



Summer Newsletter 2024

Welcome to the Enrych Bucks Summer Newsletter!

Grab your sunglasses and slap on some sunscreen because the Enrych Bucks Summer Newsletter is here to turn up the heat! As we dive into the sunny season, we've got a lineup hotter than a scorching July day. From tales of what we've been up to, to events coming up including a picnic in the park, we're ready to make this summer sizzle. Get ready for a splash of fun, a sprinkle of inspiration, and a whole lot of laughter as we navigate the sunniest days of the year. So, sit back, relax, and let's make this a summer to remember—minus the sunburn! ☀️🍦😊

A Day on the Water: Celebrating Accessibility and Inclusion on our recent Boat Trip



In May we at Enrych Bucks took to the water traveling down a canal. The spirit of adventure and the beauty of the local Grand Union came together in a remarkable way as a group of Enrych family embarked on an unforgettable boat trip.

This was a fantastic opportunity offered to us by the not-for profit

organisation 'Waterways Experience'. This event was a testament to the power of inclusivity and the joy of experiencing the natural world, regardless of physical limitations.

Exploring wildlife from a canal boat offers a unique and serene vantage point to observe the natural world. As the boat glided quietly along the waterways, we witnessed a diverse array of wildlife in their natural habitats. Ducks and swans paddled gracefully alongside, occasionally approaching the boat out of curiosity.

To make the day even better we got the amazing treat of a delicious lunch made by our very own Linda. Picture this: a beautifully set table, laden with a selection of fresh sandwiches, cakes and sausage rolls. The sandwiches are filled with an assortment of tasty ingredients like coronation chicken, cheese and pickle, ham and a classic egg and cress. Next to them, a platter of golden, flaky sausage rolls, their savoury aroma tempting everyone onboard. For dessert, a selection of cakes awaits – from rich chocolate brownies and tangy lemon drizzle cake to delicate Victorian sponge slices.

As the boat gently cruises along the canal, we all savoured each bite, enjoyed the picturesque views and the peaceful ambiance, making it a perfect outing for relaxation and indulgence.

Coordinator
 Victoria Eele
 07543 184358
 victoria.eele@enrych.org.uk

Line Manager
 Susan Linnett
 07518 300387
 susan.linnett@enrych.org.uk



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| JULY | | | | |
|---------------------|------|----------------------------|---------|---|
| Tuesday | 2nd | Cotswold Wildlife Park | | Coach from Aylesbury & Oxford |
| Thursday | 4th | Craft Group | 2pm | Waitrose Café - Aylesbury, HP20 1AL |
| Wednesday | 10th | Aylesbury Lunch | 12noon | Horse And Jockey - Aylesbury, HP19 9QL |
| Friday | 12th | Boat Trip (2 hour) | 10am | Wallingford Accessible Boat – see page 4 |
| Wednesday | 17th | High Wycombe Lunch | 12 noon | Spindle & Thread - High Wycombe, HP13 5HP |
| Thursday | 18th | Picnic in Vale Park | 12 noon | Park Street, Aylesbury, HP20 1DX - see page 5 |
| Tuesday | 23rd | Swimming in Buckingham | 12 noon | Swan Pool, Buckingham, MK18 1AE |
| Friday | 26th | Thame Lunch | 12 noon | Prezzo, Thame, OX9 3EW |
| Tuesday | 30th | Coffee, Princes Risborough | 11am | The Crew, Stratton Rd, Princes Risborough |
| AUGUST | | | | |
| Thursday | 1st | Craft Group | 2pm | Waitrose Café - Aylesbury, HP20 1AL |
| Thursday | 8th | Boat Trip (2 hour) | 10am | Wallingford Accessible Boat – see page 5 |
| Friday | 9th | Walk in Wendover Woods | 11am | Contact Victoria for meeting place |
| Wednesday | 14th | Aylesbury Lunch | 12 noon | Horse And Jockey - Aylesbury, HP19 9QL |
| Wednesday | 21st | High Wycombe Lunch | 12 noon | Spindle & Thread - High Wycombe, HP13 5HP |
| SEPTEMBER | | | | |
| Thursday | 5th | Craft Group | 2pm | Waitrose Café - Aylesbury, HP20 1AL |
| Tuesday | 10th | Thame Lunch | 12 noon | Black Horse, Thame, OX9 2BL |
| Wednesday | 11th | Aylesbury Lunch | 12noon | Horse And Jockey - Aylesbury, HP19 9QL |
| Thursday | 12th | Day Trip - TBA | | |
| Wednesday | 18th | High Wycombe Lunch | 12 noon | Spindle & Thread - High Wycombe, HP13 5HP |
| Thursday | 19th | Cinema in Aylesbury | TBC | TBC nearer the time |
| Tuesday | 24th | Coffee, Princes Risborough | 11am | The Crew, Stratton Rd, Princes Risborough |
| Thursday | 26th | Aylesbury Evening Meal | 6.30pm | Harvester, Broadfields Retail Park |
| DATES FOR THE DIARY | | | | |
| Saturday | 16th | November | | The Enrych Tinsel & Turkey Holiday |



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Elizabeth and Malavika in a partnership since March 2023



Before Malavika, Liz was very shy, was lacking in confidence and was lonely. She says she now feels like a new woman and her confidence has grown.

“We meet weekly but on an ad hoc basis which suits us both. We give each other a ring to arrange the next one or we arrange our next visit before she goes.

We play cards like rummy, twist, cheat etc. We also like playing scrabble and Ludo. Occasionally we go out for lunch and sometimes Malavika reads to me as although I absolutely love reading, I really struggle to hold a book and focus these days.

We really enjoy having a chat together about our experiences in life and I love hearing about Malavika’s day at school and what she is studying for A-levels.

Enrych is very good because it enables you do things that you probably wouldn’t have done before. I must also add that the staff at Enrych are so committed to their jobs.

Malavika, now 18, became my volunteer when just 17. She has made such a huge difference to my life.”

Liz, Member from Amersham

Aswell as having a volunteer with Enrych, Liz also joins in on our weekly Seated Exercises sessions which she says has such a positive impact and something she really looks forward to. If you would like to join this Zoom or any of our Zooms, do get in touch.

Sports & Movement

We are introducing a new service we are calling our **Moving Forward Club** covering both Oxon & Bucks. Regardless of our disabilities we know that we all need to move more so we wanted to offer lots of different opportunities - something for everyone!

This will include sports and activities such a Wheelchair Tennis, Swimming, Ten Pin Bowling, Local Walks, Wheelchair Dancing with more opportunities to follow in due course:

| | | |
|--|---------------------------|--|
| Tuesdays | Wheelchair Tennis | White Horse Leisure & Tennis Centre, Abingdon |
| NB You don't need to be a wheelchair user as special wheelchairs are available to use | | |
| Wednesdays | Wheelchair Dancing | Windrush leisure Centre, Witney |
| Tuesday 23 July | Swimming | Buckingham - more dates/locations to follow |
| Friday 9 August | Local walks | Wendover Woods - more dates/locations to follow |
| Monday 19 August | Bowling | Kassam Stadium, Oxford |
| Thursday 5 Sept | Bowling | Banbury Bowl, Banbury |
| Weekly | Zoom | Seated Move & Groove - see Zoom schedule |

If you are interested in any of these events and would like more information, please contact Victoria.



Many pubs, restaurants and hotels across Buckinghamshire support the **Ask for Angela** initiative. Ask for Angela helps to raise awareness of sexual violence and abuse. The aim is to stop harassment that is sometimes experienced across late night venues.

If you are feeling unsafe or threatened whilst on a date, you can alert the bar staff by asking for Angela. The bar staff will then defuse the situation or arrange to get you home safely.

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07543 184358
victoria.eele@enrych.org.uk

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Costs of Day Trips

You may have seen that the cost of our days trips by coach have steadily increased quite a bit over the last few years. This is due to the cost of the coach, and entry fees etc. The charge that Enrych makes only ever covers the cost of the coach, and in some case has not done this, when numbers have been lower than hoped for.

We want to continue to offer these opportunities but are unable to without covering costs so if you see a trip being offered that you are interested, please let us know as soon as possible, so that we can make a decision about whether to go ahead in good time without incurring a cancellation charges.

Due to these high costs, we are also offering more local trips using our cars, which does mean we sadly cannot accommodate powered wheelchair users and only a limited of members with manual wheelchairs and rollators on each trip, although anyone able/willing to make their own way is always welcome.

With these trips, we will pick you up from home but will make a small charge towards our fuel costs.

Whilst we are keen to engage new members on these trips all members are welcome so when we advertise these trips, please do let us know if you are interested.



Join Us for a Picnic in the Park!



Summer is in full swing, and it's the perfect time for a delightful picnic in the park with Enrych Bucks! Grab your favourite picnic blanket, a comfy deckchair and pack your tastiest treats to join us for an afternoon of fun, food, and fantastic company.

Bring along your friends, family and a basket full of goodies. Whether it's sandwiches, salads or sweets, we can't wait to see what delicious dishes you'll share.

Come ready for laughter, games, and maybe even a surprise or two! Let's make this picnic a highlight of the summer!

Date: Thursday 18th July

Time: 12 Noon

Location: Meet outside Aqua Vale Swimming and Fitness Centre Park St, Aylesbury HP20 1DX

ANAGRAMS - Can you work out what these items are that you might find at a picnic?

DANCE SWISH

FINDERS

AMOTTO

SEAGULLL SOAR

DASH LAMA

POKING SIPPER

POKE RIP

EAD PREP

PALE PIPE

Contact Victoria for the answers

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Wallingford Accessible Boat Club Trips

Last year we jumped aboard the Wallingford Accessible Boat Club's wheelyboat and enjoyed some lovely voyages along the river. If you're not already aware, the club have a small boat that can carry up to six passengers including one wheelchair user. It has a back that folds down into a ramp, making it fully accessible. It's a wonderful scenic 2 hours journey along the Thames from Benson Marina, that often includes sightings of herons and kingfishers and lots of other wildlife.



We're planning more voyages over the summer, with one of our coordinators accompanying each trip. Please see the available dates on page 2. If you are interested, contact Victoria as soon as possible.

Zoom Programme for July

| | | | |
|-------------------|---------|-----------------|----------------------|
| Monday 1 July | 11am | Joyce | Seated Move & Groove |
| Wednesday 3 July | 4pm | Sue | Games |
| Monday 8 July | 2pm | Joel & Joyce | Quiz |
| Tuesday 9 July | 2pm | Sue | Seated Move & Groove |
| Thursday 11 July | 11am | Bridgid | Wellbeing |
| Tuesday 16 July | 4pm | Joel | Bingo |
| Wednesday 17 July | 12 noon | Joel | Seated Move & Groove |
| Friday 19 July | 11am | Victoria | Coffee Morning Chat |
| Monday 22 July | 2pm | Sue | Seated Move & Groove |
| Wednesday 24 July | 8pm | Joel & Victoria | Twilight Chat |
| Thursday 25 July | 2.30pm | Sue | Book Group |
| Monday 29 July | 4pm | Sue | Name that Tune! |
| Wednesday 31 July | 11am | Victoria | Seated Move & Groove |
| Friday 2 August | 12noon | Sue & Victoria | Quiz |

As usual, please let Sue know which ones you would like to join. Your name will be added to the list and then you will receive the link of the morning of the session.

Have You Got Fundraising Ideas to Share with Us?

At Enrych Bucks, we are always looking for innovative and fun ways to raise funds to support our programs and initiatives. We believe that the best ideas often come from our incredible community members, and we'd love to hear from you!



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A Day at Tiggywinkles: Hedgehogs and Local Wildlife

A visit to Tiggywinkles Wildlife Hospital which offers an enchanting and educational experience, was perfect for a small group eager to learn about and see hedgehogs and other local wildlife. Tiggywinkles is renowned for its dedication to rescuing and rehabilitating injured wildlife.

The day began with a warm welcome from the friendly staff and of course a cup of coffee. We then had a presentation introducing us to the hospital's mission, history and the work they do.

We then had some time to look around and see the work done behind the scenes including the rescue, treatment and rehabilitation processes for various animals. The group also had the opportunity to see a variety of animals, such as foxes, badgers, and birds of prey and even had time to play in the park!

The highlight of the day was the visit to the dedicated hedgehog enclosures. Tiggywinkles is famous for its hedgehog care and the group had the chance to observe one of these charming creatures up close. The guide shared interesting facts about hedgehogs, their habits and the challenges they face in the wild. Watching the hedgehogs explore their environment, snuffling around and curling up into their iconic defensive balls, is a delightful experience.

We then had a delightful lunch at Haddenham Garden Centre, some friendly chatter and laughter followed by a little bit of shopping making it a thoroughly enjoyable and relaxing afternoon.



Suggestions for Day Trips

We believe that everyone deserves a chance to have fun and enjoy exciting outings, tailored to a wide range of interests and abilities. As we plan our upcoming activities, we want to hear from you! What types of trips and adventures would you love to experience? Please let us know.

