
THE OXFORDSHIRE BEFRIENDING NETWORK

VOLUME 1 ISSUE 2

JUNE 2008

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Welcome

Special points of interest:

- *Training and recruitment update*
- *Support to Live at Home*
- *Helping Us*
- *Fundraising*

Hello and welcome to the June edition of the newsletter. We have a different design this month and that is in response to feedback from you. Some people felt that printing off the earlier design used up too much toner..so this version should be much lighter on resources!

When you next visit your befriending partner please ask them if they want to receive a copy of this and let us know and we will get it to them in whatever format they want. New befriending partners will be asked at referral stage if they want the newsletter.

view of progress on the Primary Care Trusts End of Life Commissioning Strategy.

Happy reading.

We very much want to make this YOUR newsletter. If you want to send us in copy or photos then please do so. All relevant contact details are here for you to use and we would love to hear from you.

We are also keen to send this out to other relevant groups in the community. Let us know if you have any ideas.

In this issue you will find updates on our work, information about forthcoming events and an over-

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Befriending Training and Recruitment Updates

After very positive feedback about the Oxford and Witney March/April trainings, the wheels are in motion to recruit for the upcoming June/July training in Oxford. Advertisements have been placed, posters have been printed and many

volunteers have kindly offered to help distribute publicity to help find our next batch of trainees. Any further offers of help will be gratefully received, even if this is only to agree to place one of our posters or postcard-sized ads in

your local shop windows, library, community centre, or even house window or car rear windscreen!! Please ask for posters from Laura if you can help. We have also set provisional dates for an Autumn Oxford training due to start in

Befriending, Training and Recruitment Updates

October, and if you have any friends or colleagues who you think might be interested in volunteering for us, please don't hesitate to recommend them to us or vice versa, give them our contact details and we can send them our Befriending Information Pack.

Anyone wishing to ask questions about the application process is welcome to contact Isabel

Pack, Training and Development Coordinator on 01876-791781 ext 24, or

Isabel.Pack@oxonbefriending.net

On the final training session, two or three volunteers and one or two partners come in to meet our trainees to answer questions and talk about their experience of befriending. If any volunteer or befriending partner would like to offer to come in on

19th July, please contact Isabel.

This always proves to be a very informative experience for our trainees and usually a very rewarding one for the visitors too!

News from the City

Bringing together volunteers with people on the waiting list is such a rewarding aspect of the job

Much of the last month has been involved with post training interviews, updating the waiting list and looking at potential matches for the recently trained volunteers.

Bringing together volunteers with people on the waiting list is a rewarding and lovely aspect of our work. The alchemy of the

initial matching meeting has a life of its own; two people coming together both nervous and expectant, finding their way into contact with each other.

For further information please contact Ally Stott on 01865 791781 extn 22

The Welcome Institute—Ally Stott writes..

Whilst in London I visited the Welcome Institute's photographic exhibition mentioned in last month's newsletter. The exhibition showed about 30, 3x3 black and white photographs of terminally ill people of all ages, taken a few months before death and then just after they died. The text panel next to each image pro-

vided biographical information, and a reflection from the person about their feelings about dying. Most of the people felt unready to die, and a number of them asked, Why me? Why now? One woman spoke of not being afraid, and being open to the next part of her journey. In reading the text panels I think I

was (unconsciously) looking for some reassurance or comfort; wondering if somehow these people were accepting of their dying process and impending death, but actually there wasn't any. I came away ponderous, impacted and grateful that though my work I need to grapple with my feelings about the end of

The Welcome Institute

life – my life – in this physical body.

As OBN takes further steps towards the End of Life befriending project, all this feels right, not necessarily comfortable, and right.

And in next month's newsletter we will be bringing you an update on our End Of Life Project .

We will also be sharing Chris Gillett's presentation on End Of Life Services.

Chris, who is the Clinical Nurse Specialist at Sobell House is the keynote speaker at the County gathering

Remembering

Sylvia Hodgkinson befriending partner of Malgosia Colquhoun, died in a nursing home this month. Sylvia and her late husband John have been known to the OBN and had volunteer befrienders for a number of years. Sylvia loved animals, particularly her dog and enjoyed being creative. Only last year Malgosia taught Sylvia how to use a laptop and a digital camera. A

strong and trusting relationship had grown between Malgosia and Sylvia, and each month at support groups Malgosia would bring a very vivid sense of Sylvia, and the time they spent together. Thank you Malgosia and blessings to you Sylvia.

Pauline Andrews who had been befriended by Jane Walsh for over a year died in Freeland Nursing Home

on 27 May. Pauline who had lived with debilitating MS never lost her sense of humour and had maintained her dignity to the end. She will be greatly missed by Jane and Pauline's cousin who visited regularly. Our thoughts are with them at this time

This month we remember Sylvia and Pauline

Support To Live At Home

HomeShare is a new scheme which has been set up in Oxfordshire whereby a householder exchanges a room for 10 hours of help each week from a home-sharer. No personal care is offered but support can be gardening, shopping housework and other practical tasks. The home-sharer's presence may

enable someone to stay independent for longer or feel less vulnerable, Home sharers are typically students, keyworkers or single professionals.

Homeshare vet any prospective home-sharers and fully enhanced criminal checks are required before matching. For

more details contact HomeShare Co-ordinator Victoria Harwood on 01235 469547 or 07889002526 or email Victoria.Harwood@Oxfordshire.gov.uk

Support To Live At Home

As well as the Centre for Enablement based at the Nuffield Hospital, Headington Oxford there is also a demonstration and resource centre in west Oxfordshire which is designed to assist people who have difficulties with everyday living.

The Independent Living Centre (ILC), in Northfield Farm Lane, Witney, is run by the Guideposts Trust and houses an extensive range of adaptations and technology so-

lutions demonstrated in everyday settings. It is open 5 days a week for general viewing and the last Saturday of every month.

As some pieces of equipment cannot be tried without an assessment it is recommended that you make an appointment with their Occupational Therapist who is available Mon to Fri 9am-4pm.

Please telephone her on 01993 899980. There is also a Telephone Helpline 01993 899985 open Mon to Friday 9am-5pm.

Support To Live At Home

The Guidepost Trust also has a Help at Home Service. Their trained support workers do not provide personal care but will prepare a light meal, undertake cleaning and shopping and give help to attend appointments.

Please note this is a paid service.

If you are interested in finding out more please call 01993 899980 or visit their website on

www.guidepoststrust

*Information about
The Guidepost
Trust*

The Oxfordshire Befriending Network Library

Anyone who has visited the offices will know we have an extensive reference library and it is a really useful resource.

Next time you are in the area why not call in and see if there is anything there for you?

Categories include: complementary therapies; death and dying; psychology; self help and religion and spiritual teachings.

Fundraising

Yes every little really does help. From coffee mornings to parachute jumping do you know how much per hour you could expect to raise for the Oxfordshire Befriending Network? Well here are some estimates

Jumble sales £3-£5

Coffee Mornings £2-£10

Sponsored runs £5-£20

Charity Golf events
£500-£2000

In the next few months we will be working on our unit costs for fundraising so we will be able to tell you, for example, just how much it costs to support a befriending visit . So watch this space

We are also developing a fundraising page on the internet to make raising money even easier and have copies of Gift Aid Declaration forms available for you to use

which means we will be even more efficient in our fundraising.

Looking to the Future

Would you like to help us at The Oxfordshire Befriending Network develop our business plan?

We are starting to look to the next phase of our development and would like YOU to get involved.

Later in the year we will be holding an event

where you can come along and give us your ideas and thoughts about the services we should—and perhaps, should not be running in the years ahead.

It is an exciting opportunity to get involved and for us to really make sure the voices of all people

we work with and for get heard in our planning.

We will be letting you know lots more about this next month.

Help us with our business planning

We Need Your Help!

Can you spare some time to help us with the newsletter?

We have a volunteer who helps with the sub-editing but if anyone has IT skills and would like to help us put the copy into the newsletter format then please get in touch.

We are also looking for someone to spend a bit of time looking at relevant grant making trusts to help us in our search for funding.

Again if you think you can help just get in touch with us at the office.

Dates For Your Diary

June

14th Jericho Street Fair

17th Induction Training
Session 1 – Oxford

24th Induction Training
Session 2- Oxford

25th Age Concern Older
People's Fair Chipping
Norton

July

July 1st Shutford WI
Linda Speaking

Oxford City Daytime Sup-
port Group 2pm Office

Oxford City Evening Sup-
port Group 7pm Office

Kidlington Evening Sup-
port Group 6.45pm Exe-
ter Hall

Banbury Evening Support
Group 7pm Carer's Cen-
tre

3rd July Banbury Daytime
Support Group 1pm Re-
late

5th July Induction Training
Sessions 3 & 4

6th July Cowley Rd, Car-
nival 12 – 6pm

8th July West Oxon Sup-
port Group, Burford 7pm

8th Induction Training
Session 5 -Oxford

15th July South and East
Support Group Venue tbc
7pm

15th Induction Training
Session 6- Oxford

19th Induction Training
Sessions 7&8

Cotswold Dreaming

*Wychwood Poetry
and Pictures
Presents....*

There is still time to get
tickets for 'Cotswold
Dreaming' presented by
Wychwood Poetry and
Pictures

Dinner, poetry, pictures
and just a little music will
be served in The Blue
Boar, Chipping Norton
from 7.30 on Saturday

14th June.

Tickets cost £20 and are
available from 01608
643525 or from The Ox-
fordshire Befriending Net-
work Office (01865
791881—ask for Laura)

This event is in support of
The Katherine House
Hospice and The

Oxfordshire Befriending
Network.

Contacting us

By phone: 01865 791781

Laura Carralero extn 20

Moira Dennison extn 21

Nyarai Humba extn 26

Linda Ridgway extn 23

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Our emails are:

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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

01865 791781



We are on the web

www.oxonbefriending.net