



Winslow Big Society Volunteer Newsletter

January 2019



Dear volunteers,

Welcome to our January newsletter, with a round up of news and activity, and new projects for 2019.

We always welcome feedback, so please keep ideas and comments coming! Our website is now getting plenty of hits from family members whose parents have moved to the area, and contains information about all our projects: www.winslowbigsocietygroup.info

Happy New Year to you all, Vron.

Charity Status

Big news! Winslow Big Society is now registered with the Charity Commission as a Charitable Incorporated Organisation. This probably won't make much difference to the running of the organisation on a day to day basis but puts us on a firm footing. A real step in the right direction!

Volunteering with WBS

We now have almost 100 volunteers but there is always room for more. Helping others in the local community is a great way to get to know other people and we are now often told that it helps us to live longer, healthier and happier lives. If you are enjoying your volunteering experience, please tell other people about what you do and the benefits of the scheme you are involved with, both for yourself and the customers. If you know of someone who might be interested, a list of vacancies for small specific jobs is available from the Committee or ask them to have a look at the website.

Parkinson's Support Group

This is a new group which will start on **Tuesday 5 February from 10.00-12.00 at Winslow Community Library**. The group will meet on the first Tuesday of every month. It is a chance for those who have Parkinson's, or care for someone with the condition, to come along and share ideas and hear from professionals. Those who have a general interest in the condition are also very welcome.

Wheelchair vehicle

You may remember from the AGM that we recently purchased a vehicle capable of transporting a wheelchair and two extra passengers. We are now very pleased to report that the scheme is up and running and we have received very good feedback from our customers. We have a team of three running it: Mark, who manages bookings, Richard, who is going to manage the car itself, and Lisa, who is going to help with publicity. Please tell anyone you know about it. It does need more passengers to use it, and can be used seven days a week. An information leaflet is available on the website or from Vron.

Winter Film Shows: 6 Feb and 6 March

If the winter afternoons are beginning to get to you, you might be interested, or know someone else who might be, in our new venture. **We will be showing Summer Holiday (Feb) and Victoria & Abdul (March) at Winslow Bowls Club at 2.30pm**. A donation gets you in, with refreshments too. Please pass the word around.

Really Useful Guide

This is being updated and is nearly ready to be sent to the printers. It gives details of services of every kind for families, the elderly etc, and will be delivered free to every Winslow household, as well as being uploaded to our website.

Ongoing projects and activities

Many of our projects and activities are progressing very well and it is extremely gratifying that we have so many customers who are so pleased with what we offer. For example, our telephone befriending service now has 31 befrienders and 32 befriendees. This is such a important service to be able to offer when loneliness is such an issue within our society.

Our Community Car scheme is about to enter its sixth year of operation, which is an amazing achievement. Not only does it mean people can get to vital appointments but they are also able to attend some of our events. Our lunches and teas are also still very successful and the Christmas lunch was a very big hit with many customers. As always though, we do need to keep up the momentum and make sure that the things we offer are being taken up by people in the area. For example, we are still finding it difficult to attract many young parents and carers to our drop-in sessions, although three mums do attend fairly regularly. Our Gentle Walks are averaging eight to ten walkers but again this needs constant promotion. Anything you can do to promote our activities would be greatly appreciated. Most of all, keep up the good work!

Young Citizen of the Year

We manage this award for the town, so if you know of anyone under 25 who provides a contribution either to the town or as a carer in their family, please let us know. The closing date is 28 Feb.

Social media

We now have a volunteer who is going to help us get into the 21st century with a Facebook page. More details later!

Working with the NHS

We are now working very closely with the NHS, not only on our Telephone Befriending Service, but are now supplying volunteers to them for services required through their Patient Services Support Team (the old over 75's team, but now available to all ages). We have four volunteers about to do some de-cluttering work in Winslow, and are sure there will be more jobs soon too! So if you fancy doing something different, please let us know.

Thank You Event: 14 March, 3.00pm, Bowls Club

This is our annual event to say thank you to all our great volunteers. We always try and make it worth your while coming, so this time there will be a short talk on the recognition and early management of anxiety and depression. Many of you have seen these issues in our customers. We know that as a volunteer it is sometimes difficult to know how to help and advise people. Our new local mental health nurse will give you some suggestions and tips on how to deal with situations and conversations you might have to deal with when volunteering. In the past these afternoons have been very well attended and enjoyable and it is an excellent opportunity to learn something new while meeting other volunteers.

Plus of course cake and tea free!