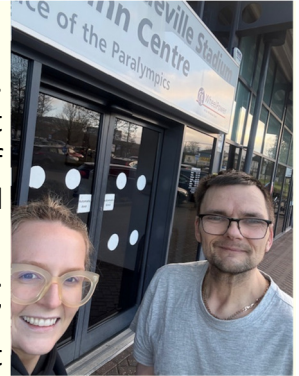
Lee has made incredible progress at the gym. "She pushes me to be better. It's what I need to feel stronger, more confident, and even walk better," he says. One standout moment was beating his personal record at the gym. "I wouldn't go on my own, so having her support is amazing," he adds. He's even thinking about getting a part-time job now.

Niamh shares her perspective too: "Spending time with Lee is such a joy. He's determined, easy-going, and full of fun, and seeing him make progress is incredibly rewarding. It keeps us both motivated and laughing!"

Volunteering has clearly boosted Lee's confidence, independence, and wellbeing. "Spending time with Niamh makes me happy," he says. For anyone in a similar situation, Lee's advice is simple: "I definitely recommend it. It really makes a difference."

Reflecting on their time together, Lee sums it up warmly: "I want to thank Niamh for being such a good friend."

This partnership is a perfect example of how volunteering with Enrych Buckinghamshire isn't just about providing support — it's about building friendships, sharing laughs, and helping someone truly thrive.



Aylesbury
Shopmobility

Hire a scooter, wheelchair
or walker **FREE** of charge
through Shopmobility to
help you get around
Aylesbury town centre

free car parking available while using our service

Long term hire of scooters and wheelchair is also available for all uses including days out and holidays at very affordable rates.

Booking in advance is advised.

Shopmobility can also give advice before you buy a scooter or wheelchair. Some training in using these devices is also available.

For more information, please contact 01296 336725 or call in at Level 1, Upper Hundreds Car Park, HP20 1AG



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April 2026

Wednesday 1 April	11am	Member & Joyce	Quiz
Tuesday 7 April	11am	Sue	Seated Move & Groove
Thursday 9 April	4pm	Sue	Games
Friday 10 April	11am	Vicky	Coffee Morning Chat
Monday 13 April	11am	Vicky	Seated Move & Groove
Wednesday 15 April	4pm	Joel	Nature
Friday 17 April	12noon	Sue	Name That Tune
Monday 20 April	11am	Joel	Seated Move & Groove
Thursday 23 April	2pm	Sue & Joel	Quiz
Friday 24 April	3pm	Jo D	Mindfulness
Monday 27 April	4pm	Joyce	Bingo
Tuesday 28 April	11am	Joyce	Seated Move & Groove
Thursday 30 April	4pm	Sue	Afternoon Tea Chat

Bekonscot

I visited Bekonscot this week to see if it would be suitable for an Enrych trip and was mesmerised by the vast model village, even though I've been here before!

Bekonscot is a model village in Beaconsfield and feels like stepping back in time to the 1930's, when the village was first opened by Roland Callingham as his wife had asked him to take his model railway hobby out of the house. Bekonscot contains everything that you can think of- a tiny

circus, castle, windmill with trains, buses and even a cable car whizzing through along with a miniature railway track which runs through the whole village. There are more than 200 buildings to take in, with some replicas of familiar landmarks such as Windsor Castle and the famous Red Lion Hotel that was in High Wycombe. You can even take a ride on the light railway, which takes you through part of the village and around the pond.

It really is quite amazing to wander through the model village noticing all of the tiny details and recognising local places. Make sure to notice the names of the shops, such as the greengrocer, Chris P Lettuce!

The village is set in 1.5 acres of gardens with different varieties of plants and flowers and there are regular places to stop and sit and take in the busy model village and perhaps enjoy an ice cream when the sun is shining.

The model village has plenty of parking opposite the entrance which is just a short distance away and has accessible pathways for wheelchairs. There is also a tearoom, which sells hot and cold drinks, sandwiches, ice cream and other snacks but there are also outdoor tables and chairs if you want to bring a small picnic with you.

Enrych are planning a trip to Bekonscot on Friday May 22nd. See the flyer for more information.

