

30 November 2024

RVS Cornhill Centre Newsletter

ROYAL
VOLUNTARY
SERVICE

CORNHILL CHRONICLE

In this issue:

- Service Manager's Message
- Centre Timetable
- Centre News
- Announcements
- Volunteering Opportunities
- Partner Promotions



Service Manager's Message

It's already December again! We've got a lot planned for December: most of the groups will have a holiday party to celebrate the season, we're doing hampers for our clients once again with generous support from Rotary and the Cornhill Companions, and we are coming together for our Festive Spread event on Friday 20th December, 11:30am - 2pm. We'll have a buffet lunch and activities in conjunction with the two other RVS community centres in England.

A heartfelt thank you to everyone who volunteers, participates, and helps make Cornhill Centre the special place it is. Wishing you all a warm and happy holiday season!

Daniel Peace, Service 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
	1:45pm – 3:45pm	International Dance
Tues	10am – 12pm	Natterbox – craft and chat
	11:30am – 1:30pm	Social Dining Club
	2:15pm – 3:45pm	Move It or Lose It!: seated exercise
Wed	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

Festive Spread

Christmas is a time of year to come together and thanks to the many people who have supported the Festive Spread Christmas appeal, we will be holding our very own at the Cornhill Centre on Friday 20th December 11:30 - 2pm. We'll be providing a buffet lunch, along with activities in conjunction with our two other community centres in England. Everyone is welcome!

The event is free to attend but please do book ahead by calling 01295 264214 or email natasha.knight@royalvoluntaryservice.org.uk to help us cater for numbers.



Long Service Awards

We were tasked with the job of sending out another batch of almost 1000 Long Service Awards to our fabulous volunteers Nationwide. We hope the recipients have received these by now, as a token of appreciation from the RVS, thanking everyone for their service and commitment to the charity over the years.

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 or Dan at the Cornhill Centre on 01295 264214.

Jigsaw & Board **Games Activity Group**

ROYAL
VOLUNTARY
SERVICE

Come along and join in

Jigsaw puzzles

Play Dominoes, Scrabble, Connect 4, Chess, Draughts

Every Monday 10am – 12pm

RVS Cornhill Centre

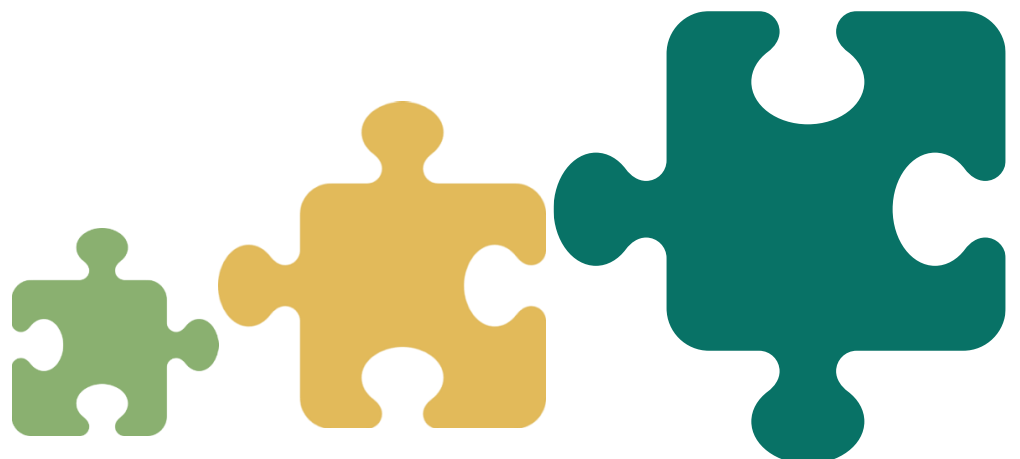
£2 per person

For more information email
us at



cornhillcentre@royalvoluntaryservice.org.uk

Or contact the Cornhill Centre on 264214



Announcements

SCAM HELPLINE

- **URGENT: We need transport volunteers to collect service users and bring them to the Centre on a Tuesday and Friday. (Fuel costs can be reimbursed)**
- **URGENT: We are also looking for someone to answer the phone and return calls if necessary between the hours of 9am—3pm Wednesdays, Thursdays and Fridays. You can do this from home and have your own mobile set up to do it. It doesn't need to be for the whole day but if you can help out for just some of the time, we would be most grateful!**
- **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 do get in touch with daniel.peace@royalvoluntaryservice.org.uk or natasha.knight@royalvoluntaryservice.org.uk

- 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.

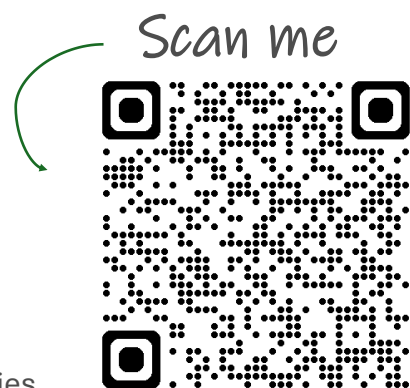
Telephone Support Volunteer

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

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

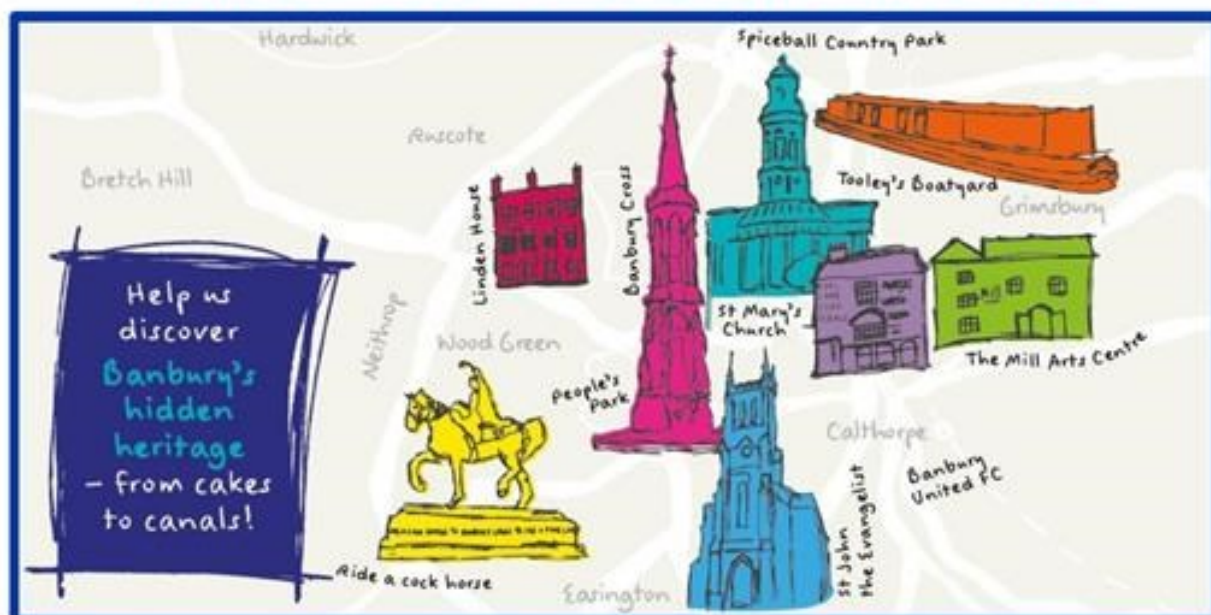
First Thursday of every month, from 10am - 12:30pm
RVS Cornhill Centre, Castle St, Banbury OX16 5NT

For more information, please contact your local Dementia Adviser:

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

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
07887 882 960

Funded by



Historic England



Working together with

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 want to promote, etc, please feel free to contact Natasha at the Centre or email natasha.knight@royalvoluntaryservice.org.uk