



## SHOP & GIVE AT NO EXTRA COST

Before you next shop online, please register at [givingabit.com](http://givingabit.com), and select Enrych as your chosen charity!



Your shop will cost the same but Enrych will receive around 3% of everything you spend.

Givingabit will also give you discount codes, deals and promotional offers.

Ask your family and friends to support us too - this kind of occasional "free" donation can be hugely important. *Thank you!*

## LORNA'S LAST LUNCH



On January 19<sup>th</sup>, Lorna and Des hosted their last lunch at the Waterfront Cafe in Benson where 14 of us had a fabulous time (see photo above).

Please see **"SAVE THE DATE"** and join us if you can in future. If you'd like to arrange a fundraising or simply a social event please contact Dave or Jayne (details below)

[Lucy Bowler](mailto:lucy.bowler@enrych.org.uk) (Volunteer Coordinator for Oxfordshire, North and South) 07706 659373 [lucy.bowler@enrych.org.uk](mailto:lucy.bowler@enrych.org.uk).

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Trustees Philip Allan (Chairman) [philip@philipallan.net](mailto:philip@philipallan.net) Jayne Costley (Fund-raising and events) 07916 340576 [jayne.costley@enrych.org.uk](mailto:jayne.costley@enrych.org.uk)

Dave Watkins (Newsletter and events) 07772 611370 [davewatkins@tiscali.co.uk](mailto:davewatkins@tiscali.co.uk) Helen Fitcher (Treasurer) Janet Marshall and Pam Simmonds

ENRYCH OXFORDSHIRE, Didcot Enterprise Centre, Southmead Industrial Park, Didcot OX11 7PH [www.enrych.org.uk](http://www.enrych.org.uk) Charity 119954



**Victoria Fairbank** will run in the London Marathon on April 23<sup>rd</sup> in aid of Enrych Oxfordshire (see her column on the right).  
**PLEASE SPONSOR VICTORIA**

at [mydonate.bt.com](http://mydonate.bt.com) before May 23<sup>rd</sup>

*Thank you!*



## MARATHON RUNNER

After moving to Thame, Victoria saw an advert to become a volunteer for Enrych...

"It mentioned a girl of a similar age to myself with Cerebral Palsy who wanted to go out for a coffee and a chat, maybe a trip to the cinema, or even shopping from time to time. Not knowing many people in the area, I thought it would be a great opportunity to meet people and give something back to the community.

Over three years later, it has been one of the best decisions I've ever made. I have gained an amazing friend, and thoroughly enjoy our trips out. We soon discovered coffee isn't our thing - we're both hot chocolate lovers and have enjoyed many of these in the pub together! In summer we go for long walks in the fresh air, putting the world to rights.

I didn't know how much it would change my life, but meeting Anna has inspired me greatly. I am really proud of everything she's achieved and can think of no better charity to raise funds for!"

## SAVE THE DATE

Wed 19 Apr	12.30	The Peacock Inn, Henton Chinnor OX39 4AH	(Christine)
Wed 26 Apr	2.30	Tea at Yarnton Garden Centre, Sandy Lane, Kidlington OX5 1PA	(Janet)
Mon 8 May	10am	Pastries at Caffe Nero, 1 Marriotts Walk, Witney OX28 6GW	(Jayne)
Fri 12 May	12.30	Fox and Goat Tiddington, OX9 2LH, by the 280 bus stop.	(Christine)
Wed 17 May	12.00	The White Horse, Churchill Road Bicester OX26 4UA	(Janet)
Wed 24 May	12.30	Waterfront Cafe, Benson OX10 6SJ	(Dave)
Tue 6 Jun	10.30	Vue Cinema, Pioneer Centre Bure Place, Bicester, OX26 6FA	(Janet)
July Picnic to be arranged (Janet)			
Janet 07434 930992, Jayne 07916 340576, Christine 01844 212911, Dave 07772 611370			

## BEST WISHES LORNA

We are sad to report that Lorna Fox's family move to Gloucestershire has meant that, even leading up to the move, Lorna was unable to devote the attention to Enrych Oxfordshire that she would have liked. Consequently, she gave notice of her wish to leave and finished working for Enrych at the end of February. At a Branch trustee meeting on 7<sup>th</sup> February Lorna was presented with flowers and a gift and the trustees thanked her for all the sterling work she has undertaken for the Branch. Lorna's cheerful and enthusiastic presence will be much missed by all who came in contact with her; she is a great loss to the Branch. However we all send Lorna and Des every good wish for the future.

## WHAT'S HAPPENING NEXT?

We hope soon to appoint a Coordinator to replace Lorna. An announcement about this will be made as quickly as possible. Of course, Lucy and Lorna have not only been working to provide volunteers to members but have also been driving forward the Personal Assistant (PA) programme in Oxfordshire. This gives potential clients the option of either requesting a volunteer to partner with them, or to request a PA to do similar things but to be paid to deliver fixed hours according to need. All clients with PAs are very much part of the Enrych family and are welcome to attend Branch events and to receive the Newsletter.

The PA service has been growing in Oxfordshire thanks to the determined efforts of Lucy and Lorna. However it was always intended that new staff would be employed for this service and I am glad to tell you that two part-time employees have been recruited for this work, so Lucy will be able to concentrate fully on the volunteer service.

Katie Spyve is managing the PAs and clients; she comes to us from working with Leonard Cheshire Disability and lives in Woodstock.

Davina Gammer is working to grow and develop the PA service; she has been working with learning disability day services and lives in Wallingford. We extend a warm welcome to both of them and look forward to supporting their work in the county.

Philip Allan  
Chair, Enrych Oxfordshire

## ..AND THANK YOU, LUCY..

Meanwhile Lucy Bowler has been taking the Branch forward. If you have any issues or wish to speak to Lucy, please get in touch. She will be pleased to hear from you and to offer whatever help she can.  
[lucy.bowler@enrych.org.uk](mailto:lucy.bowler@enrych.org.uk) 07706 659373

## WORTH KNOWING

Carbon Monoxide gas (CO) is odourless, invisible, and highly toxic. Small amounts of CO can poison. 50 people die and thousands are injured from CO poisoning every year in the UK.

CO can come from any gas appliance including fires, cookers, barbecues, calor gas heaters, paraffin heaters, etc. Other fuel appliances such as those using charcoal, peat, coal, wood (including wood burning stoves), as well as petrol, oil, or LPG can produce CO if working inefficiently or without proper ventilation.

People often say constant exhaustion was the first symptom. Always look out for symptoms that improve when you leave home and re-appear when you return, or if others in the house experience symptoms around the same time. Pets can also feel or show similar symptoms.

Warning signs for high CO levels include gas flames looking lazy, yellow or orange in colour (should be blue), sooty, yellow or brown staining on or around appliances, or pilot lights that frequently blow out. Obstructed flues, chimneys or vents can cause these problems, and may also cause excessive condensation.

A Carbon Monoxide Alarm costs about £20. It is different to a smoke alarm and should meet the BS EN 50291 standard. A Gas Safe Registered engineer can check your boiler and appliances. If cost is an issue ask your landlord, carer or the Citizen's Advice Bureau about financial help. If you are without gas for a while there may be a procedure to provide emergency heating and cooking, and help with any problems that may arise.

### IF YOU THINK THERE IS A SERIOUS PROBLEM -

Turn off the gas and all appliances, open windows and take everyone outside, call 0800 111999 (the Gas Emergency number) and if anyone still feels unwell seek medical advice.

[www.gassafecharity.org.uk](http://www.gassafecharity.org.uk)

Gas Safe Charity is a registered charity in England - Charity number 1131987

think

CO  
CARBON MONOXIDE

The main symptoms of CO poisoning are:



Headaches



Nausea



Dizziness



Breathlessness



Collapse



Unconsciousness



Gas Safe  
Charity