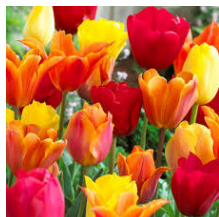


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Spring Newsletter 2025

As I write this, the sun is shining, and I can't help but get excited about all the fun that spring brings! There's just something about warm, sunny days that makes everything feel a little brighter—perfect for getting outside, enjoying nature, and spending time together.

One of my absolute favourite memories from last year was our picnic in Vale Park, Aylesbury - so much laughter, sunshine, and even a few ball games like catch! Everyone brought chairs or blankets, and with parking right next to the area, it was super easy for everyone to join in. I'd love to do it again this summer, so let me know if you're up for it!

I'm also hoping to plan some local walks - maybe a wander through Wendover Woods or a scenic stroll along the canal and, of course, no walk is complete without a stop for coffee and cake. I can't go more than 20 minutes without a coffee in my hand, and my sweet tooth won't let me pass up a treat! If you'd love to join but need a lift, I can help with transport from local areas (though there's only one of me, so spaces will be limited!).

Don't forget to check out the flyer for our upcoming Canal trip in May - this one always fills up fast! There's nothing quite like gliding along the water, spotting ducks and swans, and soaking up the peaceful surroundings. Plus, the boat is fully accessible, with a lift and disabled-friendly toilets, so everyone can come along and enjoy the day.

I can't wait to make more sunny memories with you all! Let me know if you're interested in any of these events- I'd love to see you there!



FUNDRAISING

Do you have a creative fundraising idea that you think could make a difference? Whether it's an event you've attended before, an activity you're passionate about, or a unique concept you've come up with, we want to know! Here are a few questions to get your brainstorming started:

- Have you participated in a memorable fundraising event in the past? What made it special?
- Do you have a hobby or skill that could be turned into a fundraising opportunity?
- Are there community events or traditions that we could leverage for a fundraiser?
- Do you know of any local businesses that might be interested in partnering with us for a charity event?

Your ideas could lead to our next big fundraiser, bringing joy and support to countless individuals in our community. Plus, getting involved in planning and executing these events is a great way to connect with others and make a tangible impact.

We welcome all suggestions, big or small, and we're excited to explore the possibilities together. By pooling our creativity and resources, we can create fundraising events that are not only effective but also enjoyable for everyone involved.

Your contribution can make a meaningful impact on someone's life!

If you would like to donate please pay by BACS please add donation as the reference

Enrych Buckinghamshire, 40-52-40, 00020871



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APRIL				
Thursday	3rd	Craft Group	2pm	Waitrose Café - Aylesbury, HP20 1AL
Wednesday	9th	Aylesbury Lunch	12noon	Horse And Jockey - Aylesbury, HP19 9QL
Thursday	10th	Coffee in Buckingham	11am	Costa, Needlepin Way, Buckingham
Tuesday	15th	Bowling in Aylesbury	1pm	Rogue Bowling
Wednesday	16th	High Wycombe Lunch	12 noon	Spindle & Thread - High Wycombe, HP13 5HP
Thursday	24th	Cotswold Car Museum	TBC	TBC
MAY				
Thursday	1st	Craft Group	2pm	Waitrose Café - Aylesbury, HP20 1AL
Friday	2nd	Cinema in Aylesbury	TBC	Odeon
Wednesday	7th	Coffee in Buckingham	11am	Costa, Needlepin Way, Buckingham
Tuesday	13th	Canal Trip	See flyer	See flyer
Wednesday	14th	Aylesbury Lunch	12noon	Horse And Jockey - Aylesbury, HP19 9QL
Wednesday	21st	High Wycombe Lunch	12noon	Spindle & Thread - High Wycombe, HP13 5HP
Thursday	22nd	College Lake	TBC	TBC
Friday	30th	Coffee in Prince Risborough	12 Noon	The Crew Cafe
JUNE				
Wednesday	4th	Millets Farm	TBC	TBC
Thursday	5th	Craft Group	2pm	Waitrose Café - Aylesbury, HP20 1AL
Wednesday	11th	Aylesbury Lunch	12noon	Horse And Jockey - Aylesbury, HP19 9QL
Thursday	12th	Coffee in Buckingham	11am	Costa, Needlepin Way, Buckingham
Wednesday	18th	High Wycombe Lunch	12noon	Spindle & Thread - High Wycombe, HP13 5HP
Tuesday	24th	Evening Meal, Aylesbury	6.30pm	The Harvester
Wednesday	25th	Chiltern Open Air Museum	TBC	See flyer
Friday	27th	Coffee in Prince Risborough	12 noon	The Crew Cafe
DATES FOR THE DIARY				
Tuesday	1st	July	TBC	Woburn Safari, Woburn (Coach)
Thursday	15th	July	TBC	Turweston Airfield, Nr Silverstone
Wednesday	1st	October	TBC	Stratford-Upon-Avon (Coach)

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.



Spring Newsletter 2025



Our recent trip to *Sing The Musicals* at the Waterside Theatre in Aylesbury was an absolute blast, filled with great company, laughter, and plenty of singing! We kicked off the evening with a fun and chatty meal at Wetherspoons before taking the short two-minute walk to the theatre. Getting in was a breeze, with easy access and pre-booked seating options that suited everyone.

The theatre was buzzing with excitement, and as soon as the live band started playing, the energy in the room was incredible. Huge screens displayed the lyrics, and we all joined in, belting out classics from Mamma Mia!, Les Misérables, The Lion King, The Greatest Showman, Frozen, Wicked, Mary Poppins, Oliver!, The Rocky Horror Show, The Phantom of the Opera, Cats, The Sound of Music, The Jungle Book, Hamilton, and We Will Rock You.

Victoria, of course, sang her heart out to the Disney songs – no surprises there!

Looking back, it's safe to say everyone had a fantastic time. Between the great pre-show catch-up, the lively crowd, and the amazing performance, it was a night to remember. If you missed this one, we'd love to see you at the next Enrych event!



REMAP is the UK's only charity providing custom-made equipment, free of charge for disabled people.

Every year they help an average of around 3,000 people experiencing disability, thanks to the network of 65 volunteer-run branches who are governed by a Board of Trustees.

A few examples of their work:

- * TV remote control holder for wheelchair
- * A removable tray for a walking frame
- * Food preparation device for Amputee
- * Velcro shoe grabber
- * Mouth operated piano foot pedal

If you need help, please reach out to REMAP to see if they can help:

W <https://remap.org.uk/>

T 01732 760209

Canal Trip

On Tuesday 13 May we are heading off to the Grand Union Canal near Hemel Hempstead for a trip on the Sheldrake III which is a fully accessible boat.

We will travel through locks where you may be able to exit the boat and assist with some of the locks if you would like to.

Anyone interested will have the opportunity to steer the boat under the watchful eye of the captain and whether it rains or shines, you will have a wonderful view with the sliding roof and windows on three sides.

The cost of the trip includes the coach from Oxford or Aylesbury, the boat and a delicious buffet lunch. If you are interested in joining us please complete and return the attached flyer now. We are limited with wheelchair spaces so it is first come, first serve.



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Spring Newsletter 2025

Zooms for April

Tuesday 1 April	11am	Joyce	Seated Move & Groove
Thursday 3 April	11am	Sue	Games
Friday 4 April	4pm	Sue & Victoria	Quiz
Monday 7 April	2pm	Joel	Seated Move & Groove
Tuesday 8 April	11am	Victoria	Zoom Around the World
Thursday 10 April	2pm	Bridgid Hess	Wellbeing
Friday 11 April	11am	Victoria	Coffee Morning Chat
Monday 14 April	4pm	Joel	Nature
Tuesday 15 April	12noon	Sue	Seated Move & Groove
Thursday 17 April	2pm	Sue & Joyce	Quiz
Tuesday 22 April	11am	Victoria	Seated Move & Groove
Wednesday 23 April	4pm	Sue	Name that Tune!
Friday 25 April	2pm	Sue	Bingo
Tuesday 29 April	12noon	Sue	Seated Move & Groove
Wednesday 30 April	2pm	Joyce & Joel	Quiz
Thursday 1 May	11am	Joel	Coffee Morning Chat

Amanda & Stella's Story

Earlier this year, Amanda suffered a stroke that severely affected her peripheral vision, leaving her feeling isolated after leading a busy working life.

Thanks to Victoria, Amanda was paired with Enrych volunteer Stella. They've quickly formed a strong connection enjoying weekly adventures together; visiting a variety of places, including coffee shops and graveyards, which is something Amanda has a keen interest in for her family history.

During their outings, Stella reads the details from the gravestones aloud to Amanda and guides her around the sites, making sure she moves safely without bumping into anything. So far, they've visited graves in Brill, Hardwick, and so many more

Every visit is made even more engaging as they always pick up a free booklet from each church which helps them learn more interesting facts about the local history. They also enjoy a homemade picnic either on a park bench or in the car, turning the trips into a fun and cost-free day out.

Reflecting on her journey, Amanda shared: "I used to come up with excuses not to go out because my anxiety was so high. Stella has helped me overcome my fears so much so that I'm always ready, eager and excited to go out with Stella! I feel safe with Stella, and she has made such a big difference in my life. She's so funny."

Stella's visits and support have not only boosted Amanda's confidence but have also brought joy and laughter back into her life. Where anxiety once held her back, now there's excitement and readiness to embrace the world again. Their friendship has been a source of comfort and positivity, with Amanda feeling truly safe and uplifted by Stella's warm and fun personality.

