

NEWSLETTER

INSIDE THIS ISSUE:

<i>Funding & emails</i>	1
<i>Annual Report</i>	2
<i>Goodbyes</i>	3
<i>Diary dates</i>	4

Money matters to
The Oxfordshire
Befriending Network!

Money makes the world go around

And it also keeps the doors of The Oxfordshire Befriending Network open. This year we come to the end of our funding from Macmillan Cancer Support so we are facing a time of uncertainty.

Since late last year we have been sending in bids to grant making trusts to secure funds. We have also been in discussion with The Primary Care Trust with a view to receiving monies to provide a service in the financial year 2010/2011.

So to quote a well known supermarket slogan 'every little helps' - and yes we have been applying to supermarkets for their community funds as well.

If you know anyone who is running a race, jumping out of a plane, opening their garden - then tell us now and we will see if they are interested in helping us raise the much needed cash to keep our doors open.

And if you know of any contacts in the corporate world who are looking to give in cash or in kind - then again, please think of

us and get in touch. We are looking forward to hearing from you

Emails from The Oxfordshire Befriending Network

We are aware that some volunteers have received emails seeming to come from our offices soliciting money and help

for 'Sally' - these are nothing to do with us.

So if you get a email like this or any other email that you have a

query about please don't reply to it (rogue emails sometimes contain virus that will access your address books) - call us up at the office and tell us

Cash for Care – Direct Payments from Oxfordshire County Council

Direct payments are all about giving people control, choice and flexibility over the care services they are assessed as needing.

Anyone over 16 who has been assessed by

Community Services as needing a service may be able to get a direct payment.

It is about people gaining independence over what happens to them.

Carers may also be able to get Direct Payments. To find out more about this contact:

access@oxfordshire.gov.uk ;
01865854443

Carers Week

Carers Week 2009-04-08 Will be running from 8-14 June so to find out more check out

www.carersweek.org.uk.

The Government has launched Carers Direct as a first-stop

shop for carers' information.

The website www.nhs.uk/carersdirect gives you details of their new helpline as well

as access to a wealth of information to help carers.

*Carers Week 2009
details*

AGM and Annual Report

We launched the 2008 annual report at our Annual General Meeting at the start of March. If you would like a copy of the report please get in touch with us and we will send it to you. We haven't got a pdf

version sorted yet but the intention is to get that organised and post it on the website. Those of you able to attend the AGM know that our keynote speaker was Chris Gillett from Sobell House – Chris gave us a

really good insight into what a future Hospice At Home Service could look like – and where services such as the Oxfordshire Befriending Network could fit in.

Goodbye

To Chris White who stepped down as a trustee with us. Chris started out as a volunteer befriender before joining the Board and many thanks go out to her for all the work and effort she put in to helping us.

This does mean we have a vacancy for a trustee (or 2!) so if any of you reading this and are interested in finding out more please get in touch with us at the office.

We also said goodbye to Nick Owen who had, for a year, been the counselling service co-ordinator. Nick has moved

back into teaching as well as being involved in his other personal creative enterprises.

Ally Stott has taken over the counselling post on an interim basis

Remembering

One of our longstanding Befriending Partners, Vanessa Bennett, died suddenly on the 22nd March after being admitted to hospital with a chest infection. Vanessa had been diagnosed with MS in her 20's and the illness had slowly robbed of her of her mo-

bility. Despite her deteriorating condition Vanessa didn't complain and remained a warm and giving person. She will be greatly missed by her sons, grandchildren and Jo Davies (former befriender) and volunteer Kate Parsloe who had visited Vanessa for

the last 18 months. Our thoughts are very much with them all at this sad time.

We say goodbye to friends and colleagues

Remembering

Beryl Colley aged 82, befriending partner of Pat Nossek died this month. Beryl has had OBN volunteers since 2003, and Pat and Beryl have been in partnership since 2004.

Beryl has lived with cancer for many years and has been a regular at Sobell House day centre

during this time. In April 2006 Beryl and Pat featured in the Oxford Mail where they spoke about what it was like to be in the befriending relationship. Beryl told the journalist, "We sit and chat about anything and everything. We also go shopping and when the weather's nice we go out in the country and visit

places like farms. I am very pleased to have met Pat."

Blessings to you Beryl, and thank you Pat for the warmth and friendship that you shared with Beryl over your years of befriending.

End of Life Performance

In April Ally attended a workshop at Warwick University that looked into people's experiences of care at the time of end of life.

The intention of the research group is to stage a performance to raise the awareness of people's experience of dying in hospital. This workshop formed part of

the research, and was attended by nurses, social workers, those working in the voluntary sector from this field, hospice workers, actors, scriptwriters and set designers.

The performance is due to be staged in theatres across the country in the autumn.

Watch this space for further information.

DATES FOR YOUR DIARY

The Oxfordshire Befriending Network
Counselling & Psychotherapy Groups
Thursday 7th May,
6.45pm OBN offices
Friday 12th June,
6.45pm OBN offices

County gathering
for all volunteers
2 June – venue and speaker to be arranged

Cognitive Behavioural Therapy Groups
Oxfordshire Mind is running a programme of CBT groups in May and June around the county. For further information call 01865 263 734 or 01869 249 864.

Diary dates for you

MULTIFAITH CALENDAR DATES

3rd April – Rama Navami, celebrates the birthday of Lord Rama, (Hindu)
5th April – Palm Sunday, the first day of Holy Week, (Christian)
8th April – Hanamatsuri, flower festival celebrating Shakyamuni Buddha's birthday, (Buddhist).
9 – 16th April – Pass-

over, festival of liberation, (Jewish).
12th April – Easter Sunday, celebrating the resurrection of Jesus, (Christian).
21st April – Baisakhi, harvest festival of North India, (Sikh).

1st May – Beltane, (May day) celebrating nature's

abundance and the approaching summertime, (Pagan).
9th May – Vesakha, celebrating Buddha's birth and enlightenment, (Buddhist).
24th May – New moon

The Oxfordshire
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The Oxfordshire Befriending Network aims to improve the quality of life for those with life-threatening and terminal illnesses. We do this by providing trained volunteers in the capacity of befriender, advocate or counsellor to give support in the home, the hospice or the hospital, For more information about our services, to make a referral , to help us raise funds or to find out about our volunteering opportunities,

contact us

enquiries@oxonbefriending.net

01865 791781

