



RSVP Volunteer News

Spring 2011 Issue 16



You know you are getting old when the candles cost more than the cake ~ Bob Hope

Dorset East Retired and Senior Volunteer Programme

Dorset East News

Commencing from January 2011 changes will have taken place in the organisational running of Dorset East; which have come about due to the increasing number of Projects, Organisers & Volunteers we now have.

The result of all this extra activity has meant that Judy Green's role of Regional Co-Ordinator had become too much for one person to cope with.

At our October 2010 Organisers meeting Judy informed us of her decision to step down and at her suggestion, we now have a committee that will more fairly share the workload.

The committee members will continue in their current Project Organiser/Volunteer roles along with an additional contact role responsibility.

- Cynthia Andrews - **Coffee Morning**
- David Davies - **Primary Care**
- Tricia Edwards - **Office Admin**
- Judy Green - **Schools & Book Clubs**
- Romy Shephard - **Treasurer & Deputy Primary Care**

There will of course have to be some minor changes made to enable Dorset East to operate as a committee led organisation, but these should not affect the running of any projects, which will continue as usual.

On behalf of Dorset East, the new committee would like to thank Judy - who first joined RSVP 14 years ago as an organiser - for all her hard work over the last 7 years as Regional Co-Ordinator.

Along with the efforts of all of our organisers & volunteers, she has helped our region to evolve with an increased volunteer base, more Organisers and a wider diversity of Projects.

THE TIMES Charity Appeal

The Times newspaper selected RSVP as one of three charities for their 2010 Christmas appeal, which featured approx. eight articles over the Christmas period, each highlighting different RSVP Projects.

The article on telephone befriending & tele-conferencing book clubs throughout the UK resulted in a Radio London interview by Vanessa Phelps with Barbara Davis [Barnet & North London Telephone Book Club Organiser].

The Times are to be thanked not only for giving RSVP an opportunity for acknowledging all the splendid work done by its volunteers, organisers & supporters, but also for the donations made by Times readers.

See RSVP on The Times website:
<http://www.thetimes.co.uk/tto/public/timesappeal/>

Promoting Volunteering

Twice a year a pre-retirement course that includes a talk on volunteering is held at Upton House for a group of Borough of Poole employees who are about to retire. The latest one took place on 17 November last year.

An interesting half-hour presentation on volunteering was given by Carrie Smith, the manager of the Poole and Bournemouth Volunteer Centres, who listed some of the benefits of volunteering not just to the community, but also to the volunteers themselves. She demonstrated the wide variety of opportunities available, meaning that a potential volunteer has a huge choice of activity & should always be able to find something that interests him/her.

Carrie introduced our very own Regional Co-ordinator, Judy Green, as an example of someone who has been a volunteer ever since she retired. Judy said that she had gained great satisfaction & made many new friends through volunteering. She explained that the volunteer gives his/her time freely but that in many cases expenses [such as petrol costs for drivers giving lift] are reimbursed so that the volunteer is not out of pocket.

The presentation ended with Carrie encouraging those attending to wait a few weeks or months after retiring to relax, have a holiday, tackle all those house jobs that have been waiting for attention, and then to look for some volunteer work that really appeals to them. That way, they will be 'fired' with enthusiasm to help someone else and at the same time to enjoy themselves. *Romy Shephard*

RSVP Dorset East Special - mini biography on



John Wright Birchwood Medical Practice Project Organiser

John has been driving for RSVP for about eighteen months. Previously a volunteer for Poole community Transport for over fifteen years he found he had time on his hands when he reached their enforced retirement age.

Fortunately, he is able to continue his work with WRVS & the Red Cross so he feels he still has a useful role to play.

Travel to the Far East & Australasia is one of his pleasures, no doubt triggered by his years spent in Singapore & Malaysia in the import/export business. No package holidays though - self-drive & exploration off the beaten track; jungle walking, red outback trekking & longboat journeys up rivers with strange names.

When not busy on one or another of his prize-winning allotments [some of you have enjoyed his produce] John relaxes by playing the piano, mostly classical jazz & sometimes wishes he had followed a musical career, but like many of us marriage, children & a mortgage demanded a regular income.

Because John is a private person, his wife has written his profile otherwise this newsletter would have had a blank column & your volunteer driver would have remained an enigma.

Cicely Wright.



Coffee Morning Christmas 'Fish and Chips Lunch'

On Friday 17th December, a 'Fish and Chips Lunch' was organised for the ladies and volunteers who meet weekly for coffee at Old Rope Walk.



Twenty-one of us were able to attend and enjoyed a hearty meal of fish & chips, pudding & wine, followed by coffee & cake. David Davies' wife Dorothy had also made a lovely pavlova, which everybody very much enjoyed.

Everybody was brought from their homes by John, Sue & David; transport having been arranged by Maureen.

Graham [Cynthia's husband] acted as barman and Judy very kindly collected the fish and chips from our local chip shop.



After the lunch was finished there was "Pass the Parcel" which Sue organised, together with a small gift from 'Santa David Davies' for each of us at the lunch.

Cynthia Andrews

Twigs Garden Club Update

The Garden Group has been going now for some months & is steadily growing!

I can now report a very healthy membership & a wonderful group of members.

Much has been achieved in our first months, which include a plant swap, monthly Newsletter, forthcoming trip for 2011, raffle & tabletop sale with another raffle on its way.

There were further savings on plants, with work carried out to aid & enable the elderly in Riseborough & a History Package produced by Twigs all about the site that the care home now occupies.

All members involved are not professionals or competitive, but just happy household gardeners all with the sole aim of having a couple of hours of chat about plants and gardens over a cup of tea & a biscuit.

We are all looking forward to 2011 with a different outlook on gardening, meeting & greeting a New Year with New Friends.

Dee Hoy

Baby Freda in her pram 1911.



Saturday the 1st January 2011 was not only New Year's Day, but also the 100th birthday of Freda Stiles who is the oldest member of the Old Rope Walk Coffee Mornings.

Freda has been coming to

'take coffee' with us over the past 4 years & it was a real privilege to be invited to her celebration.

Six of us from the coffee morning were invited, Maureen, Judy, myself & 3 of the ladies who had become good friends with Freda.

The event was held at the 'Antelope' in Poole. Freda's two sons & two daughters, along with many grandchildren & great grandchildren, made us very welcome. A buffet lunch was provided which we all enjoyed & a neighbour of Freda made the birthday cake.

On behalf of all the ladies & volunteers of the coffee morning a card & gift was presented to Freda, which she was absolutely delighted with.

Her family said what a difference coming to the coffee morning had made for Freda, something we were pleased to hear. It is true to say that, a good time was had by all.

Cynthia Andrews

BeGrand.net
the website for grandparents

News, competitions and more from the website for grandparents

Maddy Jackson [PO Schools Volunteer Bournemouth] recommends this site for those of you who are grandparents. She emailed me to say, 'Wonder if the attached Website would be worth telling other volunteers about in the newsletter? There is not a lot out there specifically aimed at Grandparents so could fill a gap. All people need to do is register and they then get a monthly newsletter with useful news and offers.'

Even though I am not a grandparent myself, I am still in the same age group. After looking at the website, I found it to be full of many useful offers, tips & information.

Have a look and see what you think. Tricia Edwards

Editor notes

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Office Admin - rsvpdorseteast@virginmedia.com

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