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Spring Newsletter 2024

Hello Enrych Family

As the flowers bloom and the days lengthen, we're delighted to bring you the latest updates and happenings from Enrych Bucks. From exciting events to heartwarming stories, this season's Newsletter is filled with inspiration and community spirit. After all, who says Newsletters can't be as entertaining as they are informative?

I am forever asked about our informal little 2-year-old Mascot, Oscar. He is here to spread joy and cheer to all.

Whether he's lending a hand at events or giving a member his endless smiles, he is our pint-sized ambassador of happiness!

He is learning lots of new words and is very keen to explore the great outdoors with his boundless energy. He's certainly keeping us on our toes!



Website & Social Media

We have recently made some additions to our website—please do take a look.

www.enrychbuckinghamshire.org.uk



You will find some information and photos about our various Social Events in Buckinghamshire.

At the moment we just have the Craft Group and Swimming Group but in due course more will be added together with photos from our Day Trips and Holidays. If you attend any events and have some photos you would like to include please send them to Victoria.

You will also find a monthly calendar showing all social events, day trips and Zooms being held in Bucks and Oxon. There is something almost every single day Monday to Friday. You are welcome to join any/all regardless of where they are being held. Just let your coordinator know so we can ensure we always have enough space.

Have you seen our Facebook and Instagram pages?

If you have, you will know we regularly post with both Enrych news and local news. It would be great if you could follow us and like and share our posts in order to help us raise our profile, be seen by potential funders and people who may like to volunteer.

We currently have 300 followers—let's see if we can boost this to 500 before the summer!

Please help us so we can help you!
We want to stay connected with you and let you know what we are doing but postage is so expensive and due to rise again in April.
Please let us have your email address or that of a friend or family who could pass on our messages.
Many thanks



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Social Events

Here is our varied programme of social events. We look forward to welcoming you at any/all events.

APRIL				
Thursday	4th	Craft Group	2pm	Waitrose Café - Aylesbury, HP20 1AL
Friday	5th	Aylesbury Evening Meal	6.30pm	Harvester
Wednesday	10th	Aylesbury Lunch	12noon	Horse And Jockey - Aylesbury, HP19 9QL
Friday	12th	Cinema	TBA	TBC so do let Victoria know if interested
Wednesday	17th	High Wycombe Lunch	12 noon	Spindle & Thread - High Wycombe, HP13 5HP
Friday	26th	Quiz Night	6.50pm	Deans Court Community Centre, Oxford
MAY				
Thursday	2nd	Waterways Day Trip		Leaving Aylesbury at 11.15am
Thursday	2nd	Craft Group		** No Craft Group in May
Wednesday	8th	Aylesbury Lunch	12noon	Horse And Jockey - Aylesbury, HP19 9QL
Thursday	9th	Swimming		Aylesbury
Tuesday	14th	High Wycombe Lunch NB—Tuesday this month	12noon	Spindle & Thread - High Wycombe, HP13 5HP
Tuesday	21st	HW Evening	6.30pm	The Mayflower - Hazlemere, HP15 7NE
JUNE				
Thursday	6th	Craft Group	2pm	Waitrose Café - Aylesbury, HP20 1AL
Wednesday	12th	Aylesbury Lunch	12noon	Horse And Jockey - Aylesbury, HP19 9QL
Wednesday	19th	High Wycombe Lunch	12noon	Spindle & Thread - High Wycombe, HP13 5HP
Wednesday	26th	Bowling in Aylesbury	1pm	Rogue Bowling, Aylesbury, HP19 8DF approx £4
DATES FOR THE DIARY				
Tuesday	2nd	July		Cotswold Wildlife Park—see flyer
Thursday	12th	September		Day Trip—location TBA
Saturday	16th	November		The Enrych Tinsel & Turkey Holiday - see flyer

You are welcome to any event regardless of area and do remember friends, family & carers are all welcome as are volunteers with or without their member. Please let the contact person know if you would like to attend so we can confirm numbers which is really helpful for us and is a definite requirement for some of the events where payment will be required on booking.

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April 2024

Tuesday 2 April	2pm	Victoria	Seated Move & Groove
Wednesday 3 April	4pm	Sue	Games
Thursday 4 April	11am	Victoria	Bingo with a difference!
Monday 8 April	2pm	Sue	Seated Move & Groove
Tuesday 9 April	3pm	Victoria & Joyce	Quiz
Thursday 11 April	2pm	Victoria	Afternoon Chat
Monday 15 April	2pm	Joyce	Seated Move & Groove
Thursday 18 April	11am	Bridgid	Wellbeing
Monday 22 April	11am	Joel	Seated Move & Groove
Thursday 25 April	3pm	Sue	Book Group
Monday 29 April	11am	Sue	Seated Move & Groove
Tuesday 30 April	2.30pm	Sue	Name that Tune!
Friday 3 May	4pm	Sue & Joel	Quiz

An introduction to David Kennedy – Trustee



I first joined Enrych in 2012 as a Trustee and later as Chair of the Enrych Northamptonshire branch. I then moved to the Bucks branch and became Treasurer in 2023.

I'm the father of six children and grandfather to six grandchildren. Before Enrych, I worked for Avon Cosmetics for 38 years and worked and lived in Italy, Germany and Poland before retiring in 2004.

I joined Enrych largely because my eldest son was handicapped and would have enjoyed the Enrych activities and lunches. Because of seeing at first hand the work that Enrych did I volunteered with an Enrych member for about 7years and enjoyed the developing companionship and interests that we had together.

Being part of Enrych, supporting the Trustees, Members and Volunteers as Treasurer, is an enormous privilege and it is one of the best things I have ever done.

Waterways Day Trip—2 May 2024

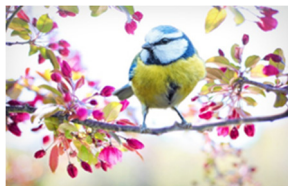
If you have not already done so, don't forget to sign up for the Waterways Trip on 2 May before all the places go!

Included in the very reasonable price is the coach from Aylesbury, the boat ride and a delicious picnic lunch.

The boat is accessible for wheelchair users and has a lift/platform for anyone who find steps challenging.

It should be a lovely day even if wet, but don't worry sunshine has been ordered!





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Wellbeing Day

A few weeks ago we (Bucks & Oxon) held a Wellbeing Day in Bicester, similar to the Fun Days we have held in the past.

Generally speaking this was aimed at new members although we were delighted to include a few members who have been with Enrych for some time. We had a fairly lively but friendly debate, a challenging quiz, a Seated Move & Groove session and some other activities as well as lots of chatting.

Everyone appeared to enjoy the day. New friendships were started and we received some great feedback about the day, so much so that we will plan more days like this across both Bucks and Oxon.

If you are interested in joining a Wellbeing Day at some point in the future, please let Sue or Victoria know.



Member Annual Evaluation

This year we have introduced a Member Annual Evaluation form for people whose life has really been impacted by Enrych in the last 12 months. These are comments from one of these:

Please describe your life before you joined Enrych

I was lonely and felt so miserable. I didn't go anywhere and just stayed at home.

Were there any barriers preventing you doing any of the things Enrych was offering you and how did Enrych help you overcome them?

Confidence and motivation were an issue for me but Victoria's happy smile encouraged and motivated me to attend a lunch.

Since joining Enrych what have you done?

Loads! In fact, I do everything on offer in Bucks and some in Oxon too.

Please try and capture your thoughts about Enrych in a quote we can use

"I would not be here now without Enrych" said with tears

When someone mentions Enrych what is the first thing that springs to mind?

Victoria, people, friends, Sue, Joel...

Is there anything else you would like to say?

Enrych really has changed my life and given me a purpose

If you feel your life has also been impacted by Enrych in the last year, please let us know so we can complete a form with you