



Summer 2019

ORCHYD TIMES

THE NEWSLETTER OF ORCHYD
Registered Charity 1072239



Chair's Report

It's only a matter of weeks now until we meet our twenty children for this year's annual holiday! Equally as exciting is reuniting with volunteers who have helped before and meeting new ones.

I've been seeing or speaking to many people who are volunteering this year and honestly the enthusiasm that is offered up by so many is something that really helps keep me motivated. I know i'm not alone on the committee by sometimes feeling that the paperwork, meetings, phonecalls and challenges can feel a bit much on top of 'normal' life but ultimately what we are all contributing to is incredible and appreciated by so many.

We've had several changes to programme this year, mostly outside of our control, but we are nothing if not adaptable and ultimately it's the people who make the holiday special for the children. You may have heard already that the Scout Camp will not be happening this year, we very much hope that it will be back on the agenda for 2020.

Huge congratulations to Becky White who ran the London Marathon (more about that later!) a fantastic personal achievement which also raised a huge sum of money! Thank you to everyone who came along on the day to the ORCHYD cheer point.

We've also been at various talks, a weekend of collecting at Waitrose and had a stall at Eastcote House Gardens family day.



For those of you on Facebook, I hope you've been enjoying the child case studies. These have generated a huge amount of interest in our Charity.

Excitingly we are early stages of planning a Disneyland Paris trip in May 2020, more details later on in the newsletter and we are really delighted to welcome back several volunteers from the Myosotis Trust (based in Romania) to help us on this year's holiday.

A question often gets asked about what our two mini-buses do outside of ORCHYD day trips and holiday. Hillingdon Community Transport retain our vehicles which then get used by other community groups in Hillingdon, particularly those which need accessible access for wheelchairs. To give you an idea of how much

benefit our buses bring to the local community, over the past year between the two of them they have completed just under 500 journeys and carried over 3,600 passengers! Isn't that amazing?!

I hope to see and meet many of you at the training day or on the holiday!

Corrie Irwin
ORCHYD Holiday Committee Chair -
corrie@orchyd.org.uk



The London Marathon

ORCHYD gave me the opportunity to run the London Marathon this year! This has been a life long ambition of mine and so jumped at the chance! The furthest I had ever run was a half marathon so this was a big challenge for me.

I started training in the winter which was not very fun, cold dark and often wet training runs. The training became better as the weather improved but so did the mileage. It was strange to think it became the norm for me to get in 15 plus mile runs as part of my week.

One of the hardest parts of the training for me was finding the time to run, not just the usual 10 km to the lido and back but for a few hours a time.

The Gade 17 mile club run in February was the first big run for me! Reaching the mile 17 finish line was a big achievement, never having run further than 15. I felt very happy and seemed a bit surreal!

My last big training run was the Oakley 20 4 weeks before the marathon. This was a whole other challenge! Hilly and very hot, I quickly became aware of not hydrating enough before a race! Not that I ever run to race just to challenge myself and enjoy it. It was a difficult 20 miles but I didn't give up and was elated to finish, reaching another mile stone for me and that becoming the furthest I had ever run!

The last few weeks leading up to the marathon were more enjoyable, small runs, stretching and eating lots of healthy food.

The nerves and reality kicked in when I picked up my running number! Felt very surreal.

On the day, from start to finish it was an amazing experience!

The route was lined with people the entire way, people cheering, funny signs and fancy dress, encouraging strangers, music bands, cheer squads and people handing out food to runners from jelly babies, ice pops to sandwiches! All the runners were encouraging each other and enjoying the day. It was a real mix of

emotions, from nervous feelings, happiness, pain, exhaustion, determination back to happiness again. At times it was hard to keep focused and keep running but everyone's encouragement and support kept ORCHYD at the front of my mind and reminded me why I was there.



A massive thanks to all my family, friends and ORCHYD friends who cheered me on from lots of different places along the route, made my day! Especially the fantastic cheer point at mile 23! I was so happy to see you all and made such a big difference I will never be able to tell you. Knowing I only had 3 miles to go once I reached the ORCHYD point and the end was very near! It seems a little bit of a blur but reaching the finish line was the greatest feeling of achievement and pride.

Completing the London Marathon was a life long ambition of mine and to run for our amazing charity made it a million times better!

I am very grateful to ORCHYD for giving me the opportunity.

Thank you for everyone who supported ORCHYD and myself for the London Marathon! It was truly overwhelming, from messages, sponsorship, donations, encouragement, standing for hours to cheer me on and all the smiles. Raising £4000 (including gift) for ORCHYD made it very worth it.

Thank you everyone for making ORCHYD happen!

Becky White

Are you part of, or do you know of, an organisation that would like a fun and informative talk about ORCHYD?

Or would you like to be one of the people that give a talk about ORCHYD? Please let us know if yes!

corrie@ORCHYD.org.uk or beckyw@ORCHYD.org.uk

Outings Team Update

The Outings Team have put together a varied and fun packed holiday for children and volunteers to enjoy.

Details are below:

Thursday 1st August

Arrive at ORCHYD and meet lots of new friends.

After lots of fun last year we have our Bubble Show

- a very interactive bubble show where the children can stand or sit inside the GIANT soap bubbles!



Friday 2nd August

A trip to Odds Farm where there is something for everybody to enjoy from feeding & petting the animals to watching the sheep racing or playing in the soft play area or tractor rides. We will become a budding artist after dinner decorating a plate to remind them of this special holiday.



Saturday 3rd August

Due to unforeseen circumstances our annual camping trip with the Scouts is not happening this year. BUT we have a fantastic day out Gulliver's World planned instead with dinner at the Harvester!

Sunday 4th August

A visiting farm followed by a science and slime party is on the schedule for today!

Monday 5th August

We will start the morning off with some water fun in a local hydro-pool and then back to Ruislip to have a relax at the local cinema.

Tuesday 6th August

This year we are trying a new trip to Thomley where there is something for everyone. From soft play, outdoor activities, art room, sensory & play rooms and imagination and construction room. We are not sure who will have the most fun here the children or helpers !!

Wednesday 7th August

We are heading off to Hillingdon Outdoor Activities Centre to have some fun on the sailing boats and a quick spin round the lake in a power boat. We will finish off the day by testing our archery skills!



Thursday 8th August

Today we are off to Thames Valley Adventure Playground (TVAP) to explore all the outdoor facilities, including zip wire, water & sand fun and inside there is a sensory room, soft play and art station.

Then we are heading to Windsor swimming pool for a splashing time.

Friday 9th August

On our last full day, we are heading to Hemel Hempstead for a glide around the ice rink then and then fun in Ruislip park and some shopping and back to hall to pack our suitcases. Then it's back to the hall to have our PARTY!



Saturday 10th August

After finishing off our packing, we head to Ruislip Lido to enjoy a train ride through the woods to the play area. Afterwards it is time to head back to the hall where we'll have lunch. When family arrives it's time to say goodbye to your new friends before heading home.



Lin, Kirsty, Rachel, Sophie & Leisa

Staffing Update

Preparations for this year's holiday are already well underway and the staffing team are no exception. Thank you to all the fantastic volunteers who have already signed up for shifts on this year's holiday.

Your shift allocations should have been emailed to you by now, but please do let us know if you haven't received them.

To all our amazing HCP volunteers, the HCP shifts will be allocated nearer to the holiday!

In the run up to the holiday this year we have a range of events taking place which we would like to invite our volunteers to;

- **Tuesday 2nd July- DBS Night @ The Orchard**
in Ruislip from 7pm
 - This is for all new volunteers or volunteers who have not yet had a DBS check to come along to have their DBS check carried out and meet some of the ORCHYD faces from this years holiday.

- **Sunday 28th July- The ORCHYD Training Day**
 - Throughout the day will be a range of different sessions to support our volunteers on topics such as Manual Handling, Safeguarding as well as an

introduction on the holiday for new volunteers. You do not have to stay for the entire day, simply attend the sessions that appeal to you. A program for the day will be coming out shortly.

- **Wednesday 7th August- Mid- Holiday Social**
 - As is tradition, we are having a mid-holiday social for volunteers on Wednesday 7th August to thank our volunteers and share some of our holiday experiences. More details on this to come soon!
- **Saturday 10th August- End of ORCHYD Drinks @ The Ascot in Eastcote from 7pm**
 - Another ORCHYD Tradition, is our end of ORCHYD drinks. This is always a fun night to celebrate the end of another fantastic holiday and again, thank all our fantastic volunteers for their incredible hard work.

In advance of this year's holiday, the staffing team want to thank all of our volunteers who are giving up their valuable time to help out on this year's holiday. Every hour you give up helps us to put on a fantastic holiday for the children and really does benefit and support many families from all over the UK. Without you, ORCHYD would not be possible.

If you have any questions or queries about this year's holiday, please don't hesitate to get in touch with us at staffing@orchyd.org.uk.

We look forward to seeing you soon!
The Staffing Team
(Gavin, Becky, Ben & Lisa)

Day Trips Update

Hello everyone!

The day trips team have been very busy since the last newsletter was published. In December, we took a group of eight lovely children to Legoland, for a festive day out. The children enjoyed the rides, sensory room, shows and activities, before tucking into a very Christmassy pizza buffet. In the afternoon, we met Father Christmas in his magical grotto. It was wonderful to see the children's faces light up when they saw him!



In April, we took another eight children for a windy day out at Willows Activity Farm. We saw all sorts of farm animals, and lots of the children (and even some helpers!) were brave enough to feed the sheep, goats and alpacas. We then watched a Peter Rabbit show and had fun on the fairground rides. A highlight was the journey on tractor, which played lots of songs for us to sing along to.



The next day trip took place on Sunday 9th June. We visited HOAC for a water sports day and a picnic. Children and helpers had a chance to go for rides on powerboats, sailing boats and even katanus.

We have also made plans for a weekend event at Willow Tree later in the year, from Friday 13th September - Sunday 15th September, and our Christmas pantomime

trip is booked for Saturday 7th December. Please pop the dates in your diaries!

As always, we would like to say a huge 'thank you' to all of the helpers who have given up their time to help out this year. The day trips offer more new and exciting experiences for our children, and are a great way to catch up with both children and helpers from previous ORCHYD holidays. You can sign up online for day trips in the same way as for the 10-day holiday, so keep an eye out for an email letting you know when the next sign up is open!

If you have any questions about future day trips, please get in contact with Rachel Parfitt by sending an email to daytrips@orchyd.org.uk.

Looking forward to seeing lots of you soon,

Rachel and Nicky

Fundraising Update

Thank you to all of the new people who joined the team. There are some great events and ideas underway already and we are looking forward to sharing these with you! In the meantime, there are a couple of really easy ways for anyone who does online shopping to raise money for ORCHYD:

easyfundraising.org.uk
feel good. shopping

Help out when
you check out

Collect **FREE** donations for
us when you shop online via
easyfundraising.org.uk



amazon smile

Already love Amazon? How about using **AmazonSmile!** The
same great Amazon you love but with .05% of the profits being
automatically donated to us!

THE HOWLER

**JOIN OUR 90/125KM
FUNDRAISING CYCLE**



22ND SEPT '19

FREE ENTRY



**STARTING IN AYLESBURY, ENJOY QUIET
BACK ROADS, BEAUTIFUL SCENERY
AND CHALLENGING CLIMBS**

**ORCHYD PROVIDES HOLIDAYS AND DAY-
TRIPS FOR DISABLED CHILDREN**

**CONTACT SAJAN ON 07961538277 /
SAJAN3@HOTMAIL.CO.UK FOR MORE DETAILS**



ORCHYD is going back to Disneyland Paris in May 2020!

From Saturday 23rd May - Tuesday 26th May 2020, ORCHYD will be spending three nights at Disneyland Paris with eight wonderful children, to celebrate the beginning of

ORCHYD's 50th year!

We are looking for a team of helpers to come along to support the children with all care needs, and most importantly, to have fun! We are also looking for HCPs to come along and support the children's medical needs.

Helpers who wish to come along must be:

- A team player, who isn't afraid to muck in;
- Full of energy, for lots of walking and long shifts;
- Willing to accompany children on rides and support them to have an unforgettable trip;
 - Dedicated to keeping the children safe and happy;
- A committed ORCHYD volunteer, having attended at least two 10-day holidays.

Further information:

Travel: All helpers and children will travel together, via Eurostar from St Pancras International Station.

Helpers must have a valid passport.

Accommodation: All helpers and children will stay at a hotel, taking a shuttle bus into Disneyland Paris each day. Helpers will be required to share a room with other adults and children.

Cost: This will be mostly covered by ORCHYD. Each helper will additionally be asked to commit to donating or fundraising £150 towards total costs.

Preparation: Maximum of three days trip preparation will take place between now and May, including team-building and meeting & getting to know the children.

If you are interested in joining ORCHYD on this trip, please email an expression of interest to daytrips@orchyd.org.uk by

Saturday 20th July 2019

Please direct any questions to the same address.

The expression of interest should be up to 400 words to outline how you feel you have shown the characteristics listed overleaf, with examples, and why you would like to come along on the trip. The most suitable expressions of interest will then be selected, and successful volunteers will be invited to a team-building event.

If you require any assistance, please don't hesitate to contact us on the email address given above. Please note, we will not be looking for volunteers with perfect spelling and grammar!

We look forward to hearing from you!

Diary Dates!

2019

Sunday 28th July

ORCHYD Training day for ALL Volunteers

Monday 29th July - Wednesday 31st July 2019

St Martin's Holiday Set-Up & Helper Briefing Sessions

Thursday 1st August - Saturday 10th August 2019

ORCHYD Holiday!!!!

Saturday 10th August 2019

ORCHYD Thank You Drinks for All Volunteers

7pm Onwards @ The Ascott, Eastcote

Friday 13th September

ORCHYD Reunion Evening - time and venue tbc

Friday 13th September - Sunday 15th September

ORCHYD Weekend

Email daytrips@orchyd.org.uk if interested in volunteering

Sunday 22nd September

Howler Fundraising Cycle

Saturday 7th December

ORCHYD Day Trip

Email daytrips@orchyd.org.uk if interested in volunteering

2020

Saturday 23rd May - Tuesday 26th May 2020

ORCHYD @Disneyland Paris

Sunday 2nd August - Saturday 15th August 2020

Training, Set-up & ORCHYD Holiday!!!!

Donating to ORCHYD

If you would like to set up a standing order for regular donations to ORCHYD, please contact Lin Gregory on treasurer@orchyd.org.uk

Alternatively donate directly by any of the following means:

By Mobile Phone:

Text: **ORCH18** and the **amount** to **70070**

Direct from your Bank Account:

ORCHYD

Sort Code: 60-22-10

A/c Number: 65209893

Using the following Websites:

www.justgiving.com/orchyd

www.virginmoneygiving.com - search for ORCHYD

Or by doing your online shopping:

Easyfundraising - www.easyfundraising.org.uk

Amazon Smile - www.smile.amazon.com

Register with these sites and any online shopping you do through these, a percentage will be donated to ORCHYD!

All donations are gratefully received and contribute towards making ORCHYD the success that it is!



ORCHYD

Organisation of Ruislip Churches Holidays for
Youngsters with Disabilities

Registered Charity 1072239

www.ORCHYD.org.uk



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