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# THE OXFORDSHIRE BEFRIENDING NETWORK

VOLUME 1 ISSUE 3

JULY 2008

EAST OXFORD COMMUNITY CENTRE, PRINCES STREET, OX4 1DD  
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## We Need Your Help!

Special points of interest:

- *Help us fundraise!*
- *Didcot Volunteer Day*
- *A Big Thank you*
- *Loneliness The Hidden Need*

The Oxfordshire Befriending Network needs money and we need you to help us get it.

We work in an increasingly complex and competitive market place and nowhere is the competition keener than for funding. So what are we at the Oxfordshire Befriending Network going to do about this?

Well we have started developing our fundraising strategy which identifies all the differ-

ent types of fundraising from statutory funding through to corporate partnerships— look at the resources required and the risks involved and outlines the time-scales.

But that isn't all. We are having a real push to develop our community fundraising and we have given you some ideas of the sorts of events you could get involved in. A fundraising intern volunteer will also help us increase our capacity and expertise

in this crucial area. And the next step? Well with at least one person we know of thinking of jumping out of a plane for us (with a parachute of course) we now want to look to set up our first fundraising committee.

So if you are enthusiastic about raising money for us in the community and would be interested in getting involved..please get in touch.

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## The June County Gathering

On the wettest June evening that Oxfordshire has seen for some time The Oxfordshire Befriending Network held the County Gathering, at Exeter Hall in Kidlington.

Our speaker for the evening was Chris Gillet who is based at Sobell House and is the Manager of Community Hospitals and Palliative Care teams.

The theme of Chris's informative and inspiring talk was based around the work of Macmillan nurses, and End of Life Matters.

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## The June County Gathering

County gatherings are an opportunity for volunteers to receive training and to meet up with other volunteers; some of whom they may know either from their initial training or from support groups, and some of whom they may not have previously met.

It was great to see those who were pre-

sent so engaged with each other and with the theme of the talk.

Although 30 volunteers did attend the gathering, approximately 40 volunteers did not come along. A number of apologies were given, and as a staff team we are keen to know what prevents others from attending.

Hand-outs and leaflets related to the talk are available from the office, please contact us if you would like to be sent them.

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## Staffing Update

*Saying hello and goodbye to staff at the Oxfordshire befriending Network*

There have been some recent changes to the staff team at The Oxfordshire Befriending Network.

We are pleased to say that Elaine Sar is now working with us in her new role as Befriending Co-ordinator for

City and South and East of the county.

At the end of June Sista Nyarai Humba left and our thanks go to both her and Elaine for all their work on the BME Project.

There will be a continued commitment within OBN ensuring diversity and equality issues are included in all aspects of our mainstream work, and that we will be able to build upon the good work already started.

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## Volunteer Day in Didcot

12<sup>th</sup> July 2008 from 11 am – 4 pm.

Venue: Civic Hall,  
Britwell Road,  
Didcot

This is a new event to bring together potential volunteers and organisations requiring

volunteers. It is a perfect opportunity for us to network and promote our services in the South of the County.

Don Ferris, one of our experienced volunteers has already kindly offered to staff the OBN stand for us

and we would very much welcome some support for him.

If you can spare any time to assist us on the day please contact Elaine on 01865 791781 ext 25.

## A Big Thank You!

We have been very well supported at recent stalls and publicity events by OBN volunteers from across the county. Our grateful thanks to Yvonne Beaumont, Stuart Skyte, Sally Stewart, Pauline Dewhirst, Sue Hadland and Jean Chapman. More volunteers have offered their support at the forthcoming

Cowley Carnival on July 6<sup>th</sup>. At least two volunteers on our current training in Oxford have come through face to face contact with the public at these recent events.

This is a brilliant way for us to raise our profile, let people know what we do and to recruit potential volunteers.

The feedback we have received from those helping out on the stalls has been really useful and positive.

## Remembering

Beryl Farries, long-term Befriending Partner of North Oxon. Volunteer Sue Weller, died peacefully in her sleep at her home at the beginning of June. Beryl who celebrated her 90<sup>th</sup> birthday last year was one of this country's first

female Company Secretaries.

Despite increasing frailty her mind remained active and alert and she enjoyed keeping up with current affairs and business news. Sue's ongoing support was much appreciated by

Beryl's family who lived at a distance.

Our thoughts are with them and Sue who will soon be relocating to Hertfordshire with her husband. Our thanks and very best wishes go with her.

*This month we remember Beryl Farries*

## Treading The Boards

A newly launched theatre company in Oxford—13Theatre company is holding drama workshops for adults on a Friday night 7.30-8.30 at Oxsrade March Lane, Marston costing £5.50.

For any younger budding actors and actresses there are children's workshops also at Oxsrade on a Saturday from 10.30-11.30am and they cost £5.00

## Loneliness—The Hidden Need

“When my husband died, I couldn’t believe how lonely I felt. It took me by surprise because I had known he was dying for the last year and I was prepared for it. My bereavement volunteer told me about The Archway Foundation. Archway has given me the opportunity to enjoy an evening out and to meet

with other people who understand what loneliness can be like. I had lost all confidence in being with other people but this has given me a lifeline since I have been on my own.” (M – 64 year old widow).

Loneliness can affect anyone at any age at any time and can often be masked by de-

pression, anxiety, excessive eating and even excessive busyness. The Archway Foundation has been “serving those hurt by loneliness” in and around Oxford since January 1982.

## Loneliness— The Hidden Need

A weekly social evening of entertainment (with subsidised transport for those unable to access public transport), a weekly day time call-in café, a monthly social group for 20 to 40 year olds and a befriending service are just some of the ways

in which we provide a listening ear, reassurance and opportunities to meet with others in a supportive setting. Archway are now developing a service in Abingdon in partnership with the hospitality centre at 35 Ock Street. If you live in Oxford, Abing-

don or surrounding area and are experiencing a period of loneliness or know of someone who is, we will be pleased to hear from you and to arrange to meet with you.

*The Archway Foundation, New Marston Pastoral Centre, Jack Straws Lane, Oxford, OX3 0DL. 01865 790552 [office@archwayfoundation.org.uk](mailto:office@archwayfoundation.org.uk) [www.archwayfoundation.org.uk](http://www.archwayfoundation.org.uk)*

## Newsround up

North Oxon Volunteer June Wilson has let us know that anyone over 70 can get free loft insulation

This helps cut down energy bills and is environmentally friendly. To find out more go to [www.savesomegreen.co.uk](http://www.savesomegreen.co.uk) or call 07971 1992236

The Disability Discrimination Act of 2004 makes it ‘illegal to provide goods or facilities in a way which makes it impossible or unreasonably difficult for a disabled person to use the service or good’.

41 shops, garages, banks and building societies in Oxfordshire

have invested in Servicecall, which enables disabled customers who have a transmitter to alert staff when they are outside the premises.

Transmitters cost just £9.95 and can be obtained by calling 0800214045.

## Diary Dates

July	7pm	port Group 6.45pm Exeter Hall
5 <sup>th</sup> Induction Training Sessions 3 & 4	Induction Training Session 6- Oxford	Banbury Evening Sup- port Group 6.45pm Carer's Centre
6 <sup>th</sup> Cowley Rd, Carnival 12 – 6pm	19 <sup>th</sup> Induction Sessions 7 & 8 Oxford	7 <sup>th</sup> Banbury Daytime Support Group 1pm Re- late
8 <sup>th</sup> West Oxon Support Group, Burford 7pm	August	12 <sup>th</sup> West Oxon Support Group, Burford 7pm
Induction Training Session 5 -Oxford	5 <sup>th</sup> Oxford City Daytime Support Group 2pm Of- fice	19 <sup>th</sup> South and East Support Group Venue tbc 7pm
12 <sup>th</sup> Didcot Volunteers Day 11-4pm	Oxford City Evening Support Group 7pm Of- fice	
15 <sup>th</sup> South and East Sup- port Group Venue tbc	Kidlington Evening Sup-	

## Contacting Us

By phone: 01865 791781

Laura Carralero extn 20

Moira Dennison extn 21

Linda Ridgway extn 23

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Our emails are:

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friending.net

## Newsletter Publication Schedule

We want your articles  
and pictures so here  
is the copy deadline  
for the rest of the year

July 25th

August 22nd

September 26th

October 24th

November 21st

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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 counselor 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](mailto:enquiries@oxonbefriending.net)

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