



# Autumn Newsletter 2025

As Halloween approaches and the spooky season settles in, we're keeping things fun and bubbly here at Enrych! October is packed with Zoom sessions that will make you laugh, get your creative juices flowing, and maybe even send a little chill down your spine! Whether you're looking to craft your own creepy creations, share some ghost stories, or just enjoy the season, we've got something for everyone.

In this edition, we've got all the latest on what we've been up to at Enrych, from exciting activities to heartwarming stories of connection. And in case you haven't met her yet, allow us to introduce Vicky #2 (yes, there are now TWO of us!)—the newest addition to our team. She's already making a splash, and we can't wait for you to get to know her better.

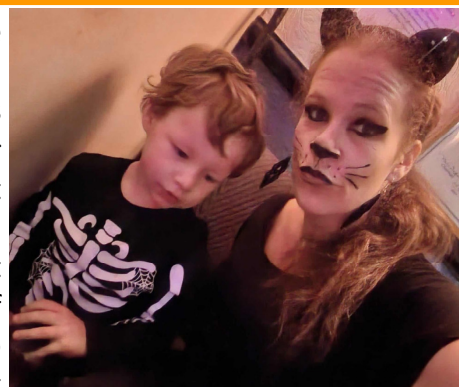
On a personal note, my little 3-year-old Oscar has been keeping me on my toes as usual! He's totally obsessed with learning about the human body right now, but he's also fascinated by planets. Maybe he'll be a doctor in space one day—who knows?! For now, though, he's busy diagnosing his stuffed animals and pointing out constellations in the night sky.

This year, Enrych had an absolutely fantastic time on our holiday - full of laughter, adventure and great memories. From relaxing moments to fun activities that brought everyone together, it was truly a trip to remember. We also enjoyed some wonderful small boat trips this summer—nothing beats a peaceful day out on the water, soaking in good company and beautiful views.

If you missed out this year, don't worry! Keep an eye on our upcoming updates so you don't miss out on next year's holiday and boat trips. Trust me, you won't want to miss it!

As Walt Disney once said, "The way to get started is to quit talking and begin doing." So, let's keep the fun going - join us on Zoom, take part in our activities, and let's create some magic together!

Enjoy the newsletter, and we hope to see you at one of our upcoming Zoom sessions soon!



## Enrych Bucks is Coming to Milton Keynes!



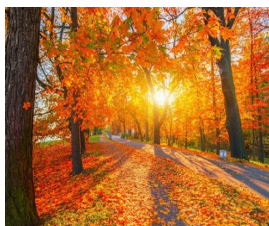
Big news, everyone - Enrych Bucks is expanding to Milton Keynes, and we couldn't be more excited! It's a brand-new chapter for us, and we can't wait to meet all of you in MK and start building some great memories together. Whether you've been with us for years or are just hearing about us now, we're so thrilled to offer more opportunities for fun, connection, and support in this vibrant city.

We'll be kicking things off with an evening meal at The Barn (see the calendar for details) and a cozy meetup at Costa Coffee in the MK Centre, right when all the Christmas lights are twinkling! Who else is excited to see the lights in full glow? I know I am! And I've got to ask... is the little Christmas train still running around the shopping centre? I think it adds such a magical touch to the season.

As we settle into Milton Keynes, we'd love to hear from you - what would you like to do with Enrych in MK? We're all about fun and inclusive activities, and your feedback is key in helping us create the best experiences for everyone. Whether you have ideas for new meetups, trips, or anything in between, let us know!

So, keep an eye on the calendar for upcoming events, and get ready to be part of the exciting Enrych journey in Milton Keynes. We can't wait to meet you all, enjoy some tasty meals, take in the festive lights, and start making memories.

See you soon, MK!



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OCTOBER				
Wednesday	1st	Stratford-upon-Avon		Day Trip
Thursday	2nd	Craft Group	2pm	Waitrose Café - Aylesbury, HP20 1AL
Monday	6th	Coffee & Craft Group	1pm	Metro Lounge, Amersham, HP6 5BX
Wednesday	8th	Aylesbury Lunch	12 noon	Horse And Jockey - Aylesbury, HP19 9QL
Thursday	16th	Evening Meal, MK	6.30pm	Beefeater, The Barn - Milton Keynes, MK9 3BZ
Thursday	22nd	Evening Meal, Aylesbury	6.30pm	The Harvester, Aylesbury, HP19 8BU
Wednesday	15th	High Wycombe Lunch	12 noon	Spindle & Thread - High Wycombe, HP13 5HP
Monday	27th	Tea & Cake	1pm	The Crew Café, Princes Borough
NOVEMBER				
Monday	3rd	Coffee & Craft Group	1pm	Metro Lounge, Amersham, HP6 5BX
Thursday	6th	Craft Group	2pm	Waitrose Café - Aylesbury, HP20 1AL
Friday	7th	Bowling	12 noon	Rogue Bowling, Aylesbury, HP19 9DB
Friday	7th	Quiz Night & Supper	7pm	Thame Guide Hall, Southern Rd, Thame, OX9 2EP *
Wednesday	12th	Aylesbury Lunch	12 noon	Horse And Jockey - Aylesbury, HP19 9QL
Wednesday	19th	High Wycombe Lunch	12 noon	Spindle & Thread - High Wycombe, HP13 5HP
Thursday	20th	Evening Meal, MK	6.30pm	Beefeater, The Barn - Milton Keynes, MK9 3BZ
Monday	24th	Tea & Cake	10.30am	The Crew Café, Princes Borough
DECEMBER				
Tuesday	2nd	Christmas Coffee	10.30am	Costa Coffee, MK Centre, Unit 127 nr John Lewis
Wednesday	3rd	High Wycombe Xmas Lunch	12 noon	Spindle & Thread - High Wycombe, HP13 5HP *
Thursday	4th	Craft Group	2pm	Waitrose Café - Aylesbury, HP20 1AL **
Wednesday	10th	Aylesbury Xmas Lunch	12 noon	Horse And Jockey - Aylesbury, HP19 9QL *
Monday	15th	Tea & Cake	1pm	The Crew Café, Princes Borough

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 us 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.

\* The Thame Quiz and both the Aylesbury and High Wycombe Christmas Lunches need to be pre-booked. Booking forms attached

\*\* There will be no Craft Group on 1st January 2026

## Coffee & Craft Group in Chesham

A new Coffee and Crafts meet up will be happening on Monday 6<sup>th</sup> October at the Metro Lounge, Amersham, HP6 5BX, 1-3pm. The café has lots of delicious cakes, snacks and drinks and we can chat and craft together! Please feel free to bring a craft project that you're working on or just come for a coffee.

This event will be running each month, please keep an eye on the calendar for future meet ups.



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## Bus Facilitation

Here at Enrych we are passionate about empowering our members and working with them to achieve a goal.

When I met David in August, his aim was to get on the bus and go to High Wycombe. He has regularly made this journey but had lost confidence following some health issues and hadn't been to the town for a year. David also had a new rollator to try out.

David decided that he would like to give it a try, so one Wednesday we boarded the bus and made the 30 minute journey to High Wycombe, with David popping into the opticians, making future appointments and picking up some shopping whilst we were there. David even saw someone that he used to work with on the bus!

David said that he enjoyed the outing and is planning to do a solo bus trip at some point in the future. All in all, a successful day out!

If there is something that you would like to achieve and feel that you need some support, please get in touch with your coordinator and we can arrange to meet with you and discuss.



Jack Davis

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We have heard from a few people who have used Accessible Cars operated by Jack Davis and found it to be an excellent service. If you are looking for a wheelchair accessible taxi, this may be the company for you!

**Enrych Buckinghamshire is not endorsing any businesses, services or groups mentioned in this Newsletter, but we hope the information may be of interest to our Members.**



## Enrych's Day Out with Wallingford Accessible Boat Club

This year, we had the chance to join the Wallingford Accessible Boat Club for a couple of great trips. The boat is fully accessible, so everyone could take part and enjoy the experience. With stunning views, crisp air, and (most importantly) fantastic company, it was a perfect day out for all of us. As part of the trip, we cruised along the river, soaking in the peaceful atmosphere and chatting with friends. It was a relaxing way to enjoy the outdoors, and everyone had a good time.

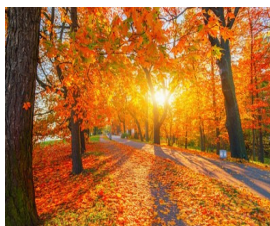
To top it all off, we had lunch at a local pub - who can say no to classic fish and chips by the river?! It was the ideal way to end a lovely day out!

Now, a quick note: Victoria did take the helm for a while (yes, she became Captain!), but don't worry -there were no "Titanic moments" to worry about! Thankfully, we all made it back safe and sound.

If you missed out this time, don't worry! Be sure to keep an eye out for our future boat trips, and we hope to see you on the water next time.







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## October 2025

As usual, please let Sue know which Zooms you would like to join

Thursday 2 October	12noon	Joyce	Seated Move & Groove
Friday 3 October	11am	Victoria	Coffee Morning Chat
Monday 6 October	4pm	Joel	Desert Island Disc
Tuesday 7 October	11am	Sue	Intro to Tai Chi
Thursday 9 October	2pm	Sue & Joyce	Quiz
Friday 10 October	10.30am	Victoria	Seated Move & Groove
Monday 13 October	11am	Vicky	Seated Move & Groove
Wednesday 15 October	4pm	Sue	Games
Thursday 16 October	11am	Joel	Wellbeing
Tuesday 21 October	11am	Sue	Seated Move & Groove
Wednesday 22 October	4pm	Sue & Joel	Quiz
Friday 24 October	11am	Lee & Jo	Zoom Around the World
Monday 27 October	12noon	Joel	Seated Move & Groove
Tuesday 28 October	4pm	Joyce	Bingo
Thursday 30 October	2pm	Sue	Intro to Tai Chi
Friday 31 October	11am	Vicky & Victoria	Quiz

## Welcome Vicky

Hello, everyone! I'm Vicky and I joined Enrych at the beginning of August, as the new project Coordinator for the South Bucks area, covering High Wycombe, Chesham etc. I've met a lot of you at various meet ups and online activities since then and hope to meet many more in the coming months.

I previously worked in Health and Social Care for many years and also work as a Foot Health Practitioner, when I'm not at Enrych. I like to keep busy! Outside of work, I like to spend time with my family and friends, travel and Morris dance. I'm hoping that joining some of the online quizzes will also increase my general knowledge.

I'm going to be looking at setting up new social events in the South Bucks area, so please do contact me if you have any ideas or something that you would really like to do.

My email address is [victoria.swanwick@enrych.org.uk](mailto:victoria.swanwick@enrych.org.uk) and my telephone number is 07519 169150.

Hope to see you soon!

