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Summer Newsletter 2022

Hello Everyone,

What a fantastic few months we have all had. I hope everyone has enjoyed the weather and has made some cherished memories celebrating the Queen's Jubilee – we know we have! And a big well done to Sam Rider for representing the UK and coming second in the Eurovision Song Contest!

We have been busy, busy this month so here are a few highlights on what goes on at Enrych Buckinghamshire

Picnic in Vale Park Come rain, come shine Enrych is here!



Typical lunches in High Wycombe & Aylesbury



Come and join us for:
Knitting
Card making
Beading
Colouring
Sewing
or any other craft you would like to do whilst socialising with others



A day trip to the seaside (Oh I do like to besides the seaside...)



Lots of different zoom sessions on each week



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Social Events

We look forward to welcoming you to any/all events.

Date

Place

Monthly Pub Lunch

Horse & Jockey, Buckingham Road, Aylesbury, HP19 9QL

This is held on the 2nd Wednesday every month starting at 12 noon:

- Wednesday 13 July
- Wednesday 10 August
- Wednesday 14 September

Monthly Pub Lunch

The Spindle & Thread, Bellfield Road, High Wycombe, HP13 5HP

This is held on the 3rd Wednesday every month starting at 12 noon

- Wednesday 20 July
- Wednesday 17 August
- Wednesday 21 September

Coffee Morning

Morrison's Main Café, High Wycombe

This is held on the first Tuesday every month starting at 10.30am

- Tuesday 5 July
- Tuesday 2 August
- Tuesday 6 September

Games Morning

Health Living Centre, Aylesbury

This will be held on 3rd Tuesday every month starting at 11.30am.

- Tuesday 19 July
- Tuesday 16 August
- Tuesday 20 September

Art Group

Health Living Centre, Aylesbury

This is held on the 1st Thursday every month starting at 2-4pm

- Thursday 7 July
- Thursday 4 August
- Thursday 1 September

Picnic in High Wycombe

The Rye, in front of the swimming pool , 12 noon

Tuesday 12 July

***NEW* Evening meal**

Wednesday 27 July

Harvester, Aylesbury, Bicester Rd, Aylesbury HP19 8BU, 6.30pm

***NEW* Evening meal**

Wednesday 24 August

The Mayflower, 193, Penn Road, Hazlemere, HP15 7NE, 6.30pm

***NEW* Afternoon Tea**

Thursday 8 September

Dobbie's Garden Centre, Aylesbury Rd, Weston Turville, HP22 6BD, 2.30pm

To book any of our *new* events please let Victoria know as soon as possible as bookings need to be made with each venue in advance.

We are in urgent need of more volunteers from across the county.

* If you are already a volunteer could you spare time to volunteer for someone else, possible alternate weeks, or do you have a friend, family member or colleague who may like to volunteer?

* If you are a member, do you have any family, friends or carers who may wish to volunteer?

* Do you belong to a group where you could ask for volunteers or put up a poster?

If you have answered yes to any of these questions, please do get in touch with one of us





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Sam's Story

In May 2020, during the start of the COVID 19 pandemic, I decided I wanted to help with something. Anything. I did some research and found a Charity called Enrych, who were advertising for volunteers to support people who may be suffering more than usual, due to lockdown. I had my Zoom interview with Victoria Eele at the beginning of June, had my background checks done, and was given the name of a lady in a nearby town, to contact on a regular basis, as her new 'friend'. After a few weeks of calling regularly, it seemed that the lady's husband required more support than she did, not only looking after his wife, but also being the main contact for their grown-up, autistic daughter.

I have thoroughly enjoyed getting to know this family. I now consider them my friends. Since our first calls, I have been to their house on several occasions, sometimes with my husband, and they welcome me/us like family. Hugs are always exchanged! Whenever possible, we also meet up for coffee and a catch-up.

My husband and I have been travelling around the country, looking after people's animals and homes, while they're on holiday, and I send photographs of where we are and what we're doing via WhatsApp, just as any family member would.

I would whole-heartedly recommend volunteering for Enrych. Having thought I would just be 'helping others', I have personally got so much out of it too.

Please regularly check in your Junk/Spam box as it appears that some of our emails are routing here rather than to your Inbox as use they used to.

NEWS FLASH

Warm Home Discount Scheme

You could get £150 off your electricity bill under the Warm Home Discount Scheme.

The money is not paid to you - it is a one-off discount on your electricity bill, between Sept and March.

You may be able to get the discount on your gas bill instead if your supplier provides you with both gas and electricity. Contact your supplier to find out more.

Day Trips

We are considering doing some half day trips to different places using a regular car or a Motability car when we can. This would be for a maximum of 4 people per trip with Victoria as host/driver.

Pick up/drop-off from your door.

If there is somewhere you would like to go, please do get in touch. There would be a small fee towards mileage costs with entry fees etc on top.

Places to consider:

A walk in Wendover Woods

Chiltern Open Air Museum

Waddesdon Manor

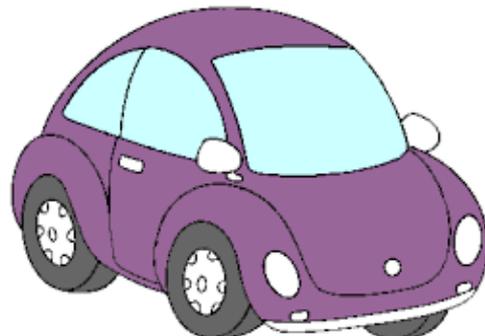
Bletchley Park

Trips to the Cinema

Natural History Museum in Tring

A visit to Tiggywinkles

Hellfire Caves



GET IN TOUCH WITH VICTORIA NOW IF YOU ARE INTERESTED



Summer Newsletter 2022

Meet our Trustees

I can't quite believe that almost 3 years have passed since I became the Chair of Enrych Buckinghamshire and as I re-read the words I wrote in 2019 for the Newsletter all I can say is 'wow' who knew what 2020 would bring. Our world seems to have changed almost beyond recognition, we have endured extended 'lockdowns' suffered the loss of loved ones and have had to embrace the increased use of technology whether we liked it or not. We have seen our freedoms and our sense of safety in public places eroded. What hasn't changed I hope is our determination to carve out a way of living that embraces some of the changes for the better whilst striving to return to a more socially active life of interacting with real people on a face to face basis. At Enrych we are striving to make this happen for as many people as possible. We remain committed to improving our members quality of life with the help of our wonderful staff, Victoria and Sue, and all of our fantastic volunteers.



I am aware that as so much has changed, including our membership, that some of you may not really know me, so with apologies to those that do here's a quick resume;

I have lived and worked in Aylesbury since 1972 with a brief spell spent in Harrogate to look after my partner Lynda's parents between 2001 - 2004. I gave up work in 2017 to be able to spend more time looking after Lynda more effectively. We are both members of the National Trust and Royal Horticultural Society and we hope to spend more time making better use of our membership.

Liam Strong

Zoom Programme for July 2022

Monday 4 July	12 noon	Recorded	Keep on Moving
Wednesday 6 July	2pm	Pei-Ling	Friends against Scams - Trading Standards
Thursday 7 July	11am	Sue	Quiz
Monday 11 July	12 noon	Felicity	Keep on Moving
Wednesday 13 July	3pm	Joel	Afternoon Tea Chat
Thursday 14 July	11am	Felicity	Bingo
Tuesday 19 July	11.30am	Felicity	Keep on Moving
Wednesday 20 July	4pm	Sue	Games Afternoon
Thursday 21 July	11am	Bridgid	Wellbeing Session with Bridgid
Monday 25 July	12noon	Felicity	Keep on Moving
Tuesday 26 July	11.30am	Victoria & Felicity	Quiz
Wednesday 27 July	2.30pm	Sue & Nicky	Book Group
Thursday 28 July	4pm	Victoria	Bingo

If you want to join any of these sessions please let Victoria know - victoria.eele@enrych.org.uk