



Winter 2011

ORCHYD TIMES

THE NEWSLETTER OF ORCHYD
Registered Charity 1072239



Chairman's Report

Such a lot has happened since last writing!



ORCHYD had a very successful 40th Birthday Party at the Wealdstone Football Club, both day and evening events were well attended and it was lovely to see a number of children (although some no longer children!) from past holidays join us.

A representative from Scope and our very own Kathryn Coleman held a very informative evening on Cerebral Palsy and Epilepsy. We have more information talks scheduled for 2012 and will be advertising the dates early in the new year.

Much fun was had by all on the 2011 Holiday, yet again twenty children with disabilities had a wonderful holiday and this was down to all of you, our energetic and enthusiastic volunteers! It was brilliant to see so many new faces this year and I hope we will see you all again in 2012.



The Holiday debrief evening was very well attended and we've come away with lots of new ideas to improve and maintain the high standards that ORCHYD has.

The fundraising and events team, along with help from several others, have worked very hard and the last couple of months have seen one of the most successful Fall Balls and a thoroughly enjoyable Christmas shopping evening. Thank you to everyone that helped make these events happen.

One question I am often asked is why everyone involved with ORCHYD has to have a CRB? Helpers often question the need for one, especially Helpers that have minimal contact with the children. However remote the possibility may seem, there is always a chance that any one of you could find yourself in a situation with one our ORCHYD children.

The ORCHYD policy is that EVERYONE involved with ORCHYD has to have a CRB. We are often asked as an organisation to explain what safeguarding measures are in place for both our children and our volunteers, CRB checks are pivotal to this.

If we were to relax this policy, it becomes a very hard process to manage and what rules should be used to decide if a volunteer should or shouldn't have a CRB?

Having had some first hand experience this year on the Children Selection team, advising parents/social workers/schools that ORCHYD has a strict CRB policy immediately alleviates some concerns they may have about sending children to us. It also emphasises ORCHYD as a professional and trustworthy charity.

On a related note, the CRB process itself is onerous and not entirely efficient. We are updated regularly by the organisation we use as our umbrella body for CRB's

(Churches Agency For Safeguarding) and there is currently a Bill due to be presented to Parliament in 2012 that should rationalise the process, however as with all bureaucracy, it is likely to be a good 12/18 months after this before ORCHYD sees any benefit.

In the meantime I do hope that you can bear with us and understand the importance of CRB checks for all of our ORCHYD volunteers.

2011 has seen our partnership grow with Hillingdon Community Transport who take such good care of our mini-bus, we have started up a relationship with Sunshine House and spent a lovely morning there using their facilities over the holiday this year and yet again we had two lovely volunteers from the Myosotis Trust come and help with ORCHYD. Very excitingly, ORCHYD sent three of our own volunteers to Romania in September, which you can read all about further on.

I would also like to say a big Thank You to everyone that attended an induction session before the holiday this year, whilst quite hectic and full of information, these were really beneficial and we appreciate your time in attending these.

The 2012 ORCHYD holiday is later in August due to the Olympics; I do hope that many of you can still join us!

All that remains to be said is
Happy New Year!
Wishing you and your families all the very best!

Corrie Bwye - ORCHYD Holiday Committee Chairman

Could you be a Speaker for ORCHYD?

ORCHYD have a smart and professional DVD, with a film aimed at both volunteers and potential child applications, we're keen to set-up talks in order to spread the 'ORCHYD' Word.

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

Are you free on Thursday 16th February 2012? 10.30am-2pm

ORCHYD have a stall at the Hillingdon Parent Partnership Family Fun Day at Moorcroft School.

We have also been asked if any of our volunteers are available to help look after some of the children on the day so that their parents can spend time talking to Stall Holders.

Let us know if you can help!

corrie@orchyd.org.uk or staffing@orchyd.org.uk





2011 Outings Report



The arrival of the children on Thursday was followed by a busy afternoon of exploring the hall and bedrooms, playing games and getting to know one another. Our new style sensory room was definitely a highlight and was enjoyed by all throughout the holiday!

On Friday, we visited Paradise Wildlife Park. This big and exciting park has something for everyone and we definitely made the most of the paddling pool in the sunshine!

Each year we spend a weekend camping with the Scouts and this is without doubt one of our favourite trips. The famous swing boat and aerial runway went down a treat with the children, as did the bouncy castle, rocket launcher and paddling pools.



Saturday afternoon was spent saving the 7 dwarves from the wicked witch in the story time trail held in the woods. The children enjoyed the spooky effects and the helpers tested their 'off road' wheelchair driving skills. We all enjoyed a good sing-song around the bonfire in the evening and we especially liked the hot chocolate and biscuits before bed.

On Sunday, we attended a very fun and active church service in the woods before heading back to the hall. In the afternoon, we had an exciting visit from the Blunderbus, who performed an outstanding show, complete with bright costumes and excellent scenery.



Swimming and bowling were enjoyed by all on Monday. The new venue proved to be a real success and meant that we could enjoy a lunch in pizza hut too!

On Tuesday, we visited an outdoor activity centre and everyone experienced going on a dragon boat and a speed boat. The weather again was lovely, so we were able to make the most of the relaxing surroundings. We all enjoyed rocking the boats a little too!

We loved the opportunity for some retail therapy in Uxbridge on Wednesday morning and all the children came home with a special toy. We were very lucky to have a visit from the farm in the afternoon at Grangewood School. The children loved feeding the tiny piglets and goats. Many of them enjoyed a cuddle with the baby rabbits, mice, ducklings and guinea pigs too!



Thames Valley Adventure Playground made us all very welcome on Thursday. The children loved exploring the outdoor playground and all had a fabulous time in the ball pool and sensory room.

Great fun was had in the afternoon at The Windmill Studios with Judy and her team.

On Friday morning, we went swimming again, but this time at Sunshine house. The facilities there were amazing and the children enjoyed splashing us in the heated pool and bouncing on the trampoline in the outdoor play area! The afternoon was spent making cakes and crafts and enjoying some messy play.



We all put on our best outfits for the party in the evening and played party games before dancing the night away!!

We had a fun train ride at the lido on Saturday morning and then played in the park, before heading back to the hall to prepare for the arrival of the children's parents. The bouncy castle and entertainment in the hall were a real success. This was a wonderful ending to yet another fantastic ORCHYD Holiday.

Bec Pollard - On behalf of the Outings Team
Corrie, Lin, Laura & Rebecca - The Outings Team

Note from the Chairman: ORCHYD were very fortunate to have two more volunteers from The Myosotis Trust help on the 2011 holiday. Claudia and Bogdan were of great help to ORCHYD and it was a pleasure to host them.

To continue the initiative ORCHYD sent three of our own volunteers to Romania to find out a little bit more about what our friends at The Myosotis Trust do...Rebecca White, Rebecca Pollard and Paul Round were our three ambassadors and ORCHYD were proud to have them representing us!

A little note on our Myosotis Trip September 2011



All three of us were very excited to be going to visit The Myosotis Trust in Barlad, Romania.

Lory, Alex and Micky welcomed us at the airport and then we began the five hour drive back to Barlad for our stay. We stayed in a delightful studio flat and at the medical centre both a short walk from the Casa Esme Day Centre. Everyone at the Myosotis were very welcoming, they showed us round the day centre and the medical centre followed by a drive around through the local area and a delicious lunch in the sunshine!

The first day we spent at the day centre we gave all the toys and craft bits we had collected from our volunteers and friends to Myosotis who were very grateful for the gifts. The children were very excited to have new toys and dressing up stuff!



The first day at Casa Esme. Bec P, Alex, Lory, Claudia and Paul.

Casa Esme is an amazing place, a very warm and welcoming day centre.

Children from all around the local area who have special needs such as autism go to the day centre for a number of sessions a week depending on their requirements. They get the attention from the dedicated staff they need to help them learn and improve with education and every day tasks.

We all helped with the children as they worked in small groups completing tasks and despite a language barrier, communicating with the children was not a problem at all. The children range from four years to 11 years, split into appropriate groups to ensure support and progression. There is also an afternoon club for older children who continue to benefit from the support at Casa Esme.

With three extra pairs of hands to help, we were able to go on trips in the local area, including the Planetarium (which Paul enjoyed more than the children despite it all being in Romanian!), the local zoo and a trip to the

countryside where the children enjoyed homemade food, looked around the farm and had a picnic in the woods.



The children and staff after the picnic in the woods.

Myosotis has a fantastic group of young volunteers who come to a group meeting once a week and help with Casa Esme during the day, as well as fundraising and supporting events. All the young volunteers have a great amount of ambition and have great plans for the future. They were all so welcoming and friendly, joining us when they could in the day time and evenings.



Some of Myosotis' dedicated young volunteers

On the weekend, the day centre is closed and so Lory, Alex and the other staff looked after us well, spending the Saturday shopping at the market where locals buy all their food and then cooking literally all day, showing us some of Romania's traditional food, only be described as delicious!!!! They also taught us a few new games including Ninja (we will definitely be playing this game next year!!!) Fabulous!

Sunday was spent visiting a traditional monastery in the forest about 45 minute drive from Barlad, a very moving and peaceful experience, and we appreciated how our hosts shared this with us.

Our last evening before heading to Bucharest for a day of sightseeing was fantastic, enjoying the time with the children and the kind, hardworking staff at Casa Esmes. We have learnt a lot about the Myosotis Trust and seen how hard they all work to create a safe environment where children can grow in confidence and ability, learn and make friends. During in our time in Barlad we also saw how the medical centre is absolutely invaluable for the local community.

I cannot stress how welcome we were made by the team in Barlad. We are very grateful to them for making us feel like we were at home, their unlimited generosity and the opportunity to be involved in such an important charity. We hope we can continue to work with and support Myosotis Trust.

We are also very grateful to ORCHYD for giving us the opportunity to go to Romania and make the most of the experience.

Becky, Bec & Paul





Epilepsy

Different nurses like different conditions. Some nurses like to work with people with heart problems, others with bone problems etc. The area that has always interested me is epilepsy. Back in 2009 after a rough year in hospital with my youngest daughter I decided it was time to start thinking about leaving A&E where I was working for a more child friendly area. I knew I wanted to work with Children with epilepsy but I wasn't sure about how to reach that goal. I looked up Epilepsy course and found a long distance course at Leeds Metropolitan University. The question was how to fund this.

After some discussion with Madam Chairperson and the committee, ORCHYD agreed to fund this for me and in return I agreed to share my knowledge and expertise with ORCHYD. The course began with a snowy day trip to Leeds and continued weekly online over 18 months.

There were 3 modules, the Assessment and Diagnosis of Epilepsy, Pharmaceutical and Medical Management and Psychosocial Issues in Epilepsy. It was very difficult to sometimes find the time, with work and 2 children, to complete all the sessions and the four essays but in May this year I finally received confirmation I had passed. So thanks to ORCHYD (and a little hard work)

I now hold a Post Graduate Diploma in Epilepsy Care.

So far I have run several training sessions and written policies for



ORCHYD so they are getting their money's worth. The course also helped land me a job working with children with profound and multiple learning difficulties at Sunshine House School in Northwood.

The course has given me the confidence and knowledge to support these children and their families. And for the future I would love to become a Specialist Epilepsy Nurse, so watch this space!

Kathryn Coleman

Note from the Chairperson: A huge Thank You to Kathryn for undertaking the course, ORCHYD have benefited greatly from this and we appreciate the hard work Kathryn put in to gain the qualification.

Things to look forward to in the ORCHYD 2012 Calendar!

More Day Trips

Information Talks

More Training in Epilepsy / First Aid / Mini-Bus Driving / Manual Handling

Look out for a more regular ORCHYD E-News



And Finally (Fingers Crossed!)
- A weekend away to Disneyland Paris!!

ORCHYD 2012 Holiday Dates:
17-25 August 2012
(With Hall set-up commencing 13th August)



Publicity - What's New?

It never ceases to surprise me just how fickle and yet so co-operative the press can be when it comes to the way in which they choose to ignore or go with stories sent in to them or the invitations to come and photograph certain activities.

Many of you will perhaps know that not only do I act for ORCHYD as their Hon. Public Relations Executive, but also for the Ruislip, Eastcote and Northwood District Scouts, a useful combination as the two groups meet every year at Mad Bess Wood for the annual week-end camp and there is usually a lot to talk to the press about. Normally, we manage to attract at least a photographer to come and take some action shots of the children on the swing boats, or having their faces painted and so on.

However, this year, in spite of careful invitations and directions --no-one turned up! We were then told to send in our own pictures, called 'contributed' and we thought that at least something would appear but --zilch. Most disappointing for all concerned.

We now come to the ORCHYD Christmas Market at St.Martins Church on November the 26th and a notice was put out to the local press with all the details and -lo--we managed to get a pretty good mention in the paper before the event in a section given over to all the Christmas fairs and markets taking place in our area.

The event was a howling success --and busy from the moment the doors opened at 8p.m.

Then, out of the blue a man with a camera suddenly appeared at my side and said he was a trainee photographer from the Gazette and off he went round, clicking away quite merrily.



Come the following Wednesday there was a great picture of a very young Miss Plummer alongside the heart of cake stand and an excellent feature on the whole evening. Perfect. Great publicity for ORCHYD.

Earlier in the year we prepared copy, as asked for, for Hillingdon People,-- in the section for Volunteers --a magazine distributed throughout the Borough to all houses and we awaited with almost bated breath to see the result of our combined efforts but nothing ever saw the light of day.

Terribly disappointing as you could imagine as this would have given ORCHYD an even wider audience and extended the awareness of folk in the area as to what we do every year with limited funds.

So there you have it--you win some, you lose some but the secret is to keep beavering away and to keep up the interest of the local reporters with good stories which they believe will be of real interest and value to their readers. After all, they have to sell newspapers!

David Horchover

Hon. Public Relations Executive

Here are some of the comments on Feedback forms from some of the children that attended the holiday this year....which all serve as a little reminder about why we all do this!

Harry enjoyed his time away from us, it helped him develop his independence

Oliver had an AMAZING time! I was worried about Oliver as he had never been away from away, everytime I spoke to him he was fine and I was never made to feel it was a problem me ringing all the time. It was nice to be able to spend a bit of quality time with my oldest daughter

Brandan was able to do all the things that are sometimes not possible and it was a real treat! ORCHYD provide a perfect holiday!

Isabelle has matured by being away from home, she had a fun packed 10days and for me it was nice to chill out, eat a meal comfortably and recharge my batteries!

David needs 1 to 1 care and I wouldn't have been able to provide him with such a wide range of activities. For the first time since David was born I was able to travel to Japan to see my family, we cannot do this with David because he would not be able to cope with the journey. The ORCHYD holiday was wonderful, thank you!



ORCHYD NEEDS YOU!

Would you or anyone you know be interested in volunteering with us on the 2012 holiday??

Can you give just an hour, a day, a few days or even the week to help with the holiday?

With a wide range of opportunities for people of all ages and varying experience, including:

- Driving the minibuses on daytrips
- Help with welcoming everyone to the hall and keeping the children safe and happy.
- Cooking delicious breakfast, lunches and dinners.
- Helping to keep the hall nice and tidy for the children.
- Carers to look after the children and make the holiday super special.
- Qualified nurses to provide meet the medical needs of the children.

So if you or anyone you know would like to get involved and become part of a sociable and welcoming team providing a residential holiday for children with disabilities, then get in contact today!

Please contact staffing@orchyd.org.uk or telephone 07736469148

ORCHYD Vacancies



ORCHYD Holiday Committee Secretary

What does the role involve:

- Attend committee meetings once a month (excluding August & December) and take minutes.
- Type up minutes after meeting and send to Chairperson for proof reading before sending out to committee.
- Prepare Agenda for committee meetings and email reminders to committee about meetings
- Keep 'New Initiatives' Schedule & ORCHYD Year Planner up-to-date.
- Total amount of time estimate: **5 hours per month**

If you're interested, please contact Corrie Bwye
corrie@orchyd.org.uk

Please email corrie@orchyd.org.uk or
staffing@orchyd.org.uk if you no longer wish to receive a
copy of the ORCHYD newsletter.

Thank you



ORCHYD
Organisation of Ruislip Churches Holidays for
Youngsters with Disabilities

Registered Charity 1072239

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