

BLOWN AWAY - SADY 2008



SADY was as enjoyable and memorable as ever despite the bad weather

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Blown away!
by the wind &
entertainment at
SADY

BLOWN AWAY - SADY 2008

Despite the bad weather SADY was as enjoyable and memorable as ever

Despite the wind and the rain over two thirds of those attending this year's SADY stayed until the end of the annual summer camping event on Monday morning.

Sunday evening's band was TD10 who along with D.J. Gary Jay and all the Plussers who ventured on to the dance floor made the last night a great Plus party night to remember!

Not only was the spirit of Plus shown at it's best during the party atmosphere of Sunday evening but also during the afternoon when those on-site helped each other pack or move their tents to a sheltered position!

On Saturday the SADY rambles got drenched down to their underpants on their walk done in persistent rain, everyone was sodden, except Adrian's embroidered pillows somehow remained dry!

There would have been good views of the Forest of Bowland had it not been for the rain.

Francis Wallington: "The ramble centred on Slaidburn where we went to the River Cafe, had hot chocolate and cakes. The cafe owner had stayed open specially for us

On our return to Slaidburn we visited the Hark To Bounty Inn, we huddled round the fire to get dry, I couldn't get to the fire for Tracy's hips!"

More on page 4.

Murder at Brean

Murder was something new for Brean in 2008 as Emma Dunning and her players provided the fun and exciting opportunity for Plussers to play detective.

The victim was played by Andy Campbell and while all the characters seemed to have a motive it turned out that the murderer was played by Kirsty van Lieshout.

More on page 6.

Mini-Break - Missing

National Chairman John Smith was noticeable by his absence from Saturdays festivities at the Kings Lynn Plus Summer Mini-Break. He disappeared before lunch and wasn't seen again until just before midnight.

When asked if he didn't like Plus events John replied "off course! I also like visiting new places, I've been to Ely for the day."



Picture: National Chairman John A Smith caught on a Camera-Phone at Ely

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NATIONAL CHAIRMAN'S COLUMN

The Annual General meeting is to be held on February 21st 2009 at the County Hotel, Walsall in the Midlands. The NEC passed a unanimous resolution to invite the Groups to send delegates to the 2009 Annual General Meeting.

Two AGM proposals were put to the NEC and I'd like to thank both teams for their efforts. This is an indication of the increased positive attitude towards Plus that is now being shown.

More and more as time goes by it seems that Plus is an organisation looking towards the future with a view to improving.

Hopefully this is also an indication that there may be contested elections at the Annual General Meeting in 2009. All the National posts are open to nominations:

- National Chairman
- Honorary General Secretary
- Finance Officer
- NEC Administrator
- Activities Officer
- Publicity Officer
- Internet Co-ordinator
- Training Officer

Therefore if you have a vision of what Plus could be in the future, or the next one or two years or in our Platinum Jubilee year, 2011 then step forward and put your name forward for one of the posts up for election at the AGM in February.

Most, if not all committee posts within Plus are about providing leadership for our members, the following three ingredients may help you to be a good leader within Plus and hopefully consider standing at the AGM:

1) Future – leading always starts in the future and what you'd like to see ahead, effective leaders are guided by this factor. It is vital to have a vision for yourself and for Plus in the future

2) Engage – if you want the help of others to create that Future, you'll need to Engage them to your vision. It is not enough just to transmit ideas, a great leader ignites people emotionally and intellectually so they can share the same predictions for the Future

3) Deliver – you'll make things happen – leadership does not stop with vision or the team, it ends with delivery. Delivery converts the above two ingredients in terms of results and the desire for leaders to develop new leaders who will carry the same vision or create their own

Please forward any enquiries or your nominations to the NEC or myself.

I'd like to thank Adrian Barnard and Francis Wallington for acting as NEC Administrator for the May and August NEC meetings and thanks to Sandra Brogan and her team for organising a well run AGM 2008. Thanks also to Katie Hawkins for putting together a National Directory, if your Group wishes to have a copy then please contact your Area Chairman.

The May and August National Executive Council Meetings were held at a new venue for Plus, The Quadrant Business Centre, Coventry. It is planned to hold the November meetings at this venue.

The NEC agreed that the new CMS (Content Management System) web site (National Internet co-ordinator Richard Morton, Webmaster) now go live on the domain names plusgroups.org.uk and 18plus.org.uk. The domain name plusgroups.org remains directed to the existing Plus web site (Mark Hewson, Webmaster).

National Internet Co-ordinator, Richard Morton has set up a process for registering existing members with the web site and the new membership form is to be updated to include optional registration with the web site. Two Areas have begun to sign up their members and so more content is starting to appear on the web site.

The Fish! and World Cafe outcomes were published at the NEC meeting listing all the ideas and thoughts experienced by the participants of the Focus Day in their own words and as they were written down. There are some brilliant ideas.

Thanks to the organisers of Focus Day for putting on a landmark event. The NEC agreed to include this on the agenda of their Area Conferences. The Focus Day outcomes are for the whole of Plus to act upon and we should discuss and further explore the ideas generated at all levels of Plus with a view to putting them into action.

The application form is now published for the Platinum Awards and can be obtained from your Area Chairman or the Plus web site.

The Platinum Standard is based upon the ideas on where Plus will be in 2011 put together at the 2007 AGM - any Group may apply and those who apply will be recognised with an award of interest. The National Chairman and the Vice-Presidents will then give an award depending on how close the Group matches up to the Platinum Standard;

Bronze, Silver, Gold and Platinum awards are available.

As ever I have attended many Plus events since the last issue of Plus News; SADY – camping, fun and entertainment in Yorkshire, where we had a great time despite the wind and rain, the Kings Lynn Group Summer Do where I disappeared to Ely, the Milton Keynes MAD weekend which included the National Karting (this year on the big track in the dark), organised by So'ton Friends (Plus) Group, I found it very difficult to see in the dark and the rain but amazingly I didn't come last as I expected, Northern Area's NEAT weekend in York which included the National Pool tournament which I won.



All the above events, and the smaller Group and Area events I have taken part in are all organised on a voluntary basis by Plus members and this is what makes Plus a great organisation to be a member of.

I get great value out of my membership of Plus and because of this I am confident about telling anyone how great Plus is to be a part of.

If we don't value the membership how are we going to persuade prospective new members to value it as well and to join. Yes Plus is a relatively small organisation but it has a great deal to offer and, I believe, its members have a great desire to see it improve.

John A Smith
National Chairman

SADY 2008

by Adrian Barnard

The "PLUS BUS". was packed to the gunnels when we departed from Oxford at about 11:55 a.m. and set course for an uneventful trip to North Yorkshire. We arrived in good time to pitch tent and find a pub that was still happy to serve food, and very nice it was too.

Back for the disco and a decidedly chilly night with, I'm told a lot of loud exclamations from some quarter as to how cold it was, but I wouldn't know, five hours of driving saw me sound asleep.

Saturday was rather cloudy at start with a light dusting of rain from earlier, but the weather was good enough to cook 'beans and sausages' in the tin on the gas burner, only took about a half hour.

Then it was assembly time for the two hour walk,... sorry I mean the five hour exercise in map interpretation and swimming marathon. We set out in light showers and came back suggesting the guy who packed the kayak should have brought it. Everything was wet through, Biggles could be seen mopping out his tent to stop all his wet belongings floating around on his air bed. I spent about four hours in the car with the

heater melting the air vents to get some stuff down to merely damp.

The band in the evening was good I'm told. Smelling like a wet sheep and having a freezing shower available sees me with a cold coming out today, so I spent another few hours in my mobile drying room.

Sunday saw a new set of events, the "see how many gazebos the team can disassemble in a minute and a tent flying contest". The wind was blowing substantial branches off trees and in driving to the pub for lunch there was actually a tent on the main road, (as to why it would rest there in 60 mph winds and not pegged down on a camp site is beyond me!).

The pub meal was interspersed by mobile pictures of guess who's tent has collapsed now, as was the quiz which we were narrowly denied victory in by a last second run on the picture quiz. (Gary watches too much T.V.)

I should like to thank those Plussers who forewent the pub to nail tents down and earlier disassembled my gazebo faster than I could get my boots on.

Does such weather defeat us though?!... actually on this occasion, yes. Excellent event as it was, and I'll be there next year too... maybe in a camper van!!!

SADY 2008



Photos by Mark Hewson and Matthew Boner

Top: Iain, the prolific videographer

Middle: Saturday night party time

Bottom: Saturday evening's Band - Reinst80d

Left: The ramblers ready to set off on their wet



Wet walk

SADY 2008



Top: Corinna Teal asks the questions at Sunday's Pub Quiz

Middle: The tents were moved to shelter from the wind by the venue

Bottom: Sunday evening's Band - TD10

Right: Sunday evening's great party night

Since everything was at least damp, there was very real threat of destruction to at least the flora in the area and figuring Monday would likely be no better we decamped whilst it was just damp with many hands holding the tent down. The late BBQ food was actually cooked in the kitchens as we departed grabbing a burger on the way out.

Monday saw the recounting of many tales from Abingdon Group's newest member who's enthused to now attend everything, but never camping again,... the Kings Lynn do isn't really camping though is it? and SADY next year will have better weather won't it?

The drying out process at home proved just how bad the wind had been, the waterproof trousers I lent Biggles have a hole in the backside larger than the waist!!!

Kathryn Morris: "Hi all you campers, or not so many as the case may be.

Brilliant event, thanks go to Corinna et al, for organising yet another brilliant weekend.

Missing AMMO and TAG though, I know when I joined; January 1995, being new and not knowing anybody - these were excellent events for everyone to get to know each and every Group attending.

O.K. the weather was not ideal for camping but I still and always will go and support Plus events with music."

Alison & Robert Jones, Bradford Plus:

"Everyone seemed to be having a great time at SADY - shame about the rain on Saturday and the barbecue got cancelled, Bradford members had gone back to Bradford for an ex Plussers' wedding but got told about the barbecue being cancelled on our return.

We caught the later part of the Saturday night band when we returned from the wedding at 11 pm and they were very good.

Sunday's wind was very strong and tents were flying everywhere, we were at the pub in Giggleswick having Sunday lunch when Plussers back at the camp site were texting photos of collapsed tents (we were not sure if it was a wind up), we left as soon as we had finished our meal and it was as bad as they were saying. It took about ten of us to get one of the Bradford Group's frame tents down as the wind was so strong (thanks to the Midland Area members who helped us).

As for us it was only an hours drive back, we left as soon as we were packed up.

Thanks to Corinna and the other organisers of SADY for organising a good weekend, shame about the weather. Hope all the other Plussers managed to get their tents re-pitched OK to enjoy the rest of the weekends entertainment."

Last night party!



BREAN 2008



Photos by Christine Ticehurst

Top: The Real Ale trip

Middle: Live music

Bottom: Kirsty wearing charity hat

Left: Murder at Brean

Brean 2008

By Christine Ticehurst

Well what can I say - had simply the best time at Brean again this year.

There was a distinct lack of a caravan party on Saturday night, but we improvised, although sitting drinking tea is a touch more civilised than I am used to!!!

I thought the murder mystery was excellent - although slightly nerve-racking for me! The script called for me to be holding a glass of whisky which I usually don't drink, but it seemed to evaporate faster than it should under those stage lights!!!

The best, most memorable bits were; finally seeing people I haven't seen for sooooo long, singing at the caravan parties on Friday and Sunday (probably badly), the murder mystery, Bishops Stortford Plus's hospitality to a late-booker, cooking chilli for everyone on Friday night, crispy pizza on Saturday night!

Also when someone, who shall remain nameless, managing to (accidentally apparently) pour baileys down the back of my skirt on Sunday night - and I still can't quite believe you actually finished drinking the bottle with breakfast on Monday - shame on you!

And to think, I nearly didn't go this year I won't make that mistake again!

Thanks again to everyone involved in organising/running things - and here's looking forward to WASH 25 where it will be our turn to run around like headless chickens for a while!!!

Back from Brean

By Kirsty van Lieshout

On Friday afternoon, after running around and organising shopping, we had numerous cups of tea during the signing in of all the Brean Goers! Then Friday Evening came - we had some more cups of tea - and danced the night away with DJ Gary Jay.

Saturday morning started with a pineapple juice and lemonade (ha, you thought it was tea, didn't you?) and we played a few rounds of 'Beer or No Beer'. The tea was ready again, so we had a few while the Brean Quiz was on.

Rich was too ill from all the tea, and not able to make it to the Murder Mystery. Luckily DJ Gary can cope with tea and filled in!

Saturday evening started a little slow (the band came up - we gave them a cup of tea while waiting for more people). When the party finally got started it was fabtastic!

Sunday showed us 'Star Dust' with a nice cup of tea (while another bus load was on a Real Ale Trip to Bath). Sunday evening started slightly like a diesel as well, the band got quite a few on to the dance floor and DJ Gary disco-ed us through the night!

The site manager was so happy with us, that the bar was open at least half an hour longer (must have been all those cups of tea) and we rolled into our beds quite happy and dr.. eh.. full of tea!

Monday morning saw another tasty breakfast, before we quick cleaned the caravan and went back home..

Had enough tea for a while now...



Mini-break



Photos by Mark Harrington & Matthew Boner

Top: The "Chill Out Zone!"

Middle: Adam Redshaw in a relaxed mood!

Bottom: Keith Israel sings karaoke!

Left: The winning rounders team, (mostly).

Kings Lynn Plus

Mid-summer Mini-break Party

Thank you to everyone who attended the Kings Lynn Mid-summer Party and made it such a fab weekend.

We were slightly up numbers-wise once again, with 55 people attending.

The rain showers didn't manage to dampen our spirits and all in all it was a very enjoyable weekend for us, and hopefully for you too.

A big thank you also to those who helped either in the setting up or clearing away - the assistance was much appreciated.

Christine Ticehurst
Kings Lynn Plus

Congratulations to all the members of Kings Lynn Plus for running a successful Mini-break. It was great to see so many people there - including several new members who had just joined Plus only recently.

Thanks also to Adam Redshaw for running a great Disco & Karaoke on the Saturday evening.

Thanks also to everyone who took part in the National Rounders and to Richard Leach for transporting the Rounders equipment.

Joe Gurney
Chairman, East Anglia Area Plus

& National Rounders 2008

The event took place on Saturday June 19th 2008 at "The Walks" in Kings Lynn. As this was held the same weekend as the Kings Lynn Plus' Mini-Break, the competitors were able to take advantage of the barbecue, disco and camping accommodation as well.

There were two teams - captained by Steve Geary (Reading Plus) and Mark Harrington (Coventry Plus). Mark, incidentally, had captained the previous year's winning team, "Golden Balls."

Unfortunately it was not to be this year! Although in the lead after the first innings, Steve's team, "Jaffa Cakes," closed the gap in the second and took a four and a half point lead. Luck however was against Mark as his team were dismissed just two rounders short of the required target.

So well done to Steve, and commiserations to Mark! Hopefully you will have a chance of a revenge match *cough* I mean "return" match when we hold the event next year!

Joe Gurney
Umpire

Picture: National Chairman John A Smith presents members of the winning team with the National Rounders Trophy



"Jaffa Cakes"
Trophy winners
2008

Kings Lynn Summer Mini-Break

Last weekend I went to King's Lynn on Friday when I arrive I did a stupid thing and lock my keys in the car had to call out the rescue recovery as everything was in car apart the tent or or an non inflated airbed.

After the recovery managed to get my keys out the car after fishing for it and taking some stick from some of the people who saw it I unloaded the car - keeping it unlocked for most of the night - and went into the chill out zone, the weather Friday night was same as SADY - wet, I played boluses at 12.45 am !!! which Biggles took video footage of.

On Saturday I discover Beers of Europe where you could get 10% discount on anything apart from spirits but they sold obscure labels and of course European larger. They even sold papal wine Benedict XVI white or Benedict XVI red, this was of course German.

Saturday afternoon was spend doing the national rounders competition which I was in Mark Harrington from Coventry Scratch team B which lost in the end after two innings I did have - which I think - two superb catches in the second innings.

Saturday I had to cans of Wendy's cider followed by Tesco version of J20 orange and

passion fruit which was slighted different from the original version.

John Smith turn up at the venue at 11.53pm after going to Ely during Saturday and return back to King's Lynn by 8.45pm to find most of the buses have not running at that time so John walk back to the campsite and missed the big announcement from the WASH organisers of the theme for the 25th WASH which was a casino evening over a afternoon / evening, with entertainment.

Monday I did three day of TCO training with Rob, John Kate and Steve Richard who was suppose to train with us is out for six weeks after damaging his leg.

On Thursday I started to catch up with the work that I missed from the week,

Declan has bought a new car, which is a Land Rover Discovery 07 plates - Declan even brought up some furinture from London which he does not want and old DVD and CD's to be donated to any charity shop or Church function.

The weather has been hot and humid all week with windows left open all day and all night. I was a bit burnt after King's Lynn National Rounder so was Wendy and Helen.
James Oliver

Mini-break



Photos by John A Smith & Mark Harrington

Top: Summer Mini-Break camp

Middle: John at Ely with the Cathedral in the background

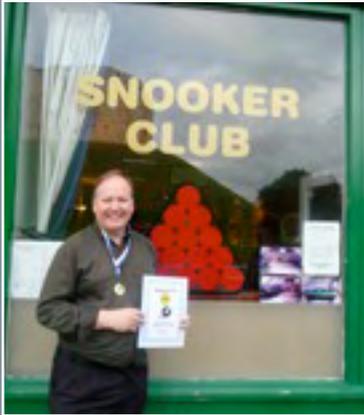
Bottom: "Chill Out Zone!" Sunday morning

Left: "Chill Out Zone!"

Chill Out Zone



NEAT - York



Photos by John A Smith

Top: Pool winner at Caastles Snooker Club

Middle: Three course meal at the Judges Lodgings

Bottom: Splinter at the Judges Lodgings

Left: Railway Museum Treasure Hunt & results

NEAT 2008 - York

Extract from Midland Area Plus Gazette

In early September (5th to 7th) over twenty Plussers went to the wonderfully historic city of York for the National event know as NEAT which incorporates a stay at a three star hotel, (Wheatlands), the National Pool Competition and a Treasure Hunt.

Many people ask what 'NEAT' stands for and this is a mystery to all, even the NEAT organisers!

Originally it was going to be 'Northerners Entertain AT...' but since then many other NEAT ideas have been thought of therefore it is whatever you want it to be, all that matters is that it's a 'NEAT' name!

The venue this year was York with its narrow medieval streets, the world famous York Minster and the National Railway Museum and Castle Museum.

On Friday evening the weekend began with an informal meal in the city at Pizza Express, not a take away or fast food franchise, but an atmospheric venue with resident jazz pianist.

The National Pool competition was held on the Saturday afternoon at Castles Snooker Club where a new champion was announced as the defending champion Jamie Woodbridge of Solihul Plus Group was unable to attend.

National Pool competition results:

- 1st John Smith, Leeds Plus
- 2nd Matthew Riley, Sheffield Plus
- 3rd Mike Coles, Bradford Plus
- 4th Tim Luckett, Slough Plus

Saturday evening saw the attendees at the Judges Lodgings sitting down to a three course meal followed by a live Band, Splinter.

On Sunday morning the second competitive part of NEAT took place which was the Bradford (Plus) Annual Treasure Hunt, (BATH), around the famous National Railway Museum this was won by Stephen and Leanne Browning who were presented with a certificate by Northern Area Chairman, Robert Jones.



MY MAD WEEKEND BY IAN CRAWSAW

Big breakfasts, girly e-mails and knacky knees

I had wanted to get a new Plus event under my belt and it was ten years since I attended AMMO (Annual Mad Mini Olympics) so I decided to get myself up to Milton Keynes for the MAD weekend, and see exactly how different today's answer to AMMO really was. It was a weekend that exceeded all my expectations.

Rich kindly offered me a lift up, unfortunately this was after I had taken my hire car so I declined, not wishing to leave my hire car sitting in the drive all weekend. I'd be showing my age if I were to say that Vangelis accompanied me up the M25 and M1, a theme that could well be accused of recurring throughout the weekend.

As promised, Rich was propping up the bar when I joined him; the only two to be present on the Friday night. He had obligingly befriended the bar manager of all people, which led to an impromptu and quietly raucous lock in.

Saturday started with an "all you can eat" breakfast. And we did, before retiring for a while to wait for everybody else to arrive. The first main activity was Skiing / Snowboarding / Rock climbing in the central Xscape centre. I haven't skied for three or four years and I am sure it was easier to bend down to tie my boots before. In trepidation I climbed the drag lift and with unbridled joy I realised I still 'had it'; parallel stops and turns, speeding down the centre, sending snow everywhere, the lot. And my knacky knee behaved. After the extra hour various Plussers joined in, including Rich, Adrian, Princess Phil (she of the legendary and wonderfully girly e-mails to the Southern Area Forum), Ant, and Pete. It was more fun skiing with people I knew. And importantly, now I know I am fit enough to go on a week's skiing holiday, possibly Adrian's one in Lapland.

The early evening meal was interesting. Pudding arrived before dinner. Dinner arrived before starter. Starter arrived after 40 minutes. My double steak (well it was a two-for-one) was OK, but I have never seen luminous fish and chips before (save for that episode of The Simpsons) and am not sure I want to again.

Slightly narked but still in good humour, we headed off to the Daytona centre for a spot of night-time karting. This was a proper endurance race over 40 minutes, on an outside track, in the rain. The puddle before the straight served as an excellent body cooler, visor cleaner, and in some cases, drink. Endurance was the word. I was doubtless thinking of other words as I got stuck on the edge, seeing the last half hour's work carefully overtaking people instantly rubbed out. Despite this I somehow came in a credible 9th out of 18, eight places below the winner who was predictably Rich. Cue the celebrations as we all swapped track stories and enjoyed the buzz.

I was too tired to go out and it was an early start on the Sunday, so instead Rich and I stayed up chatting with our National Chairman. I was falling asleep when we discussed the new Plus web site but woke when the topic changed to women, at which point Rich nodded off! The new web site is indeed good, check out the dynamic calendars, forums, and blogs which constantly bring us up to date (I'll collect my pint later for that blatant plug). Just four hours after getting to sleep Rich and I were helpfully awoken by an enthusiastic offer of room service!

On the Sunday most of us did the Airkix, a skydiving simulation in a huge wind tunnel. One minute may not seem that long but it was very intense doing something best described as a horizontal random walk in mid-air as the

trainer worked flat out to keep you there and signal to you to adjust your legs, or simply to relax. Everybody had a second go and some of us a third. When the trainer spread out like a star he shot up the tube and nearly out the top of the building. When I tried to copy him I ascended about a foot before falling flat on my face. Perhaps that's the reason why he's the trainer and I am not.

The final event was the Ten Pin Bowling, which I had prepared for by chasing down my McBurger with a gut-buster style breakfast and a not inconsiderable amount of gloating as to my bowling ability. Bad move Ian. My knee which had withstood everything the weekend had thrown at it had had enough and I was barely able to register a three digit score. Absolute Shocker. The winning individual was deservedly Geoff from Lincs Quest and the winning team was also Lincs Quest. No hard feelings, honest!

Princess Phil had done just about enough to shake off any misconceptions of her being girly by (a) being better than me at karting, (b) being better than me at bowling, (c) not wearing a fluffy animal on top of her Airkix helmet, and (d) very capably stepping into the breach to organise this fantastic weekend and avoid any potential logistical nightmares. The final accolade of 'most girly' instead goes to Christine Ticehurst for those very cute pigtails. All three of Phil, Kirsty and Rich deserve huge plaudits for organising this fantastic weekend, which I will definitely attend again. The biggest regret was that Kirsty was suddenly called away and could not be there.

Oh, and I took a piece off the hire car front tyre which incurred a cost roughly equal to six extra minutes in the Airkix, perhaps I thought I was still karting....

Ian Crawshaw Former Plus News Editor

mw@mk

Photos by John A Smith

Left: Jump suits & crash helmets, ready for karting
Middle: Ian's shocking bowling
Right: Winner Geoff Buller with the highest scoring team





WASH 25 - Time Flies by Keith Israel Chairman 1984 - 2008

My - how time flies! WASH (Weekend At Sunny Hunstanton) is celebrating its 25th year and it still gives me as much of a buzz as it did in 1984 and it is, of course, with great personal pride that the weekend has been one of the major Plus events for many years.

Naturally, to mark our major milestone we want to make this year's event as special as we possibly can - we have already booked many acts which we are sure will generate an extra special atmosphere, but the main thing which myself and the committee believe will make WASH 25 extra special is the attitude and enthusiasm of everyone attending this historic event in the History of Plus.

Therefore, and for this year only*, we are opening the event to past Plus members who are very welcome to come along and be a part of the 25th anniversary celebrations. The condition of attendance is that you must come along, forget your worries and have a great party weekend.

Please start spreading the word to current and ex-members that WASH 25 will be an extra special event for extra special people.

To ex-members, don't worry if you've been off the

**WASH 25
Extra special
weekend**

scene for a few years, you will be very welcome and, who knows, you may wish to join one of our Quest groups which are specially designed for past members and are popping up all over the country.

If your past memories of WASH are of chilly caravans, you will find that Searles 2008 is now state of the art luxury. You will not be disappointed, in fact we believe you will be very impressed.

WASH 25 will be a celebration of all that is great about our wonderful organisation and we would love to see many past members attending, as well as plenty of new and current members, to make this weekend extra special.

We reserve the right to make this offer again in 2033 to mark our 50th anniversary.



WASH 25	EAT & SLEEP	GET WET	PLAY & SHOOT	GET AWAY
	<p>Accommodation is top of the range. All units are warm, cosy and have the facilities you'd expect, colour TV and many have microwaves, dishwashers & DVD players.</p>	<p>On site we have an indoor swimming pool with Jacuzzi, sauna and Gymnasium with two organized aqua aerobics sessions.</p>	<p>A Country Club and nine hole golf course is available to members attending WASH. You will also have the chance to try your hand at Laser Clay Pigeon Shooting.</p>	<p>Norfolk There is spectacular coastline walking nearby and Not far away is Royal Sandringham and Norwich for the shoppers.</p>

Focus Day 2008

Social Networking in the real world

The Fish! and World Cafe outcomes were published at the NEC meeting listing all the ideas and thoughts experienced by the participants of the Focus Day in their own words and as they were written down. There are some brilliant ideas.

Thanks to the organisers of Focus Day for putting on a landmark event. The NEC agreed to include this on the agenda of their Area Conferences and bring any ideas to the next NEC meeting. All Area's are required to bring a copy of their Area action plan for 2009 to the November NEC meeting this should include outcomes from Focus day.

The Focus Day outcomes are for the whole of Plus to act upon and we should discuss and further explore the ideas generated at all levels of Plus with a view to putting them into action.

The World Cafe inspired many ideas about Publicising Plus and Recruiting new members to Plus',

For example there were many ideas on using different methods of publicity and promotional events such as Charity fundraising bungy jumping, roller coaster riding and parachute jumps. Another recurring theme was television.

Plus currently organises many Charity fundraising events and these events gain publicity for Plus, I'd like to suggest that these can be put together, possibly with the 75th Anniversary of Plus in 2011 with the aim of getting Plus on television.

A few years ago a certain organisation had its Twentieth Anniversary and set the aim of raising money for a Television Charity Appeal, Children in Need, the idea being to present a big cheque on air.

Fancy dress collections in various shopping centres were organised in the area and local branches were encouraged to organise fund-raising events, then all attend the regional broadcast with a big cheque.

There were lots of events organised throughout the year including some just to celebrate the anniversary culminating in an appearance on television in November.

The BBC heard what they were doing and asked them to appear in the programme competing in various silly games, in other words the plan to present a big cheque only actually concluded with five additional appearances throughout the Children in Need evening.

The organisation was Yorkshire Area 18 Plus.

focus Day



Maecenas aliquam maecenas



Volunteers' Week

The first week in June is National Volunteers' Week and Leeds Plus put on a special event to thank its Committee members who have given their time to run the Leeds Plus Group.

The event was held at the Group's regular meeting place, The Wellington. There was a presentation of Volunteers Week certificates to the Committee members; Peter Baldwin, Treasurer and Andrew Johnson, Chairman and also to Bradford Plus member, James Sheard, Area Memberships Officer who has supported the Group. A small buffet followed put on by the management of The Wellington.



Volunteers' Week is the UK's annual celebration of volunteers, co-ordinated in England by Volunteering England. From 1st to 7th June, voluntary groups across the country hold events to recognise and reward their existing volunteers and to recruit new ones.

Justin Davis Smith, Chief Executive of Volunteering England, said: "Volunteers' Week is the perfect opportunity to give volunteers the public profile they deserve. At Volunteering England we're very proud to be celebrating with the volunteers themselves and also those who manage and look after them to help maximise the impact of their efforts. This is the 24th annual Volunteers' Week and I have every confidence that the passion and dynamism of the hundreds of participating groups around the country will make it the best yet!"

Recognition
and
reward



Volunteers' Week web site:
www.volunteersweek.org.uk

Also during Volunteers' Week Tina Bunyan, Slough, Windsor & Eton Plus went along to Dinton Pastures Country Park, Hurst, Wokingham. It was just after all the rain, and Tina helped sweep away excess water from the paths and grass to give better access to car parking and walking around the four lovely lakes, and to help the many birds that live there.

Tracy - London to Brighton

Sunday June 15th at 4 am was my time to leave for London for a 6.30 am start to cycle the 54 hilly miles of the London to Brighton Bike Ride with work, the C'mom team from Vauxhall for the British Heart Foundation.

During the last couple of months my Saturdays have been spent cycling the Luton villages, hills and valleys.

I didn't go to Centre Parcs so I could get that last cycle in before Sunday the 15th.

It is still possible to sponsor me, (at time of publication) See the web site below.

Thanks in advance.

Tracy Thorn
Dunstable Plus & 'Ricky' Plus

Tracey's Fundraising web site:
www.justgiving.com/tracythorn



Brean Hats

Thank You to all those who supported our hats venture and bought hats at Brean.

We're sure you'll agree they increased your pulling power, as intended. If you did not try to pull then you did not take full advantage of the magic of the hat!

We sold 8 hats. and in addition there was £4.00 donated from people who wanted to support the charity without buying a hat. We will therefore be sending a cheque for £12.00 to St John's Ambulance.

Ian and Chrissy Crawshaw



Charity Beach Barbecue



Name the Charity Bear!

We raffled 100 names so that he could have a name / middle name / nickname. The winning theoretical name was revealed at the Beach BBQ and was BILLY!

Congratulations to Asif Raza who was holder of this name.



Our Charity:
Honeypot!

Sunny Fund Raisers! by Kirsty van Lieshout

That was a heck of a party!! Thank you all so much to those who turned up (50!!), burned their faces, built a sand castle, bought raffle tickets, bear names, fairy cakes, brownies & angel cakes, won raffle prizes, dived in the sea, sand and massive food pile and went camping with us. Also massive thanx to the shoppers, cooks and bakers - without you all it would have been just a day at the seaside.

The Southampton Friends & South Hampshire Quest Charity Beach Barbecue was on Saturday 28th of June at Sandbanks, Poole and as usual it was a party on the beach with silly games and whatnot. This year we raised money for Honeypot.

We did raise an enormous amount for Honeypot and your Charity Chest Guardian will update you about that hopefully this week (after she has counted all the coins and bits of paper).

Honeypot

Honeypot exists to enhance the lives of very vulnerable children and young carers aged between 5 and 12, across the UK, by supporting their social development through respite care and a programme of long term support. This includes annual visits to the Honeypot House, regular visits by the Honeypot Playbus to communities where former and future Honeypot children live, plus the Honeypot Club, where the children receive birthday cards and Christmas presents - often the only ones they will receive.

Honeypot House

Honeypot House, set in the beautiful surroundings of the New Forest, gives these children a chance to build wonderful childhood memories. Going to the beach, a farm, playing with other children without the stresses of their domestic duties - most importantly it allows them to make friends, and create a network of peers amongst other children in similar situations to themselves.

By donating to Honeypot, you can make an extraordinary difference to a child's life; everyone deserves a happy childhood.

**The Honeypot Charity No: 1011672' web site:
www.honeypot.co.uk**





CONGRATULATIONS

Marriage, Engagement, membership milestone and appointment to public office

Congratulations to Adrian & Tina



Congratulations to former National Chairman Adrian Barnard and current North Thames & Chilterns Area Activities Officer Tina Bunyan on their recent engagement.

Their Engagement party was held at Didcot and members attended from all over the country.

Congratulations to Andy & Emma

Congratulations to former East Anglia Area Chairman Andy Campbell and Emma Dunning former Honorary General Secretary on their recent marriage.

They were married at and held their reception at Castle near Shrewsbury.



Congratulations to Lincs Quest 50 and not out

Lis Buller, Lincs Quest has reported that the Group have attained their 50th member - in fact standing at 52! However, this may be short lived as the Group are losing two members by the end of the month (July) - "but never mind, at least we made it!"

It's been the ambition of Lincs Quest Group for a while to break the 50 barrier - congratulations.



Lord Mayor & Lady Mayoress

Congratulations to former Northern Area Plus members Howard & Coleen Middleton, recently appointed Lord Mayor & Lady Mayoress of the City of Bradford.



IN MEMORY OF DAVID ORSLER

First Northern Area Chairman, Famous Cocktail, milestone and to public office



David Orsler died in Christies Hospital on the morning of Thursday 15 November 2007. David, who was 44 years old, had been bravely fighting cancer of the oesophagus for three years.

David had been a member of Plus for over twenty years and until his illness, always had an active involvement with Plus, particularly in the Northern Area. He wholeheartedly believed in Plus and served many committee positions on both Group and Area levels, including Northern Area Chairman.

David will be particularly remembered by his friends for his generosity and his cocktail making at weekend events.

The surplus made on the AGM Dinner Dance event was donated to the Christie Hospital in memory of former NEC member (Northern area Chairman) Dave Orsler.

David was the first Northern Area Chairman elected in 1998 following the Area restructure of 1997/98, he won the honour at one of the few contested elections in Plus. That same year he played Father Christmas at the Areas first Christmas Party Disco.

Sandra Brogan & John A Smith

David's Famous Cocktail

I only met David a few times but at Brean 2001 he gave me a nice recipe for a drink, the only trouble, you need a Demi John or any one gallon vessel.

Take 1 Demi John and make sure it is clean.
Fill Demi John with the following :-

- 1 bottle/1 Litre of White wine (Lambrini will do for cheapness)
- 1 bottle/1 Litre of Vodka
- 4 cans of Red Bull
- Half a bottle/Half a Litre of Archers (No more than half as it will make everything taste of Apples)
- Then add orange 5alive to fill the rest of the Demi John and mix well (Other juices can be used if you don't like Orange)

Then Mix well and drink or, better still share and enjoy.

I can't remember if David had a name for it? This drink was what I drank before being a school girl at WASH 2001. It is well recommended for leg waxing for the silky smooth legs this does help with the pain of hot wax. The wax strip ripping did not hurt.

The next time I made this drink was at Brean - thinking of David.

Chris Porter

COMPETITIONS & SPORTS



National Treasure Hunt winners - Coventry Plus



National Pool winners



NEAT Treasure Hunt winners

London Treasure Hunt by Tina Bunyan - Slough, Winsor & Eton Plus

I had just got in at midnight from the National Treasure Hunt after sitting in the Tattershall Castle feeling sea sick for seven hours!

There was a great turnout with 33 people entered, making up 7 teams, of 4 and 5 people each, answering questions on parks and palaces.

Many thanks to Brian Graham for again doing all the cycle work, working out all the questions, and to Adrian Barnard for help with administration and finance. Thank you everyone who came along.

Watch out for details for next year's Treasure Hunt, to be held in a different location!

Results are as follows: -

7th Brentwood 74 pts

6th Chiswick 79 pts

5th South Bucks 80 pts

4th Stevenage 87 pts

Joint 2nd Reading and East Anglia 90 pts won £25 each group

1st Coventry 91 pts won £50

National Pool Competition & NEAT Treasure Hunt

National Pool Competition

This year's National Pool Competition took place during the NEAT weekend in York on Saturday September 6th. After a fun competition the results were: - In first place John Smith, National Chairman, in second place was Matthew Riley Sheffield Plus, in third place was Mike Coles Bradford Plus Chairman and in fourth place was Tim Luckett Slough Plus.

NEAT Treasure Hunt

John Smith was also on the winning team in the NEAT Treasure Hunt held on Sunday September 7th at the National Railway Museum. It could be that John couldn't keep up with the young Sheffield Plus team so defected to the Bishop Stortford Plus team of Steve & Lianne Browning.

National Karting

This year's National Karting was again part of the Mad Weekend and took place at Daytona Karting on Saturday October 4th starting at 7:30 p.m. on the big, 1,360 metre outdoor track. The winner was Richard Morton.



National Ten Pin Bowling

This year's National Ten Pin Bowling Competition also took place during the Mad Weekend at Mid-City Lanes, (Xscape) on Sunday 5th October, the winner was Geoff Buller, Lincs Quest.

Autumn 2008

Plus News

The magazine of the National Federation of Plus Areas



AND FINALLY! FORTHCOMING PLUS EVENTS

Plus is known for generating it's own unique, special, and exciting atmosphere, no more so than at the many large scale events organised throughout the year.

Here is just a sample of some of the exciting events to come. More information on these and other events may be found on the World Wide Web at www.plusgroups.org.uk

WASH 25

The National Weekend At Sunny Hunstanton 14th - 17th November 2008 - one of the best weekends Plus has to offer.

This year is the 25th WASH and to celebrate the occasion there will be added Glitz! with a Fifties style Casino and a Masquerade ball.

Skiing

The National Skiing Holiday is being organised and if you want to come along to that on the 25th of January - 1st of February 2009 you better let us know quickly, as the full cost is now required; Skiers / Snowboarders £650 and lazy people £510. These prices include half board, ski's, lift pass, flight and transfers from and to Finland.

AGM 2009

Northern Area and Midland Area are running this event in 2009.

It takes place on Saturday February 21st. The venue is the County Hotel, Walsall.

In May the NEC voted to invite the Groups to send delegates and observers to participate in the Plus Annual General Meeting.

Apart from the business meeting during the day there will be a Disco in the evening.

Brean 2009

Midland area and East Anglia Area have made a commitment to continue providing financial support for Brean in 2009 to be held on 20 - 22 March.

The organisers are considering booking "A man from Funkle", and re-booking Breeze from a few years ago and are asking the members what sort of entertainment they would like to see at Brean 2009. Any ideas should be sent to Adam Redshaw.

MW@MK 2009

The Mad Weekend at Milton Keynes is one of the most active in the Plus calendar.

The Full event comprises Skiing / Snowboarding, Karting, Saturday night stay-over, Indoor Skydiving and Bowling.

NEAT 2009 - Nottingham

Northern Area have started planning for NEAT 2009 and have chosen historic Nottingham as the location for their annual City Break.

The weekend will include on Saturday, the National Pool competition and the Dinner Dance with live music and on Sunday a Treasure Hunt.



This issue of PLUS NEWS was edited by John A smith. Please e-mail articles, programmes and comments to plusnews@18plus.org.uk

The articles herein do not necessarily represent the opinion of the Editor, Plus News/National Publications Officer or the National Federation of Plus Areas of Great Britain.



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