



Vintage  
Volunteering

(Formerly known as **RSVP**  
**Outer London North**)  
Registered Charity  
No 1122265

Our new website is

[www.vintagevolunteering.org.uk](http://www.vintagevolunteering.org.uk)

NEWSLETTER 2016

*December*



### PROJECT IN FOCUS – HYDE COURT

Hyde Court is one of the seven retirement and nursing homes that we provide activities to as part of our INSPIRE+ project. INSPIRE+ aims to offer a range of activities, parties and outings to the residents of the homes we visit, based on the needs and capabilities of the residents.

In 2015, two individuals joined Vintage Volunteering with the aim of starting their own project within INSPIRE+, providing activities at Hyde Court. As 2016 draws to a close it is clear that the project is now firmly established there. Hyde Court is a complex of 43 flats and is managed by Home Group. The flats are in Friern Barnet Lane in the Whetstone area and squarely within the Barnet focus of our activities.

Within the last couple of months, Vintage Volunteering have provided a quiz afternoon, a Vera Lynn evening commemorating her 90th anniversary including entertainment and, on 5 November, a 'Sparkles' party that combined Halloween with bonfire night and featured poetry and a sing-a-long. In addition, everyone who came had to wear something that sparkled! Yet to come this year is a coach trip to an afternoon theatre event with lunch and a Choral Carol evening to be provided by the local Baptist church. All the events have been very well attended and received, thanks to the efforts of our dedicated project managers, Margaret Moore and June Hobbs.

If you have an idea for a project you would like to start as part of Vintage Volunteering (whether it is along the lines of something we currently do like Hyde Court or something entirely new) please contact us at [vintagevolunteering@outlook.com](mailto:vintagevolunteering@outlook.com) or call 075 4638 8433.

June Hobbs  
and  
Margaret Moore



**Contact us at**  
Vintage Volunteering c/o Friend in Need Community Centre,  
East Barnet Baptist Church, Crescent Road, East Barnet, EN4 8PS  
Email: [vintagevolunteering@outlook.com](mailto:vintagevolunteering@outlook.com)  
Telephone No: 075 4638 8433

# INSPIRE+

Our groups have been very active during the summer and had lots of fun.

## GOODWIN COURT

### Halloween Party

On November 1, our Goodwin Court team hosted a Halloween Party for all the residents. Spooky biscuits and candies were complemented by the costumes worn by volunteers and residents alike. and sing-a-long, always key activities at our parties, passed the afternoon in style



### Diwali Party

On November 4, we hosted a Diwali party at Goodwin Court which is one of the favourite annual events of both volunteers and residents. Many of the residents dressed in saris and the afternoon included dancing, bingo and a lovely special tea.



## VISIT TO THE DUTCH NURSERY

On Wednesday 23rd November we were off to the Dutch Nursery to enjoy their Christmas display and do some Christmas shopping and shop we certainly did. 24 enjoyed a lunch served by a very helpful waitress followed by a very welcome cup of tea or coffee before we had to make our way home. We had the use of 2 minibuses and the drivers helped to get all the wheelchairs and occupants safely aboard. We were able to take 3 care assistants from the home with us and we had willing volunteers to help push the wheelchairs and assist with their Christmas shopping





**Christmas is almost here!!**

**Celebrations have started this week**

"Christmas carols, lots of sequins and Christmas jumpers, a great variety show and a lovely roast lunch...what better way to spend an afternoon in early December? Residents of Homefield Gardens, Hyde Court and Wilmot Close all signed up for the day on December 5 at Mickie's Variety Christmas Show which brought singing, laughter and lots of good cheer. A great way to start off the holiday season.



"It's cold outside but you couldn't feel it in the warmth of good cheer of the Christmas Carol evening at Hyde Court this week. A choir from East Barnet Baptist Church sang a selection of Christmas carols accompanied by piano and guitar, as well as the enthusiastic singing of the residents. Afterwards everyone chatted and dined from a lovely buffet provided by Vintage Volunteering and a resident, Peter Boag. It was a great start to the Christmas season, and a wonderful end to 2016."



## **Cinnamon Trust**

I heard about the Cinnamon Trust years ago but it was only when I read a copy of the RSVP Newsletter that I found a contact number. I phoned up and registered and was given two dogs to walk. The first is a chap called Charlie who is owned by a lady who is disabled and her husband who suffers with dementia. He is very young and a bit scatty but loves to go out for walks. I discovered he is very good in the car so I sometimes meet friends and walk in other parks as well as the one nearest his house in East Barnet. The other dog is Lulu. She is a bizarre cross between a Labrador and a Dachshund which makes one wonder which one was the mother!! She is 10 years old, very straightforward and is quite unemotional until she sees a squirrel or a cat or a rabbit when she goes a bit potty and the best bit is when she sees me. She goes berserk and barks and barks until we get going on our walk. She lives in Arkley and her owner is a lady of 82 who has always had rescue dogs and can no longer walk Lulu due to ill health. I thoroughly enjoy walking both dogs. They benefit, I get to walk and the owners are delighted. It's a win, win, win situation!

Ruth Alexander



## Knitting Groups

Dates of meetings 2017 as follows:



Wesley Hall, Fridays 10 am—12 pm

Jan 13th, 27th  
Feb 10th, 24th  
Mar 10th, 24th  
Apr 7th

South Friern Library, Colney Hatch Lane, N10  
First Saturday in each month 10—12 am

Colindale Community Club, The Hyde Church, Varley Parade,  
NW9

They meet every Tuesday 10.00-12 noon and have a full programme of activities, including knitting. The knitting takes place at the end of the morning club session and is then continued at home.

If you are interested in joining them please contact Aurora on 020 8205 5159 for more details.

The Peoples' Community Library Friern Barnet  
Every Thursday from 1pm –2.30pm

Goodwin Court, Church Hill Road, East Barnet

Meet alternative Tuesdays from 2-3.30 pm. If you are interested in joining them please contact Lynn on 020 8361 6761..

2016 has been yet another great year, thank you for all the hard work and dedication you have all put in to support the different knitting groups.

This year has seen many changes, amongst them Mandy Francis has decided to stand down from running the knitting groups and handed the reins over to myself. I have volunteered, first with RSVP and now Vintage Volunteering, alongside Mandy for the past 12 years, helping with the knitting groups and I look forward to welcoming you all back in 2017!

**Happy Christmas!** Ann Phillips, Project Knitting Manager  
tel: 07765443907

## AGE UK

Looking for something new to do? Why not try AgeUK Barnet who have plenty to offer.

Their booklet "What's on?" is available by phone 020 8431 1420 or 020 8432 1415 or by email: info@ageukbarnet.org.uk. Or alternatively find it online at www.ageukbarnet.org.uk

Activities include Cookery for Men, Computer classes and exercise classes etc. For the green fingered there's a brand new gardening group and older men are also invited to get handy with a new Men in Sheds project.

Find details of social groups and lunch clubs in your area.

A new service has been launched in Barnet linking older residents to trusted traders. Trades-people are checked by Age UK London staff and customer references are obtained for each member.

## Have you seen our new website?

As part of our name change to Vintage Volunteering we have both a new logo and a new website.

We would sincerely like to thank Stephen Craker for his help in designing the logo and Charles Wicksteed for his tireless and invaluable assistance in setting up the new website.

Please have a look at [www.vintagevolunteering.org.uk](http://www.vintagevolunteering.org.uk). The website includes an Events page which has short articles and photos of recent outings and parties to show how much we do, and you can find past issues of our Newsletter on that page.

Please visit the site and let us know what you think via the Contact page. Also, if you have anything you would like us to consider posting on the site just send an email to [vintagevolunteering@outlook.com](mailto:vintagevolunteering@outlook.com).

Thank you for all your support and we hope you enjoy the new face of Vintage Volunteering.

A special thanks to Pat Worroll for all her hard work in putting this website together .

### PROJECT MANAGERS

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