

30 January 2025

RVS Cornhill Centre Newsletter

ROYAL
VOLUNTARY
SERVICE

CORNHILL CHRONICLE

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Manager's Message

You may be aware that our Service Manager, Daniel Peace has moved on to new pastures and we are currently looking to recruit a new Service Manager to run our community centre.

Unfortunately, over Christmas our roof collapsed and so repair work started at the beginning of January. The work has been completed and we are now preparing to start work on our reception entrance area, as soon as we possibly can. With this combined, our community centre is currently only open with limited access.

We hope to be fully up and running and welcoming everyone back in the not too distant future!

Sarah Bray, Health and Community Operations Manager

Centre Timetable:

Mon	10am – 12pm	Art Group
	10am – 12pm	Dementia Support Café – first Monday of the month
	10am – 12pm	Activity Club—puzzles, table/board games, jigsaws
	12:30pm – 1:30pm	Singing Group
Tues	1:45pm – 3:45pm	International Dance
	10am – 12pm	Natterbox – craft and chat
	11:30am – 1:30pm	Social Dining Club
Wed	2:15pm – 3:45pm	Move It or Lose It!: seated exercise
	10:00am – 1:30pm	Dementia Day Centre
Thurs	10:00am – 1:00pm	Dementia Day Centre
	1:30pm – 2:30pm	Singing Group
	3pm - 4pm	Yoga
Fri	10:30am – 2:30pm	Friday Club – day centre activities, games and hot lunch

Centre News

As most of you will know already, the roof of the Cornhill Centre collapsed recently, leaving us no choice but to close our doors whilst repairs took place. Thankfully, this has now been done and we are partially open with limited access. We are soon to start work on the reception entrance area in due course.

We will do our very best to keep everyone updated as to when the rest of our groups are back in full swing. Please do bear with us, whilst we do our best to resume normal service. Thank you for your continued support and we hope to see you all very soon!



Items Needed

One of our volunteers, Anne Kerr, has kindly been running bric-a-brac and car boot sales to help raise funds for the Cornhill Centre. If you wish to donate items for these sales, please contact Anne at the Centre on 01295 264214.

Jigsaw & Board **Games Activity Group**

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Come along and join in

Jigsaw puzzles

Play Dominoes, Scrabble, Connect 4, Chess, Draughts

Every Monday 10am – 12pm

RVS Cornhill Centre

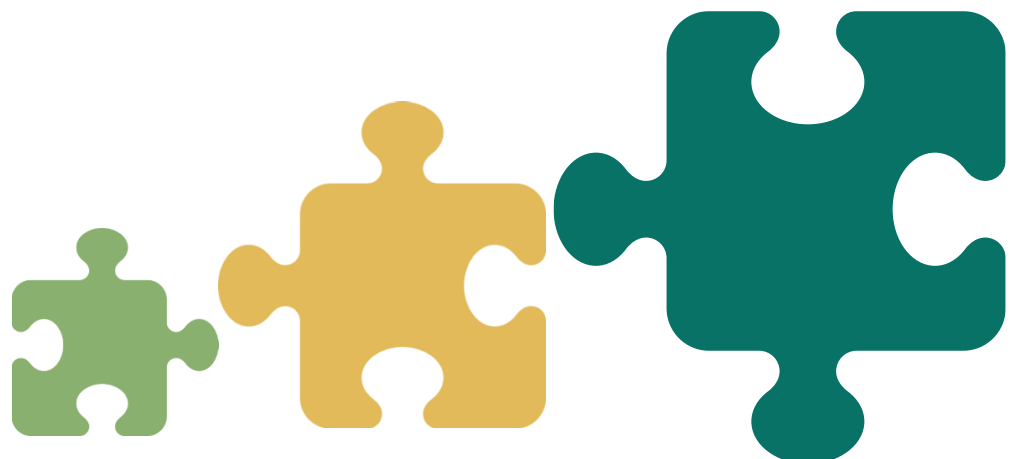
£2 per person

For more information email
us at



cornhillcentre@royalvoluntaryservice.org.uk

Or contact the Cornhill Centre on 264214



Announcements

- **URGENT: We need transport volunteers to collect service users and bring them to the Centre on a Friday. (Fuel costs can be reimbursed)**
- **URGENT: We are also looking for the following volunteers at Friday Club:**
 - **regular volunteers to help with activities**
 - **regular volunteers to help with setting up and clearing away each session**
 - **a cook to help prepare meals on a regular basis**
- We are still in need of gardening volunteers to assist Help@Home with keeping the outside area in front of the Cornhill Centre in tip-top condition. It's not a huge time commitment but certainly an important one! The outside area is the first port of call for visitors and members alike and we need it looking its best.

If you think you can help, please get in touch with natasha.knight@royalvoluntaryservice.org.uk.

- **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. 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 a few side tables for our main hall. If have one you'd be willing to donate please get in touch and we can arrange to collect it. Please call 01295 264214 or email: natasha.knight@royalvoluntaryservice.org.uk
- If you would like coffee machine training please contact Chris at the Centre or at christopher.lee@royalvoluntaryservice.org.uk
- Our Friday Club 10:30am—2:30pm - day centre with activities, games and hot lunch is currently full. If you would like to join our waiting list, please do get in touch at 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!
- 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>

Cornhill Centre Volunteering Opportunities

Community Club Volunteer

Meet people, support activities in your local community and help people come together and socialise.

Community Companions Volunteer

This role is about supporting people to stay independent and be a part of their communities.

Cook/Assistant Cook Volunteer

Join a friendly team where you'll get to prepare and cook a delicious menu or support our cooks with food preparation.

Community Volunteer - Lunch & Social Dining Club

Work as part of a team to offer meals and the chance for people in your community to socialise.

Service Support Volunteer

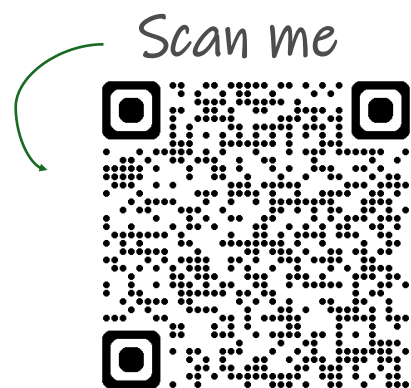
Do you want to use your skills or learn new ones by supporting services in your local area? This role will support the local teams with a variety of activities and tasks to help with the day to day running of the service.

Telephone Support Volunteer

Support people in their local communities to stay independent.

Volunteer Driver

Meet new people and help them get out and about. You'll gain knowledge of your local community and can volunteer in your own time.



Website: <https://my.royalvoluntaryservice.org.uk/opportunities>
or email: natasha.knight@royalvoluntaryservice.org.uk for further information.

Partner Promotions

Banbury Parkinsons Group

BINGO! Did you know that the local Parkinsons Group hold a regular bingo session each month at the Cornhill Centre? Door opens 12:30pm, eyes down 1:30pm. Refreshments are available to purchase, as well as raffle tickets. Proceeds from the event go to Banbury Parkinsons Group.

Saturday 2025 dates: 18th January, 15th February, 15th March, 12th April, 17th May, 14th June, 12th July, 9th August, 13th September, 18th October, 15th November, 13th December.

Feel free to pop along and join in the fun!

'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

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 operates 24/7 or email helpdeskbancp@yahoo.com. Please remember to bring the form and any medical letters.

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



IT'S GOOD TO TALK

a chance to explore opinions, feelings and experiences in a safe non-judgmental atmosphere, make new friends and

enjoy a cuppa

everyone welcome

11 AM – 12 NOON

2ND SATURDAY OF THE MONTH

CORNHILL CENTRE, CASTLE STREET

Discussion topics in 2025: (subject to change)

- February 8th** - America – should we care about their politics?
- March 8th** - The Commonwealth – is it useful?
- April 12th** - Fasting – a useful discipline?
- May 10th** - Social Care – how do we pay for it?
- June 14th** - Is the Devil real?
- July 12th** - Motherhood – what does it look like today?
- August 9th** - Christianity & Islam – differences and similarities
- September 13th** - Natural Disasters – how can we deal with them?
- October 11th** - NHS – can it survive?
- November 8th** - Rebuilding after war – how do we help countries do this?
- December 14^{3h}** - Christmas social

(volunteer facilitator, Sue Ayliff from St Leonard's Church)

The Mindful Life Group

The UK's only not-for-profit dedicated
to older adult mental health

A **FREE** six-week program for UK residents
starting online

Monday 10th February 2025 from 2pm-4pm

Better Sleep Program

Designed by Clinical Psychologists and delivered
by Trainee Clinical Psychologists from the
University of East Anglia

Our course aims to increase quality of life and
sleeping habits.

Visit our website
www.the-mindful-life.com
to find out more and apply



We are a Clinical Psychology led
organisation and aim to provide
robust interventions to support
good mental health and reduce
dementia risk.

- ✓ Evidence-Based
- ✓ Tailored for over 65s

Partnerships:

- University of Oxford
- University of East Anglia



Dementia Community Clinic



A place for anyone with dementia, their carers, and family to drop-in and meet with a Dementia Adviser for advice and support on:

- How to support someone living with dementia
- Local services, social groups, and leisure opportunities
- Staying independent and adaptations for the home
- Legal issues, finances, benefits, and allowances

First Thursday of every month, from 10am - 12:30pm
RVS Cornhill Centre, Castle St, Banbury OX16 5NT

For more information, please contact your local Dementia Adviser:

sarahjaneedmunds@dementiaoxfordshire.org.uk **07964 038 813**

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



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

If you have any needs in your area, events you would like to promote, etc, please feel free to contact Natasha on 01295 264214 or natasha.knight@royalvoluntaryservice.org.uk.