



Winslow Big Society Volunteer Newsletter

February 2021



Dear volunteers,

I can't help again but start with a heartfelt thank you. To all of you who are helping in any small way to make life easier for people during Covid, I say thank you. I know volunteering is also helping us particularly at the moment, but the difference you are making is enormous. I trust you are managing to keep some routine in your life, which provides some self discipline and thus helps us all in times like these. Thanks also to those of you still doing shopping and collecting prescriptions etc so quietly in the background.

Vron

Covid update.

Big Society volunteers are currently making a significant contribution to the running of the Covid vaccination clinics. Not only are they managing queues, asking early questions of those coming for vaccination, but also taking real initiative in helping residents who need support in many different ways. We are currently helping with vaccinations not only in our new 3W practice, but also from the other surgery in Wing and Waddesdon also. It's a fantastic team effort that everyone seems to be enjoying as well as making a difference.

We have a small working group now managing the scheme. Sue Keane and Maggie Ley are managing the rotas and all general enquiries, and Sue Connolly is managing the site itself, being up there on most shifts to check there are no problems. It's really important that we have a presence when the activity is so large and complex. So a big thank you especially to you 3 for making it work so well.

There's still room for more volunteers if you'd like to help. However you need to be able to stand outside in all weathers for a 3 hour shift approximately, and there's unfortunately no chance to sit down either, so it's quite hard work!

Feedback from residents attending the clinics:

"I went today to Winslow & I just wanted to say how well organised it was. All the team were lovely & friendly. They are giving their time up to stand in the cold, wet, snowy weather, being polite & cheery. I was quite nervous about having the vaccine, but was put at ease just by being greeted by a friendly face.

Keep safe all of you & again well done on doing a fantastic job."

Other activities:

Most of our activities have had to close, so we are only running the community car scheme, wheelchair car service, the telephone befriending service and the exercise classes on Zoom.

Feedback on exercise classes:

The classes have been the salvation for many, providing a daily or weekly input to give people some sense of normality and routine. Sandra the trainer is also happy for people to do taster sessions before joining if that helps. Her seated exercise classes provide a real boost to those more immobile who are missing getting outside. Classes are only 45 minutes long.

Our ongoing health, and keeping motivated are a big part of what the Big Society does.

For £25 a month you can do one a week, and for £50 you can do as many as you like! The classes run every weekday, and cover all sorts of aspects from balance and Pilates to stretch and interval training.

Please contact us if you'd like to know more.

Why not give it a go, or tell someone else about them?

Telephone befriending service:

This is proving even more invaluable during lockdown. Befrienders help their befriendeds to see a way through the current situation as well as other issues they face in their lives. We always need more befrienders. Have a think whether you could offer your help? You just need to be a

good listener and non judgmental. It's not a counselling service, merely a way of providing an opportunity for those isolated to keep in touch. The recent stories of how both befriender and befriended have been helped are truly humbling. Use the general enquiry email if you want to know more, or look on our website.

Community Car Scheme update:

This continues to run for essential journeys.

These include:

- to and from Norden House health centre and surgery
- dentist & other related health appointments
- includes vaccine clinics and more distant Clinic & Hospital appointments for not only Winslow residents but all those registered at Norden House while North Bucks Hospital Scheme not running. Free within Winslow, usual charges beyond apply.

Amazingly we've had several new driver enrolments during the Pandemic. There's no obligation on drivers to accept any lifts they don't want to, e.g. some only do Winslow runs, others

take on Oxford hospitals, with only a very few requests not able to be met.

Huge thanks to brilliant group of coordinators and drivers who take maximum precautions to ensure all passengers are checked re Covid symptoms before the journey. Please make sure people are aware WCCS is still running.

Information Updates.

Town posters are still being changed and our website updated as things change. Within the website there is a link to our Facebook site and twitter feed. Even if you are not registered on these you can see the posts. Posts from Norden House(3W), are often posted here too. Please share any relevant information with WBSG clients without internet.

Current activities in summary:

- **Telephone befriending service: as usual**
- **Car scheme, incorporating hospital and clinic visits too: Norden House patients and Winslow residents**
- **Wheelchair car service**
- **Exercise classes on Zoom : book as usual**
- **No other activities currently running**

**General contact email: contact@winslowbigsocietygroup.info
General enquiry phone number (same as Car Scheme): 07508 330750
Website:<http://www.winslowbigsocietygroup.info>**