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# Autumn Newsletter 2024

## Hey there! Welcome to the Autumn Enrych Bucks Newsletter!

We've got loads of exciting news and events to share with you, and of course, some festive treats on the horizon. Here's a quick summary of what you can read here:

**Our Amazing Trip to Windsor:** We had the best time exploring Windsor and the Castle. The day was full of history, stunning views and even the potential of a few royal surprises!

**Richard's dream came true:** On a recent Enrych boat trip, Richard finally captured his dream shot—a Kingfisher! It was such a special moment for him and the group.

**Festive Feasts & Fun:** Get ready for our upcoming Christmas lunches! We'll be serving up delicious, festive menus packed with all the holiday favorites - think roast turkey, stuffing, and all the trimmings, plus a mouth-watering selection of desserts. Whether you fancy a traditional Christmas dinner or something a bit different, we've got you covered!

**Upcoming Events:** Don't miss out on our quiz night in Thame and other fun events coming your way. The festive season is the perfect time to get together and celebrate with the Enrych family! 🌲 🎅



## VOLUNTEERS NEEDED!

We need volunteers across Buckinghamshire to share an interest with someone with a disability for an hour or so each week

Could you help?  
Call 07543 184358 or email  
victoria.eele@enrych.org.uk



## We need your help to spread the word!

Could you print off this flyer (attached to the email) and pop it up on local notice boards near you?

Could you forward it to your friends, post on your social media, include it in your local parish/town magazines etc?

Any help you can offer us would be appreciated as we need more volunteers now!



Check us out online:





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OCTOBER				
Thursday	3rd	Craft Group	2pm	Waitrose Café - Aylesbury, HP20 1AL
Monday	7th	Thame Lunch	12 noon	Candelo Lounge, Thame, OX9 3DU
Wednesday	9th	Aylesbury Lunch	12noon	Horse And Jockey - Aylesbury, HP19 9QL
Wednesday	16th	High Wycombe Lunch	12 noon	Spindle & Thread - High Wycombe, HP13 5HP
Tuesday	22nd	Swimming	11am	Amersham Pool
Friday	25th	Quiz Night	7pm	Guide Hall, Thame - to be booked
Tuesday	29th	Coffee, Princes Risborough	10am	The Crew, Stratton Rd, Princes Risborough
NOVEMBER				
Thursday	7th	Craft Group	2pm	Waitrose Café - Aylesbury, HP20 1AL
Wednesday	13th	Aylesbury Lunch	12 noon	Horse And Jockey - Aylesbury, HP19 9QL
Wednesday	20th	High Wycombe Lunch	12 noon	Spindle & Thread - High Wycombe, HP13 5HP
Tuesday	26th	Coffee, Princes Risborough	10am	The Crew, Stratton Rd, Princes Risborough
DECEMBER				
Tuesday	3rd	Cinema	12noon	Aylesbury - Film and time TBC
Thursday	5th	Craft Group	2pm	Waitrose Café - Aylesbury, HP20 1AL
Monday	9th	High Wycombe Xmas Lunch	12 noon	Spindle & Thread - High Wycombe, HP13 5HP
Wednesday	11th	Aylesbury Xmas Lunch	12noon	Horse And Jockey - Aylesbury, HP19 9QL
DATES FOR THE DIARY				
Saturday	16th	November		The Enrych Tinsel & Turkey Holiday

## WABC

Enrych Buckinghamshire and Oxfordshire have enjoyed some fantastic river cruises this summer with the Wallingford Accessible Boat Club (WABC). We got to experience the beauty of local wildlife from the water and relax and bond in a peaceful setting. WABC is fully accessible for all people including wheelchair users, as the back of the boat folds down to make a ramp. This means that anybody can take part in the fun and adventure! Nearly all of the trips took in sights of herons and other wetland birds. One standout moment came when Richard, one of our members, fulfilled his lifelong dream of photographing a kingfisher! These boat trips over the summer have become a really treasured part of our annual calendar and provide a real opportunity for true relaxation and wellbeing.



Interested in joining the next adventure? Contact Victoria or Sue for details on next year's trips and let us know if you would like to join.

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## Zooms for October

Wednesday 2 October	2pm	Joel & Sue	Quiz
Thursday 3 October	11am	Victoria	Coffee Morning Chat
Tuesday 8 October	11am	Sue	Seated Move & Groove
Thursday 10 October	4pm	Joyce	Film Review
Friday 11 October	2pm	Joel	Talk on the Botley War Graves
Monday 14 October	4pm	Victoria & Joyce	Quiz
Tuesday 15 October	2pm	Victoria	Seated Move & Groove
Thursday 17 October	11am	Bridgid	Wellbeing
Monday 21 October	11am	Victoria	Zoom Around the World
Wednesday 23 October	2pm	Joyce	Seated Move & Groove
Thursday 24 October	4pm	Sue	Games
Monday 28 October	2pm	Joyce & Joel	Quiz
Wednesday 30 October	11am	Joel	Seated Move & Groove
Thursday 31 October	12noon	Joyce	Halloween Bingo



## Windsor Day Trip

On 12 September, a coach of members with family and friends from Bucks and Oxon, had a lovely day in Windsor with many visiting the Castle whilst others walked along the river or enjoyed a chat over coffee and lunch. A few members hired scooters from the local Shopmobility which enabled them to tackle the hills of Windsor in comfort.

There was not enough time to enjoy everything that Windsor had to offer but still a very enjoyable day with the feedback

indicating that the best part for many, was meeting and chatting with old friends and new.

We will be planning trips for next year very soon so if you have any suggestions of where to go please do get in touch and, if you have never been on a trip with us, why not give one a try in 2025!

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## Farewell, and rest in peace

Recently, Enrych Bucks Trustee David, experienced the loss of his long-time Member, Graham, with whom he had volunteered for, for many years. This moment reminds us to pause and reflect on our friends within the Enrych community that we lose along the way. Each loss hits us deeply as these connections run strong and meaningful. However, we take comfort in knowing that Enrych often makes a difference in people's lives, creating bonds that leave a lasting impact.

## Fundraising Ideas

- \* Have you got any fundraising ideas you could share with us?
- \* 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 tap into for a fundraiser?
- \* Do you know of any local businesses that might be interested in partnering with us for a charity event?

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

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.

## Friendships

Friendships are an essential part of life, offering comfort, joy, and a sense of belonging. A good friend is someone who stands by you during tough times, celebrates your successes, and makes every day experiences more meaningful. While building friendships takes time and effort, the rewards are invaluable.

One way to make new friends is by being open and approachable. Joining activities or groups that interest you is a great starting point.

If you're looking for opportunities to meet like-minded people, Enrych offers a variety of social activities like craft groups, lunch outings, coffee mornings, swimming sessions, or even volunteer opportunities. These settings provide a natural way to connect with others who share similar interests. Start by initiating simple conversations, whether it's about a shared hobby or the event you're attending. Show genuine interest in the other person by asking questions and listening closely. Over time, these interactions can develop into lasting friendships based on trust and shared experiences.

Whether you're participating in an activity or volunteering to help others, joining Enrych can be the perfect way to meet new people and build meaningful connections while making a positive impact. Friendships take time to grow, but with a little patience and openness, they can add immeasurable joy to your life.

