

# Enrych Bucks Update

*A local charity that changes the lives of adults with disabilities*

Autumn 2016

## Welcome to our Autumn newsletter

Issue 12

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Inside this issue:

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Funders thank you

Vale lottery

We were blessed with some real summery weather during July and August, and we hope that the warmth and sunshine lifted the spirits of all our members and volunteers.



Thank you to all who joined us for our summer party at the Old Millwrights Arms. Martin, our trustee and vi-



nyl addict, entertained us brilliantly with a range of tracks, and there was something for everyone, even the new-born!

### News from Jenny and Isabelle

Jenny stopped work at the end of May to take maternity leave, and Isabelle was born on

15th June. Both are thriving, and we have been pleased to see them at our pub lunch, and with Richard too at our summer Sunday



event. Here they are, showing winning smiles.



## London Museum Trip 19th October



To brighten our autumn days we are having a trip to the London Museum, on 19th October. We are making use of our hoard of Time Credits to gain access to a special exhibition 'Fire! Fire!' commemorating 350 years since the Great Fire in London. The cost will be £22 each, just to pay for the Motts coach. The coach will leave the Horse and Jockey, Buckingham Road, Aylesbury, HP19 9QL at 10 am, and return there at about 6pm. It

may also pick up from High Wycombe if enough members from there are interested —ask for details. We hope to arrive at the Museum by 12 noon, and spend a couple of hours in the general exhibitions, as well as having some lunch—there are cafes or you can bring a sandwich. We have a timed entry to

the 'Fire! Fire!' exhibition for 2pm, and will need to get back on the coach by 4pm. There is wheel chair access to all areas of the Museum. You can find out more about the museum on its website: <http://www.museumoflondon.org.uk/museum-london>, or read reviews on Tripadvisor. We'd love you to join us if you can. Please complete and return the enclosed form to Beth by the end of September enclosing a cheque for £22 made out to 'Enrych Bucks'. If you have any questions or worries, get in touch with Beth or Sharon.



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## Amanda and Steph pick blackberries

Amanda joined Enrych in March 2016, looking to increase her mobility and 'get out of being marooned in her bedroom'. Amanda was introduced to an Enrych volunteer, Steph, in April this year and the pair hit it off immediately.

They regularly go for walks in the Buckinghamshire countryside and have recently been blackberrying. Amanda told us, "I wouldn't have gone for walks before I met Steph. I'm so happy to have met her; she's so full of life



and vitality. I now know why you are called Enrych as you have definitely enriched my life. I really look forward to our walks together and I feel I've given something back to Steph as well as I've shown her some countryside walks that she didn't know about".

Amanda's neighbours have also seen the difference in her health with one commenting that "Amanda has never looked better!"



## Peter's parallel success

Peter Evans, a stroke survivor and loyal member of Enrych, took part in the Parallel London event on 3rd September. Peter chose the 1km challenge, and was successful, finishing in just under twenty minutes, and raising more than £400 for our work.



## Thank you to our funders !

We are very pleased to have been awarded grants recently by The Childwick Trust, The Mulberry Trust, and The Rothschild Foundation. We don't have any offices to pay for but need the funding for the salaries and expenses of our hard-working coordinators.

## Have a flutter with us on the Vale Lottery

The district council, Aylesbury Vale, has set up a lottery in support of local charities. Of each £1 in lottery tickets 60p is given to the charity and 20p in prizes. So you can have a modest flutter, with the chance of a win, and the certainty of helping Enrych— but make sure you select us!

<https://www.valelottery.co.uk/support/enrych-bucks>



## The Aylesbury pub lunch is thriving

The Enrych pub lunch is thriving at the Horse and Jockey. It is from 12:00 to 14:00 on the second Wednesday of the month. All members and volunteers are welcome. Upcoming dates for the lunches are: 12th October, 9th November, and 14th December (this will be our usual Christmas celebration).