# September 2026

# AUTUMN NEWSLETTER

## A message from Enych

What a lovely summer we've had! As the days begin to shorten and we look ahead towards autumn, winter and, before we know it, Christmas, there is still plenty to enjoy and look forward to.

There's lots to read in this edition of our newsletter, with stories from recent activities, events and adventures, along with news and updates from across Buckinghamshire. We hope you enjoy catching up with what we've been doing and seeing some of the wonderful memories we've made together.

Our two Christmas Lunch Invitations are attached. Please do complete and return with payment as soon as possible as space is limited at both venues.

And finally, we have some very good news to share – Victoria will be back with us soon! We're really looking forward to welcoming her back and I'm sure many of you will be too.

So, grab a cuppa, get comfortable and enjoy catching up with all things Enrych!

## We're Celebrating

We are so pleased to share that Enrych Buckinghamshire has been awarded funding at this year's Angels' Den, run by The Clare Foundation!

Out of 72 applications from across Buckinghamshire, Enrych was one of just 10 charities chosen to make it through to the final.

Our brilliant Linda Grantham and Liam Strong then had the slightly terrifying job of getting up on stage and representing Enrych, with just two minutes to pitch, followed by questions from the Angels.

They admitted they were nervous, but they really didn't need to be! They had their very own Enrych cheerleaders in the audience – and, as we all know, Victoria has never struggled to make herself heard! She certainly wasn't alone, though. You should have heard the roar of applause from the crowd when Linda and Liam finished!

They absolutely smashed it and did Enrych incredibly proud.

And all that hard work paid off – Enrych was awarded an incredible £9,000!

This funding will make a real difference. It will help us continue bringing people with physical disabilities together with volunteers, creating partnerships that help people do the things they enjoy, learn something new, build confidence and connections, and hopefully make life that little bit less lonely.

A massive thank you to The Clare Foundation and all of the Angels for this funding and for everything they do to support local charities. We are already incredibly lucky to have the support of The Clare Foundation, and we really do appreciate the faith they continue to put in Enrych and the work we do across Buckinghamshire.

And finally... a HUGE THANK YOU to Linda and Liam!

What everyone saw on the night was only a couple of minutes on stage, but we know how much work went on behind the scenes to get there – the meetings, training, rehearsals, radio shows, nerves, determination, pain and probably a few tears too!

But this achievement is about so much more than Angels' Den.

Linda and Liam volunteer so much of their own time to support Enrych – not just at events like this, but with everything that goes on behind the scenes too. They are always there, always willing to help, and give so much of themselves to Enrych.

We really couldn't let this achievement pass without saying just how grateful we are to them both.

A very big THANK YOU to The Clare Foundation, the Angels, Linda and Liam.

And what a fantastic result for Enrych Bucks!

We're pleased to announce the start of our new Photography Group, with our first meeting on 6 October at 10.30am in the Tesco Community Room, Bicester.

The group is open to EnrichAbility and Enrych Bucks members, and we hope to meet in different locations across both counties as the group develops.

This first meeting is a chance to get together, share ideas and decide what you would like from the group. We'd love to hear your thoughts on how often we should meet, where you would like to go and what sort of photography activities you would enjoy.

Whether you are already interested in photography or simply fancy giving it a try, please come along and have your say as we shape the group together. Need transport? Get in touch, as we may be able to help with a lift.

**Enrych Buckinghamshire**

**Charity Number 1141192**

| | | |
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| Susan Linnett | 07518 300387 | susan.linnett@enrych.org.uk |
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ENRYCH Buckinghamshire
Looking beyond disability

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## OCTOBER

| | | | |
|---|---|---|---|
| Thursday 1st | Craft Group | 2pm | Waitrose Cafe, Aylesbury, HP20 1AL |
| Tuesday 6th | Photography Group | 10.30am | Community Room, Tesco's, Bicester, OX26 1DE |
| Wednesday 7th | Evening Meal | 6.30pm | Warbler on the Wharf, Milton Keynes, MK15 0DW |
| Saturday 10th | Holiday | | Ross-on-Wye |
| Wednesday 14th | Lunch | 12 noon | Horse & Jockey, Aylesbury, HP19 9QL |
| Wednesday 21st | Lunch | 12 noon | Spindle & Thread, High Wycombe, HP13 5HP |
| Monday 26th | Tea & Cake | 1pm | Crew Cafe, Princes Risborough, HP27 9AX |

## NOVEMBER

| | | | |
|---|---|---|---|
| Wednesday 4th | CineWorld HW | TBC | Film and time to be advised nearer the time |
| Thursday 5th | Craft Group | 2pm | Waitrose Cafe, Aylesbury, HP20 1AL |
| Wednesday 11th | Lunch | 12 noon | Horse & Jockey, Aylesbury, HP19 9QL |
| Monday 16th | Evening Meal | 6.30pm | Harvester, Aylesbury, HP19 8BU |
| Wednesday 18th | Lunch | 12 noon | Spindle & Thread, High Wtycombe, HP13 5HP |
| Monday 23rd | Tea & Cake | 1pm | Crew Cafe, Princes Risborough, HP27 9AX |
| Monday 23rd | Swimming Group | 2 for 2.15pm | Middleton Pool, Newport Pagnell, MK16 9BG |

## DECEMBER

| | | | |
|---|---|---|---|
| Wednesday 2nd | Christmas Lunch | 12 noon | Spindle & Thread, High Wycombe, HP13 5HP |
| Thursday 3rd | Craft Group | 2pm | Waitrose Cafe, Aylesbury, HP20 1AL |
| Monday 7th | Christmas Brunch | 10am | Hungry Horse, Furzton Lake, Milton Keynes, MK4 1GA |
| Wednesday 9th | Christmas Lunch | 12 noon | Horse & Jockey, Aylesbury, HP19 9QL |
| Monday 14th | Christmas Coffee | 1pm | Crew Cafe, Princes Risborough, HP27 9AX |


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| October 2026 | | | |
|---|---|---|---|
| Friday 2 October | 11am | Joel | Coffee Morning Chat with Joel |
| Tuesday 6 October | 2pm | Joel & Joyce | Quiz |
| Wednesday 7 October | 11am | Joyce | Seated Move & Groove |
| Friday 9 October | 4pm | Sue | Games |
| Monday 12 October | 11am | Vicky | Seated Move & Groove |
| Friday 16 October | 12noon | Vicky | Lunchtime Chat |
| Monday 19 October | 12noon | Sue | Seated Move & Groove |
| Wednesday 21 October | 2pm | Sue | Friendly Debate |
| Thursday 22 October | 4pm | Jo D | Mindfulness |
| Friday 23 October | 11am | Sue | Bingo |
| Monday 26 October | 11am | Vicky | Seated Move & Groove |
| Wednesday 28 October | 4pm | Sue & Joyce | Quiz |
| Friday 30 October | 2pm | Joel | Nature |

## Welcome Back to Milton Keynes!

As previously reported, we are now back in Milton Keynes after a break of more than five years — and what a start it has been! There is clearly a real need for the services we offer.

We've already enjoyed one lovely evening meal at the Hungry Horse, Furzton Lake back in the glorious summer, and we're now planning an evening meal at The Warbler on the Wharf on Wednesday 7 October, when I am hoping more members will join me - more details can be found on page 2.

Swimming is one of the activities that a number of members have mentioned they would like to try, and I'm told that the pool in Newport Pagnell is one of the best!

So, we're proposing to start an Enrych swimming group, with Enrych staff available to support members at the pool. We already have a date in the diary for November – please see page 2 for details. This is a session for people living with disability and is supported by a team of people at the pool. The cost is £5 per session.

If the group proves popular, we'd be very happy to make it a monthly activity going forward.

Please let Sue know if you would like to attend and what support, if any, you may need. We may even be able to offer a lift, although this will be offered on a first come, first served basis.

There is also Brunch at Furzton Lake in December, a chance to get together and wish each other a Merry Christmas.

If you're interested in this event – or anything else in the Newsletter – please do get in touch with Sue. We'd love to hear from you!


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## David & John

David and John were introduced to each other in October 2025. The two immediately hit it off as John is developing a new interest in woodwork and David has made many items around his house, such as side tables. David was also a keen traveller and John is originally from Italy so the two also like to swap travelling stories.

David isn't now able to get out as much as he used to and so seeing John every week is a welcome get together. When deciding which activity they may like to do together, David said that he liked walking in the local area and would love to be able to show John around. When I caught up with them both a few weeks later it turns out that they'd discovered a different activity to do together-baking! And even better than the baking is sampling the end result with a cup of tea!

David's family are quite spread out and sometimes aren't able to visit often. David says 'John is sometimes the only person that I see all week. He comes in most Friday's and we have a great chat' David refers to John as his friend and John said that he feels exactly the same about David.

John works remotely from home and contacted Enrych to volunteer as he was keen to meet new people and enjoys feeling like he is giving something back. John says 'The conversations have quietly reshaped how I think about my own relationships and the way I want to spend my time. It's become one of the better hours of my week.'

**A HUGE THANK YOU!**
**We would like to say a heartfelt thank you to the organisations that have recently supported Enrych Buckinghamshire through their generous funding.**
**Their continued support helps us to provide activities, opportunities and support for adults living with physical disabilities across Buckinghamshire.**
**We are incredibly grateful for your support**
**THANK YOU!**

Roger & Jean Jefcoate Trust

The Wooster Family Foundation

## Trip to Bournemouth

We had a great trip to Bournemouth in September. We arrived at the coast with blue skies and sunshine above us and disembarked quickly for much needed coffee and comfort breaks. It was soon time to go and have the obligatory fish and chips at Harry Ramsdens, which was thoroughly enjoyed by all. Delicious! Feeling suitably stuffed, some of us set off for a nice leisurely stroll along the pier, where we picked up some good old-fashioned sticks of rock and other seaside treats. Despite a slightly longer than planned coach trip home, nothing was able to dampen the enthusiasm and great energy of all of our members and staff!


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