

30 April 2024

RVS Cornhill Centre Newsletter

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SERVICE

# CORNHILL CHRONICLE

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## Service Manager's Message

As always, there's been a lot going on around the Centre in the last month: we continued sprucing up the main hall and have removed the desk. Chris Lee has been taking charge of the redesign of the main hall and I think it's going really well. Although the hall looks a little plain right now, we are going to rehang pictures and improve the decor and we have some plans for decorating the servery and new cafe area to really make the place look welcoming.

I took a trip to RVS Chesham House last month and am travelling to RVS Hanley in late May. The group of centre managers were here last week and were very complementary about what we are doing at the Cornhill Centre. We are working on a joined-up strategy for promoting the three RVS community centres across the country and are hoping that this will lead to more effective marketing, recruiting, and fundraising across the three centres.

Huge thanks to Anne Kerr who has been unbelievably busy and helpful over the past month: she has sourced us a professional level scrubber dryer and has been helping out extensively with lots and lots of little projects around the Centre. She has moved us forward by months.

Coming up, on 8th May we have a vegetarian cooking demo from Vegetarian for Life. Let me know if you're coming if it is convenient, but otherwise just turn up on the day. We will follow this up with an event where we will cook the recipes that the teacher demonstrates and I will have this scheduled in the next week or so.

Looking into June, we are looking forward to the Big Help Out event on the seventh and eighth of June. On the seventh, we will have a volunteer fair and on the eighth we will have a bring a friend barbecue hosted by the Cornhill Companions.

I'm really happy with the direction that the Centre is going. Thank you so much for all that you do.

**Daniel Peace, Service Manager**

## Centre Timetable:

<b>Mon</b>	10am – 12pm	Art Group
	10am – 12pm	Dementia Support Café – first Monday of the month
	10am—12pm	Activity Club—puzzles, games, jigsaws
	12:30pm – 1:30pm	Singing Group
	1:45pm – 3:45pm	International Dance
<b>Tues</b>	10am – 12pm	Natterbox – craft and chat
	11:30am – 1:30pm	Social Dining Club
	2:15pm – 3:45pm	Move It or Lose It!: seated exercise
<b>Wed</b>	10:00am – 1:30pm	Dementia Day Centre
<b>Thurs</b>	10:00am – 1:00pm	Dementia Day Centre
	1:30pm – 2:30pm	Singing Group
<b>Fri</b>	10:30am – 2:30pm	Friday Club – day centre activities, games and hot lunch

## Centre News

We nearly have a full house at our Friday Club with 18 members signed up! The last few weeks have been full of fun and laughter and many people forming new friendships. We have had some great sessions - bowling, boccia, Play Your Cards Right, quizzes, bingo, Scrabble, gardening and nature activities just to name a few. Not forgetting the love of dominoes that several of our members have and look forward to playing with their friends after lunch. Several birthday celebrations too. Tony enjoying his 95!



Following on from our tidy up and declutter of the office, we've been doing the same to the main hall. Big THANK YOUs go to Chris Lee and Jo Allen for their efforts—I'm sure you'll agree it's looking in much better shape!



## News from our Dementia Day Centre

Look at our sustainable flowers. They are made of recyclable materials and are to adorn the famous Banbury Hobby Horse Display right in the centre of town on the Cross. When you look there, it will be a mass of shimmers and colours and you must say to yourself that RVS Dementia took part in making that. You might even spot a name you know!



We welcome Sophie, a new volunteer who is doing a grand job getting to know what refreshments our clients like.



And finally, Have you heard of the HERBERT PROTOCOL FORM?

A recent spokesperson for Thames Valley Police raised our awareness of this form. If you care for someone with dementia you can fill in this form containing information to give to the police if your person goes missing. What an excellent idea! It details their name and address, plus a description of what they look like and what their pressing needs are.

I strongly recommend you ask me for more details. You can then keep it handy for anyone to use with a Lions "Message in a Bottle".

All for peace of mind.

**Penny Beerling**

## Above and Beyond...

We have a special thank you this month to one of our fabulous volunteers, Anne Kerr. Anne has gone above and beyond this month by acquiring a steam cleaner for the Centre (even driving to Rugby to collect it!), which we have been in need of for many months now. When Anne found there was a problem with it, she took it to Karcher and managed to get them to fix it for free! She has been busy putting her DIY skills to good use by fixing the servery drawer and stationery cupboard. She has sorted out loft storage in the Centre, taken away a ton of bric-a-brac and if that wasn't enough, she has been helping with a table solution for the main hall. We value all of our volunteers but felt that Anne really deserved a mention this month for all that she has done for us.



# Springtime Jigsaw & Games Activity

Come along and join in  
Jigsaw puzzles

Play Dominoes, Scrabble, Connect 4, Chess, Draughts



**Every Monday 10am – 12pm**

***FREE Drop in***

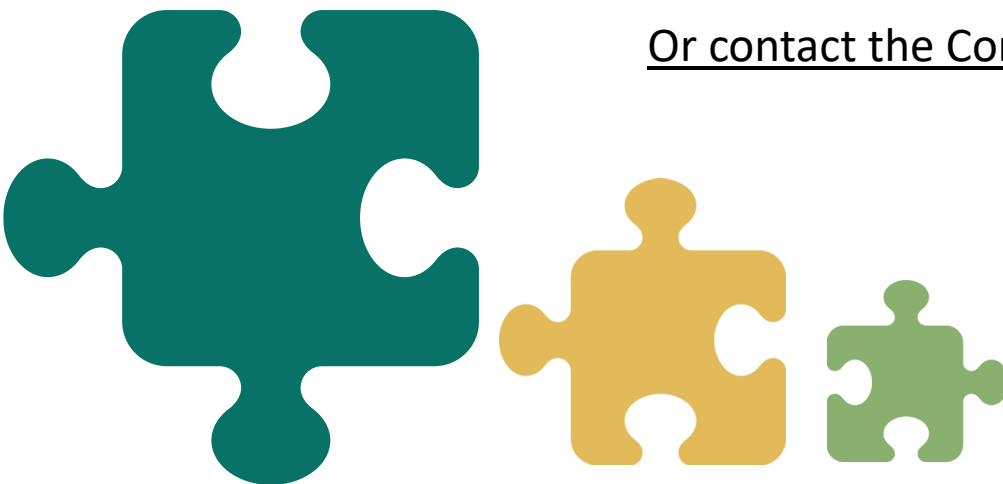
**At the RVS Cornhill Centre**

For more information email us  
at

[cornhillcentre@royalvoluntaryservice.org.uk](mailto:cornhillcentre@royalvoluntaryservice.org.uk)

Or contact the Cornhill Centre on

**01295 264214**



## Upcoming Events


In June we'll be hosting our next Big Help Out event but this time it will be over three days! It's a chance for anyone who has been thinking about volunteering to pop along for a taster session and see what we're all about. You can even bring a friend or family member with you.

Watch this space in next month's newsletter for more information! In the meantime, you can pop over to the website to find out more and to download the Big Help Out app, via the link below:

<https://www.royalvoluntaryservice.org.uk/volunteering/the-big-help-out/>



Cooking demonstration  
**Vegetarian for Life**



**Wed May 8 2pm**      **Free Entry**  
**RVS Cornhill Centre**      **Just turn up!**

# Announcements

## SCAM HELPLINE

- If you think someone is trying to trick you into handing over money or personal details - stop, hang up and call 159 to speak to your bank. This will get you through to your bank safely and securely, every time. Please pop over to their website to take a look at how it works in more detail [www.stopscamsuk.org.uk](http://www.stopscamsuk.org.uk). The cost of calling 159 will vary according to your phone provider. In many cases this will be the same as a national rate call. (Please ask your provider for details.)
- We're in need of an electrician and plumber if anyone can recommend someone local. Please email details to [daniel.peace@royalvoluntaryservice.org.uk](mailto:daniel.peace@royalvoluntaryservice.org.uk) or call the Centre on 01295 264214
- If you would like coffee machine training please contact Chris at the Centre or at [christopher.lee@royalvoluntaryservice.org.uk](mailto:christopher.lee@royalvoluntaryservice.org.uk)
- We have spaces for new members at our Friday Club 10:30am—2:30pm - day centre with activities, games and hot lunch. Transport available. If you are interested, or know someone else that might be, please do get in touch at [natasha.knight@royalvoluntaryservice.org.uk](mailto:natasha.knight@royalvoluntaryservice.org.uk) or call 01295 264214
- We run a weekly raffle for our members. If you have any items you could donate, please drop them at the Cornhill Centre, Banbury or we can arrange to collect them - we'd be very grateful!
- We also need transport volunteers to collect service users and bring them to the Centre on a Tuesday. Please contact [daniel.peace@royalvoluntaryservice.org.uk](mailto:daniel.peace@royalvoluntaryservice.org.uk) if you can help.
- Do pop over and take a look at our Facebook page, to see the latest news and events and keep up to date with what's happening hear at the Cornhill Centre.

<https://www.facebook.com/profile.php?id=100093103762273>

## Partner Promotions

'It's Good to Talk' takes place on the second Saturday of each month at 11am. Each month we have a discussion theme and spend an hour in serious, non-judgemental, discussion while enjoying a cuppa - aimed particularly at those who live alone but everyone is welcome.

Contact Sue Ayliff at [sueayliffchurchac@yahoo.co.uk](mailto:sueayliffchurchac@yahoo.co.uk)

### **Banburyshire Advice Centre**

We are an Independent charity that provides advice on benefits and general advice. We can help with filling in Benefit forms. We do not give debt advice but can issue Foodbank Vouchers to those in need. We also provide Career advice.

Older people can contact us for Tax Advice and we can refer you for free advice from a Tax charity. We help Oxfordshire, Buckinghamshire, Northamptonshire and Warwickshire residents. The majority of our clients live in Oxfordshire.

We are fortunate that we can refer clients for free initial advice on Wills and Power of Attorney.

**To Book a Benefit form filling appointment in Banbury ring**

**01295 23 67 67 This is an automated phonenumber which**

### **Banbury Talking Newspaper**

BTN is a 40 year old charity that provides free USB audio recordings to anyone visual impaired, based on the Banbury Guardian together with other magazine articles.

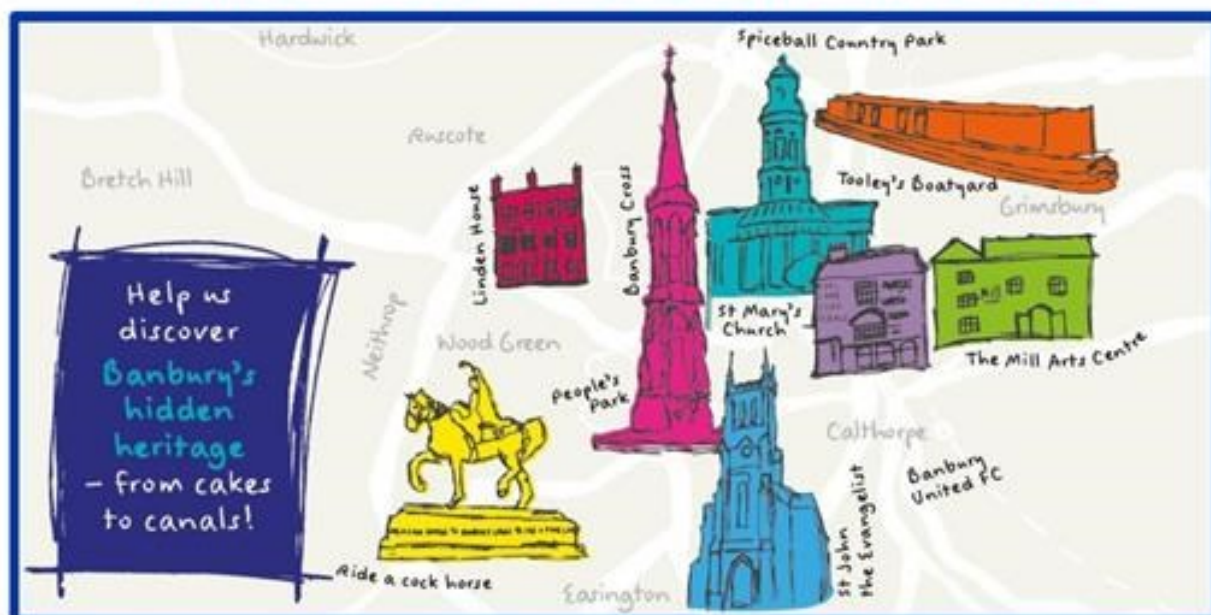
Anyone who qualifies as visual impaired and wishes to receive this service, can apply through the following contacts

01295 258193 or email [banburytn@gmail.com](mailto:banburytn@gmail.com)



# Explore Banbury's Heritage

Help us discover Banbury's Hidden Heritage



**We are setting up a project to explore Banbury's heritage in all its forms, including buildings, diverse communities, work places, special events and green spaces.**

The project will be a fun, inclusive space for people to share and learn more about their local heritage and make new friends. If you are aged 60+, based in or around Banbury and interested, please get in touch. Group leaders also welcome to connect.

**Find out more**  
[helenfountain@ageukoxfordshire.org.uk](mailto:helenfountain@ageukoxfordshire.org.uk)  
**07887 882 960**

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## GRANTS FOR COMMUNITY GROUPS SUPPORTING HEALTH AND WELLBEING

Are you a community or voluntary group?

Do you need funding to help you run health and wellbeing activities in your local community?

Or maybe you want to start a new group, class or activity in your area?

If so, the Well Together grants programme could be for you!

**Well Together funding is for activities delivered in at least one of these areas:**

- Abingdon Caldecott • Banbury Neithrop • Banbury Grimsbury
- Banbury Ruscote • Barton • Blackbird Leys • Central Oxford
- Greater Leys • Littlemore • Rose Hill



**OCVA**  
Oxfordshire Community and Voluntary Action

communityfirst 100  
oxfordshire years

We recognise the essential role community groups play in addressing local health inequalities for adults and children. Building on existing grants and support, Well Together funding is available from £3,000-£15,000, but feel free to chat to us about smaller or larger grants.

Expressions of interest are especially welcomed from groups that may be excluded or underrepresented, or those working with them. If you would like help to talk through your idea or your application, do get in touch – all questions are welcomed!

The friendly Well Together team are here to help! Contact us for a chat, for more info or for help with getting a grant:  
**[welltogether@ocva.org.uk](mailto:welltogether@ocva.org.uk) or call 01865 251946**

## What kind of activities might be funded by Well Together?

Grants are available for new or existing activities which help to reduce health inequalities. Examples of regular activities include:

- Community initiatives to **support healthy eating**, such as community larders, cooking classes, and after-school clubs;
- **Support for mothers and babies**, including parent mentoring groups;
- Initiatives to **promote physical activity**, including exercise classes and sports clubs;
- Activities to **support mental health and wellbeing**, including community cafes, and walking and talking groups;
- Activities which **support connection and relieve isolation**, including befriending schemes, bereavement support groups and arts and crafts clubs;
- **Life skills mentoring sessions or campaigns** with a focus on health and wellbeing;
- **Support groups** helping people to stop smoking, or to reduce harmful drinking or drug behaviours;
- **Initiatives or campaigns** supporting community members to attend **health checks** and receive vaccinations.



Plus your ideas – see the website for full criteria and information.  
Web: [ocva.org.uk/well-together-programme](http://ocva.org.uk/well-together-programme)



## Cornhill Community Companions

Would you like to make friends with an older person and meet up with them once a week for a conversation or take them out to the shops or to a local café?

Half an hour of your help and friendship each week could make a remarkable difference to someone's life.

We also need volunteers to run events, including cooking and baking.

To find out more about how we help local people, please ring 07763 207780 or 01295 264214 or email [cornhillcc@royalvoluntaryservice.org.uk](mailto:cornhillcc@royalvoluntaryservice.org.uk)



Age Friendly Banbury is a place where people of all ages can live healthy and active later lives. Age Friendly Banbury is a partnership between local organisations committed to making Banbury an age friendly town. It brings together older people, community leaders, local charities, businesses and local councils to make it possible for people to continue to stay living in their homes, participate in the activities that they value and contribute to their communities, for as long as possible.

[www.agefriendlybanbury.co.uk/get\\_involved](http://www.agefriendlybanbury.co.uk/get_involved)

If you have any needs in your area, events you want to promote, etc, please feel free to contact Natasha at the Centre or email [natasha.knight@royalvoluntaryservice.org.uk](mailto:natasha.knight@royalvoluntaryservice.org.uk)