

Plus News

Spirit of 18 Plus

Corinna and Tina

Spring 2010

NAGM 2010

In this Plus News

WASH New Beginning

Activities Workshop

Lincs Quest - Busy Group

Round the Areas



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- Adam Redshaw
- Paul Turner
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NATIONAL A.G.M. 2010

A great weekend

The main highlight of the early part of the year is the **National Annual General meeting**.

This was your Editors first for a few years as a delegate, representing Leeds Plus Group. It was strange having a vote as the National Chairman only has a casting vote which I think I only exercised once during my time as National Chairman.

Among the awards presented at the **National AGM** was the Presidents Trophy for best Group presented to Lincs Quest. There's an article on the Group which will give you an idea of what it takes to be awarded the Presidents Trophy.

More on page 4 and 7.

Communication, the membership fee, the Press Competition and more are covered by Adrian Barnard in the National Chairman's regular column.

More on page 3.

Brean - Plus Springtime Holiday - advertising

In this issue of Plus News you will hopefully notice that I have included the advertising flyer for the Brean Holiday (see page 3). This is a very good Plus weekend and I would heartily recommend it - book now, there are places available and Adam and his team are working very hard to put on a great weekend.

Anyone who wishes to promote their Plus Activities may submit their information, flyers or posters and I will be glad to include them in future editions of Plus News.

Among the forthcoming highlights in the Plus calendar this year include **WASH** which is highlighted with a special announcement of New Beginnings in this issue of Plus News.

More on page 9.

This issues Question ? ? ? was put to Vice-President Gerry Edwards who gives us his impressions of 2009.

More on page 8.

An Activities Workshop was this year's event for the Sunday following the National AGM.

More on page 4 and 6.

Round the Areas this issue features the event organised by Areas and Groups leading up to Springtime.

More on page 10.

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NATIONAL CHAIRMAN'S COLUMN



Communication

Aaah! Yes, hello, I forgot that as National Chairman I get to mumble on in this column, thanks for the heads up John. That incidentally folks, is an example not just of communication but of effective communication.

John prompted me, I replied, and actioned the prompt. So I figured we'll take that as this column's theme, either that or Spam sandwiches at any rate. I'd add that what you're reading here isn't communication, it's just a statement - if all you do is read it, the same goes for e-mails sent and voice mails left, if you're using snail mail still those posters, that letter, the invites, none of those are communication. You the recipient owe it to the yet to be communicator to reply to that message, to enact that request, to let the originator know the status.

In that manner it then becomes communication and from an agreed position the protagonists can then move forwards. That

is how to effectively gain momentum as to starting something and giving it impetus. As an attendee at an event you are an important formative part by simply letting the organisers know you'll be there.

Talk to your fellows, agree your objectives, agree how to get there and talk to all regards its happening and their polite request to attend, reply to that all.

On that score I hope to meet up with a whole load of all important communicators at Brean shortly.

I trust you've already sent in your monies, booking forms and you all know it's happening, right?

Just those new members to squeak in.
Is Spam on the restaurants menu?



Press Competition

The National Publicity (Press) Competition is starting again for 2010.

Here's a reminder to all Plus Groups and Quest Groups of the competition points.

- 10pts - What's On usually free
- 15pts - Paid Advert
- 25pts - Single Column no photo
- 35pts - Single Column with photo
- 40pts - Major feature (2 or more columns) no photo
- 50pts - Major feature (2 or more columns) with photo

They must have appeared in the paper, on-line articles will not be accepted, photocopy or scan to John Smith by either post or e-mail.

Heads up from James Oliver, Honourary General Secretary.

Membership fee

Guess what guys, I'm wrong! The annual membership fee of £25 should indeed be £26, upon looking back at the records the vote that would have set it as stationary, and thus no longer required an NEC vote to set it back was narrowly lost, leaving the NEC to set it back down again retrospectively each year - or not! So in actuality the membership fee is currently £26 & 75% thereof for Quest membership.

So my suggestion is as I suspect all membership returns to date have been at £25 . . . or less, that one continues with your policy, it's on the agenda for the May 15th NEC meeting, if you want it NOT set back, let your Area representative know at your Area conference.

Adrian Barnard
National Chairman



DO YOU JUST BELONG?

Are you an active member the kind that would be missed?
Or are you just contented that your name is on the list?
Do you attend the meetings and mingle with the flock?
Or stay at home in comfort and sit and watch the clock?
Do you take an active part to help the work along?
Or are you merely satisfied just simply to belong?
Think it over, members,
You know right from wrong.
Are you are active member, or do you just belong?

Submitted by Lis Buller (Author unknown)
Lincs Quest



Our 2010 National Annual General meeting was hosted by Midland Area Plus and held on February 20th at the County Hotel, Walsall, this was the same venue as last year's NAGM.

The National Annual General Meeting is where various topics were discussed and decided upon, it was also an opportunity for members to quiz the NEC GPC and National Project Officers.

The National Officers and Honorary Officials for 2010/2011 were also elected.

The National Awards were presented during the Dinner Dance in the evening.

The minutes of the National AGM will appear sometime soon . . . but in the meantime if you weren't there and are dying to know what happened (but were afraid to ask) . . . or if you've forgotten . . . here is a brief summary of motions and election results;

**AGM 2010
Extra special
weekend**

Southern Area Motion

Janet Rintoul proposed the motion on behalf of Southern Area explaining that they would like to see the word shall replaced with the word should in the part of the Constitution that has recently been amended to explain the appointment of delegate to the National AGM as well as to Area Conferences.

The motion elicited a lively debate and was eventually split in two to make it easier to understand, after some more debate the motion was lost.

All the National Officers from the previous NEC re-stood for their existing posts and were re-elected, they were also joined by Emma Campbell as Activities Co-Ordinator.

Similarly the Auditor (Independent Examiner) and the two existing Vice-Presidents were re-elected with the addition of John Smith as a new Vice-President. John was unaware of this up until lunch time when the cat was let out of the bag by the Northern Area Chairman.

Election results

- National Chairman - Adrian Barnard
- National Finance Officer - Mark Harrington
- Honourary General Secretary - James Oliver
- Activities Co-ordinator - Emma Campbell
- National Publications Officer - John A Smith

Honorary Officials

- Auditor (Independent Examiner) - Katie Hawkins
- Vice Presidents - Sandra Brogan, Gerry Edwards, John Smith

POST AGM Dinner Dance Party

There was a three course Dinner arranged for Saturday evening this year and the County Hotel, where Plus had the National AGM serves very good food for a dinner.

The National Plus awards and trophies were presented during the Party Night immediately following the dinner, during the dessert course to be precise. Those receiving awards getting their just desserts perhaps!!! (See page 6 for the winners).

After a hard days conference it was a great Party Night;

The theme was a Masquerade Ball and the Disco for the evening was provided by D.J. Dan Smith.

The live act booked for the evening was singer and comedian Craig Harper who entertained Plus at SADY last year.

Craig Harper, who appeared in the 2008 Britain's Got Talent semi-final put on a great show.

After the Disco and entertainment had finished the party continued in the hotel bar until the wee hours. We were even joined by Craig Harper who stayed for a drink and a laugh, he said he'd had a marvelous time with Plus.

Activities Workshop

On Sunday morning members rose bleary eyed for the Activities Workshop, despite this the group was very enthusiastic.

National Chairman Adrian Barnard gave the introduction to the Activities Workshop and then the group was split into three teams who were each given the task of planning a National scale Plus event.

Access to the internet was made available for research and each member was also given an Activities Information folder full of useful information and examples.

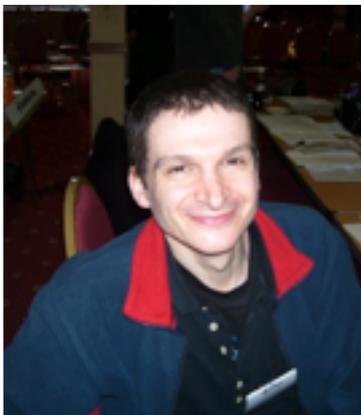
The day was split into four segments where at the end of each segment the teams were asked to report on their progress as if to their Committee or Conference. This also gave the teams a breather when they could have a brew in the morning and afternoon breaks and lunch in the middle break.

Hopefully now that members have planned a National scale event in the safety of the Activities Workshop where mistakes can be learned from and where the idea of organising National scale Plus events has been shown to be not so daunting that more members will have a go at the real thing.

John A Smith

National Publications Officer

NAGM 2010



Photos: Iain Parkes and Nick Grant

Top: Reading Plus Group Delegates Claire and Jon

Middle: Gary - need I say more !!!

Bottom: Laptops - used to follow the agenda and take notes ???

Right: "Masques!"

National AGM 2010

Thanks

Corinna Teale - Plus

Hi Guys, I really enjoyed this event (even if I do say so myself). The highlight for me was the excellent food as hotel food isn't always that great!! and the fantastic atmosphere that was created by Craig our comedian and Dan the D.J. Hope everyone else enjoyed it as much as I did. Roll on next year . . .

Kathryn Morris - Plus

Brilliant weekend - organized by Corinna et al. Craig Harper was brill (again, as usual) even if he did stand on my toe, slightly, when he grabbed Gavin. The sing-along was fantastic too. Of the 50-or-so people that attended, most of whom got very drunk and very verbal . . . we enjoyed ourselves greatly. Roll-on SADY, WASH, (sorry cant make Brean).

Lucy Smith - Barnet Plus

Back from a great weekend in Walsall, enjoyed the conference and the dinner dance was just great. Corinna and co did yet again another brilliant event. I even enjoyed the training too, Sunday was great fun, enjoyed working with Becki and Janet and Claire.

Joan Clifford Plus

My feet ache from dancing!

Becki Cooke - Reading Plus

I loved every minute, it was good to see everyone. Roll on Brean.

Iain Crawshaw - Chiswick Plus

Returned from a great NAGM - catching up on friends and wine but losing on sleep. Feel blethered but less so than a certain young lady who drunk two BOTTLES of Rose last night, I'm sure!

Jon & Claire Horswell - Reading Plus

Several of us were away at the National meeting and subsequent party in snowy Walsall, the party was a real eye opener in the respect that the bar stayed open until 4:30am!

Iain Parkes - Fareham & Gosport Plus

Enjoyed the PLUS AGM and training day over the weekend, it was great catching up with everyone! I am not looking forward to editing ten hours of video footage for the next ten minute podcast though!!!

Christine Ticehurst Kings Lynn Plus

Would just like to thank Corinna and everyone who helped her put on a good NAGM day, and a fab evening do.

Also I'd like to thank Francis and the training team for a helpful and hopefully inspiring day on the processes involved in organising/running a national event.

Masked Ball



Photo - Nick Grant

2010 National Plus Awards

Here are the awards and trophies that were presented at this year's National Annual General Meeting Dinner-Dance.

Presidents Trophy (Best Group) - Lincs Quest

Cobb Dual-Purpose Jug Mug (Best Area) - Midland Area

Treasurers Trophy - Midland Area (Corinna Teale)

Recruitment Trophy - Lincs Quest

Charities Trophy (Most money raised) - Lincs Quest

Gold Trail Trophy (Most novel way of raising money) - Slough Windsor & Eton

Charles Padgham Training Trophy - Anglia & South East Area

Norbury Trophy (Best magazine) - Barnet Plus (Barnet Flyer)

Publicity Trophy - Lincs Quest

National Chairman's Merit Award - John Smith

Linda Street Spirit of Plus Award - Corinna Teale & Tine Bunyan

James Oliver

Honourary General Secretary

Activities Workshop 2010

I would like to express my thanks to everyone who participated in the Activities Workshop on Sunday 21 February despite the late night and the early rising.

It was so heartening to realise that people got the idea of the work involved in organising, producing and delivering an event and the need to tout for money/funds and to rehearse the event to enable organisers to understand it and be able to supervise it.

We finished early so did not discuss the detail and running order on the day of delivery. Sandra also had a handful of hazards such as

DJ fails to show up or Environmental Health Officer does an inspection and issues an Emergency Prohibition Notice to present to the teams that we decided to omit.

My thanks go to John Smith, Sandra Brogan, Adrian Barnard, David Filer, Mark Harrington and Corinna Teale for their assistance in the planning and execution of the Activities Workshop.

We are happy to run this event for any Area that asks us. Our organisation thrives on well planned and executed activities.

Francis Wallington



Planning Team

NAGM 2010



Photos by Geoff Buller and John Smith

Top: Lis Buller receives Best Group Trophy from Gerry Edwards

Middle: Corinna and Tine, Joint Linda Street Trophy winners

Bottom: Activities Workshop

Left: Activities Workshop

LINCS QUEST A "BUSY" PLUS GROUP

Successful Publicity and Recruitment

Group Nights

Group nights have a lively and 'busy' atmosphere, and are aimed at providing a friendly and welcoming atmosphere for both current and new members. Attendance has increased from an average of 22 to an average of 29, with highs of 35 on occasions; prospective new members are present at the majority of meetings, with as many as 9 attending on a single night.

A timetable is followed for the evening; members gather between 8.30 and 9.00 with announcements being made of forthcoming events for the month at 9.00. After that there is always an organised event - a game or quiz (with members split into teams), organised by various members, and occasionally there is a speaker (usually one per 4-month programme). Having an event for the evening ensures that new members have something to focus on and are integrated into the Group more easily. Names for activities are taken after the event and there is time for members to socialise.

In the meeting room, there is an 'information' table, where Group programmes, newsletters, photo albums, National/Area events folder, suggestions folder and various leaflets of general interest are available, along with a noticeboard, highlighting forthcoming events and past achievements. We also have a Visitors' Book, which all new members sign. We endeavour to ensure that prospective new members are made welcome and feel encouraged to join in events.

It takes much organisation to ensure the evening runs well and all information is to hand. If members cannot attend the Group night, they are e-mailed (or posted) the 'notices' which give more detail on the forthcoming events.

Weekend Activities

Once members attend the Group, it is important that there is a variety of events on offer. There are usually two events each weekend; regular monthly events include a meal out, walk, theatre visit and badminton, with ten pin bowling being held on a week night. These are supplemented by such activities as music events, days out, for example, to an ice cream farm in the Peak District, to the North Yorkshire Moors Railway,

boat trip at Lincoln, Hull's maritime festival, and evening trips, such as to the haunted pubs of Gainsborough and a ghost walk at Bakewell. One highlight was a fish and chip night out (taking our own alcohol) at a tea rooms in the Lincolnshire Wolds, where we booked the entire cafe for an evening event. Other activities in 2009 have been gliding, archery, murder mystery night and a visit to the races, as well as various 'at home' events, including barbecues, Chinese buffet, bottle and plate party etc, and several charity fund-raising events. Attendance at all events has increased during 2009, notably the day trips, when over 20 visited the North Yorkshire Moors Railway and the meals out, always popular, but this year seeing numbers of nearly 30 attending on several occasions. The organisers of the weekend events ensure that everyone attending is aware of the correct meeting time and place and co-ordinate transport arrangements to minimise the number of cars/drivers required.

Most events are Group based, as we are geographically isolated from the rest of our Area. Only one Area event took place during the year, the Area Ten Pin Bowling Competition, which we attended (taking two newcomers) - and were successful in winning both the team and individual events. Nationally, members also attended the ANC, Kings Lynn Summer Do and WASH.

Publicity and Advertisements

Good publicity is the keystone to recruiting new members, along with providing a good programme of events when new members attend the Group. A 4-monthly programme is produced, which gives full information about the organisation, contact details and a full programme of events, with space for additions. Planning, organising and co-ordinating the 4-monthly programme is a time-consuming and demanding job, but, when produced, is a major publicity tool for the Group, and ensures that the Group provides a good range of activities. The number of activities on offer, and the differing nature of these events, attracts the attention of many new members.

A Group Newsletter is also produced (usually quarterly) which, as well as providing contact details, gives members information on National and Area events, forthcoming

activities and reporting on the Group's achievements. This is of particular interest to new members and is sent out to new enquirers.

Publicity has worked very well for the Group and is always on-going. On average 350 programmes are distributed per quarter in libraries, tourist information office and at a private local cinema. Copies are also e-mailed to the Northern Area Groups and other interested parties within Plus. Nearly 200 entries have been published in the What's On columns of the local papers since March, and 14 articles have been published. Articles are usually submitted at least fortnightly, to coincide with the meeting night, and, in addition, to cover any weekend event of interest. A local community web-site is kept updated with our programme. The events are now listed on the National Plus web-site. Programmes are e-mailed to the local papers and radio station, which regularly mentions our events.

As a result of the publicity, we have received over 60 enquiries this year and 18 new members have joined. A letter is sent out, with the current programme and newsletter, to all enquirers. A photo album, which includes mementos and press cuttings, is available to show prospective new members when they visit and is a very useful tool. We ensure we keep in touch with members if they cannot attend a meeting (notices are e-mailed to them immediately after the meeting, or posted the next day) and birthday cards are sent out to all members, a gesture which is much appreciated.

We do not feel it necessary to take out paid advertisements as we regularly send in press releases which are often published and we regularly appear in the What's On columns.

Information

All prospective new members are sent a letter explaining about the organisation, the current programme and a Group newsletter. Members are asked to join on their third visit or after a month (we only meet twice a month). We do not hold formal New Member Nights or Open Nights as we find it unnecessary to do so. Because of the ongoing publicity new members attend on a regular basis.

Gerry Edwards - Vice-President

??? Questions Questions Questions ???



In this issue of Plus News I include the impressions of 2009 from Vice-President, Gerry Edwards. I requested this for inclusion in the 2009 Annual Report for the National Annual General Meeting, it arrived after publication which had been delayed already, admittedly I only gave Gerry a day to write something.

So what are my impressions of the year? Well a lot has been happening in Plus and what I see is a number of Groups getting very much stronger albeit that many of them are Quest Groups.

As the founder of Quest I am delighted at the success of these Groups although in many parts of the country this has been at the expense of Plus Groups. We really need to know how to tackle this issue but maybe there is an answer that we can all work on.

As usual it has been a privilege being a Vice-President of Plus and as ever I am always available if anybody needs me for questions or help in Plus.

Gerry Edwards
Vice-President

Press Trophy

The National Publicity (Press) Competition is starting again for 2010 and 2009 winners Lincs Quest have made a start with press coverage of their awards wins at the National Annual General Meeting.

This is a very good example of the sort of press coverage that can be gained from a simple press release about what the Group is doing.

Awards and competition wins may be an obvious subject for a press release but it's

also possible to get press coverage from almost anything your Group is doing.



example; announcing your Group's new Committee or Programme, any Charity or

community work being done by the Group and individual achievements by Group members, such as being elected to the Area or National or being the youngest at something. New Members Nights may be another obvious candidate for a press release but any celebration such as an anniversary, visits from other Groups, a guest speaker or a presentation. It is even possible to get your Group's Quiz night in the paper from time to time.

John A Smith
National Publications Officer



Photo by Matthew Dickinson

Norbury Trophy Winner 2010 Barnet Flyer

At this year's National Annual General Meeting Presentations Ceremony Mark Hawkins received the Norbury Trophy for Best Magazine with the Barnet Flyer.

Here he is pictured holding the trophy with Plus News Editor John Smith.

In 1967 the Norbury Trophy was presented to Plus (then 18 Plus) by the first Editor of Plus News Mike Norbury.



Mike Norbury
The First Plus News Editor

WASH 2010 - NEW BEGINNINGS - NEW VENUE

WASH IS BACK TO IT'S TRADITIONAL WEEKEND - BONFIRE WEEKEND

PLEASE READ THE STATEMENT BELOW

Just recently, most members will have received a letter from the WASH 2010 committee detailing the commitment we have made to Searles to enable us to hold WASH this year, namely the guarantee of paying for 250 accommodation places.

Those who attended the National AGM in February will also have heard our views on the future of WASH and the importance of the relationship we have developed with Searles after all these years of holding the event at that venue.

It has now been made obvious to us that the management of Searles do not share our views on the importance of this relationship, and that our understanding of the commitment they required from us was incorrect.

We have been advised that they now require us to pay them a premium of £4,000 (plus the cost of using their PA system at £1,200) in addition to the normal accommodation costs incurred.

After lengthy discussions and debate, we have come to the opinion that even if we were able, at a push, to run WASH 2010 on this basis, the idea of basically giving up our reserves from previous years to provide Searles with more profit is not one with which we would feel comfortable. WASH reserves should be there to ensure the continuance of the event and provide members with the best value event with the highest quality entertainment that we can.

To pay this amount would effectively bring WASH to an end as far as being self-funding is concerned. In addition, we could not in all conscience ask for funding from Areas knowing that a large proportion of the money given would be going straight into Searles' profits, so this may well have been the last year of WASH.

In view of this we have made taken the decision to hold WASH 2010 at a different venue, still in Hunstanton and as a strange irony it is next door to Searles.

This is something that we have previously stated we would not be happy to do and had we felt that the relationship we thought we had with Searles still existed we would not be considering now - as it is we feel that our hand has been forced by their decision to charge us this extortionate amount.

With the change of venue will also come a necessity for a slight change of attitude. The top of the range accommodation, which we have become used to is no longer available, however the venue we have chosen has impressed us with their helpfulness and willingness to work with us to provide members with the best weekend possible.

The overall facilities available to us are more limited, the accommodation more basic, but this will enable us to invest more in entertainment and at the same time reduce the cost to members, as we are very aware of the financial situation many people currently find themselves in.

I am now sorting booking forms and it will be with you soon as possible so you can start saving.

Paul Catterwell
Kings Lynn Plus

WASH comments from the web:

On 20th February at the National AGM Christine Ticehurst was very impressed to receive the first booking for WASH 2010 and on Sunday she exclaimed: Christine Ticehurst now has three WASH bookings - yay!!!

Iain Parkes stated, I was first! Adrian and Tina were second and third! Ha! competitive bookings! Looking forward to WASH 2010 already!

And Lucy Smith posted: yah! now come on everyone lets tell as many people as we can to go, those of us who were at the NAGM weekend will promote is as much as possible.

Emma & Andy Campbell posted: WASH is not about Searles but the fantastic weekend that the committee provides for us, we look forward to seeing you all in November.

Wayne Fenton said: I would like to thank the WASH Committee for their hard work and I know that they put so much of that into what they do and produce. A change might bring out a few more people in curiosity to see what the new venue will be like.

WASH

Photos by John Smith, Mark Hewson and Laura Rowe



Spring Round the Areas - Party Like US !!!

Plussers all over the Country have braved the colder seasons and come out to play, or come out to go back indoors to play and party.

Midland Area have held their annual Ten Pin Bowling Competition on Sunday March 7th at Acocks Green Bowl, Birmingham, the winning team was Solihull Plus Group.

Photo - Mark Teale

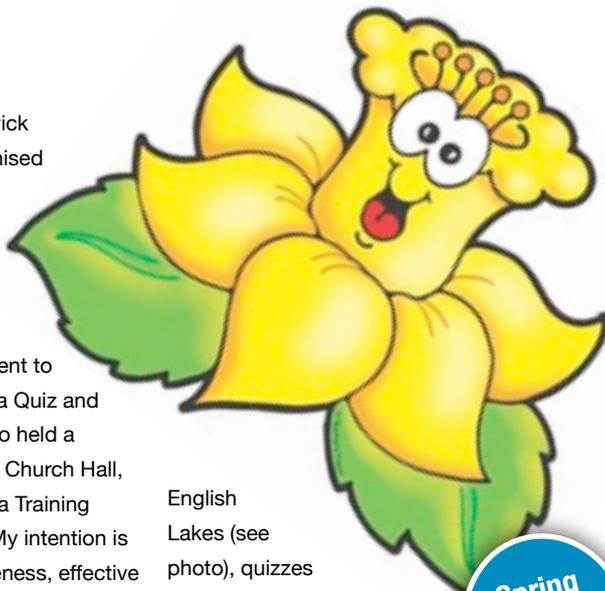


In the North Thames & Chilterns Area Barnet Plus organised a Disco Party at The Golden Lion, London Colney on March 13th.

Southern Area visited Warwick Castle in the Midlands and organised their annual Hedghop on 27th February based at the Coronation Arms, Bourne, Oxford Plus Group were the winning team.

Anglia & South East Area went to the dogs, literally! they also had a Quiz and a Pool Tournament. The Area also held a special Training Day at St Luke's Church Hall, Ilford organised by their new Area Training Officer, Sharon Law who said; "My intention is to look at skills such as assertiveness, effective communication and team work and then to split into groups relating to the positions on Group and Area Committees. Kerry Mann, the new Publicity Officer for Anglia & South East Area will be looking at effective ways of publicity across Groups and across the Area."

Groups throughout the Federation have been enjoying the new year and spring period with lots of other events including parties and games, video nights, indoor sports, a trip to the



Spring round the Areas

English Lakes (see photo), quizzes and concerts, the Ballet, tree planting, rambles, birthday celebrations, pantomimes, Guitar Hero and gigs.

By far the most popular activity seems to have been the party closely followed by the Group meal.

Ten pin bowling and badminton seem to be the most popular sports.

"Allo Allo" Lincs Quest

Members of Lincs Quest recently enjoyed a fantastic night out in Rene's Cafe, also known as Fulstow Village Hall, where the Fulstow Players performed an episode of 'Allo, 'Allo.

Lincs Quest member Val Davies belongs to the Players and she was hilarious in the role of Rene's mother-in-law, Madam Fanny La Fan. The audience had been encouraged to dress in French style clothing and our members duly obliged - striped T-shirts and berets being de rigeur! Geoff Buller came along as the obligatory onion seller with a set of handlebars representing his bicycle.

An excellent four course French Cafe style meal was served between acts, with waiter service for drinks.

The episode being performed was The Fallen Madonna with the Big Boobies and

ended with the audience playing 'pass the parcel' with three big sausages, unpeeling the layers until the real picture of the Madonna was revealed.

All in all a great evening of fun and entertainment. It's amazing what can be found in local village life.

**Lis Buller
Lincs Quest**



Modland Area Plus on meetup.com

Midland Area has a presence on facebook that has already seen new members join the Area therefore at the Midland Area conference in January the Groups agreed to create a meetup group

to advertise Midland Area Plus to an even wider audience.

Helen Camm and Adam Redshaw are the two Midland Area Plus meetup.com organisers and they are assisted by Corinna Teale and Christian Hayter to make up the meetup.com Leadership Team.

In week one of the new Midland Area Plus meetup group Solihull Plus Group gained three potential new members, two of whom we think came via meetup.

By the middle of March the Midlands Plus Social Events Meetup Group had attained 69 members and publicises about six events a week.

Charity / Community Page

Rising to the challenge for Sport Relief



Sandra's Sport Relief web site:

<http://www.mysportrelief.com/personalPage.aspx?registrationID=222511&LangPref=en-CA>

This year I rose to the challenge to raise money for Sport Relief and took part in the Manchester Six Mile Challenge.

I have NEVER EVER done anything like this before, but having been talked into it, I decided to take it very seriously, even having a mini training programme designed at the gym to build up my stamina!!!!!! to get me to the end in one piece – hopefully!!!!

Sport Relief brings the entire nation together to get active, raise cash and change lives. All the money raised is spent helping people living incredibly tough lives turn their lives around - in the UK as well as in the world's poorest countries.

Thank you to those who sponsored me to do the Six Mile Sports Relief Challenge, which took place on Sunday 21st March.

The Manchester Six Mile Challenge began from Hardman Square in Spinningfields and for the first time ever, went down television's Coronation Street - an experience not to be missed!

Your very generous donations spurred me on to complete the six miles in one hour and five minutes.

All together, I raised £351 with your help, so although I finished the Six Mile Challenge aching with two blisters, it was worth it!!!

Once again thank you for your generous support.

Sandra Brogan
Vice-President



Charity Challenge

At the National Annual General Meeting I challenged other Groups to raise money for charity, so that perhaps another Group could be awarded the Charities' Trophy, which we have been proud to win for the last three years.

To date, until the end of March this year, we have raised nearly £500.

We have taken part in a charity walk for The Alzheimer's Society, donated to the Salvation Army in memory of our member, Glynis Prior, undertaken a collection at a local supermarket for the Marie Curie Daffodil Appeal and raised funds for the local Christmas Shoebox Appeal.

Coming up we have a fun fund-raising evening - Dance Through the Decades - for the skin charity DebRA. Geoff and myself will be helping out with teaching the Saturday Night Fever routine for the 70s decade, as well as being busy selling tickets for the night and raffle tickets.

There are lots of charity events out there which you can join in with - you don't have to think of an original idea. It provides a publicity opportunity and raises the profile of the Group. It also helps motivate Group members and binds them together in a common cause. It is also good fun and very worthwhile.

So what has your Group done for charity so far this year?

Lis Buller
Lincs Quest

PHOTOGRAPH - Lincs Quest members at the Annual Round Louth Walk, held on 3rd January, in aid of The Alzheimer's Society.

GLYNIS PRIOR - A TRIBUTE 24/10/1951 - 20/1/2010

Member of Doncaster 18 Plus and Lincs Quest



This year, my best friend and long-standing Plus member, Glynis Prior, died. She had been a member of Plus for 36 years and I would like to pay tribute to her and give members a glimpse of who she was and what she was like.

Glynis was born on 24 October 1951 in Doncaster. At the age of 13, she was diagnosed with renal failure and commenced kidney dialysis, which was to continue for 41 years - one of the longest, if not the longest, times anyone has ever dialysed. There was a brief respite in the early '80s, when she had two kidney transplants, but both of these failed. The prognosis back in those early days was not good and Glynis was only given five years to live when she was 18 - typically, she proved them all wrong.

Despite these early health problems, Glynis continued to study and qualified as an Orthoptist, becoming a Senior Orthoptist and Deputy Manager of the department at Rotherham & District General Hospital, where she worked for many years, until she became too ill in 2008. She had a very positive outlook on life and was always thankful for the things that she could do, rather than regretting the things that she could not do. She had no time for the kidney dialysis support group, as she found the people there very negative about dialysing, and, as she told them, they had the choice, either dialyse or die, and they should stop moaning about it! That was typical of Glynis.

The Plus organisation was a big part of her life and Glynis joined Doncaster 18 Plus in 1974 and thoroughly enjoyed the social life it offered. She was fun-loving, a great flirt and very active in the Group. Her contribution was

recognised when she was made an Honorary Life Member of Doncaster 18 Plus. She made many friends in Plus over the years, myself included, and we became very close friends from 1984 onwards. She loved the 18 Plus dances, which were held regularly in those days - and would lose herself in dance - often leading the way and not caring if there was anyone else on the dance floor. She always spoke to new members, making them feel welcome. She loved parties and loved to hold them and organise us all in party games and dancing. She was a great host and made sure everyone was involved and took time to welcome and to speak to everybody.

Even though I moved to Grimsby in 1990 when I married Geoff, we always maintained regular contact, with long phone calls and seeing each other on a regular basis. Tuesdays, Thursdays and Sundays will seem so different now - they were the evenings when Glynis dialysed for up to 5 hours and would catch up on phone calls and letter writing. She was a great letter writer and always knew exactly what to say, whether thanking you for a present, or giving support during difficult times.

When Michael came into her life, 8 years ago, when he joined Doncaster 18 Plus, it brought her great happiness. They were the perfect partnership. They supported and encouraged each other and Michael showed great strength in caring for her during the last two years when her health really deteriorated. Even though she was becoming progressively more ill, she didn't complain, except to her closest friends, and enjoyed socialising on the Quest events, travelling over from Doncaster to be with us in the Grimsby/Cleethorpes area.

Michael and Glynis made the most of the summer of 2009, suspecting it would be her last, enjoying short breaks and, despite the poor summer, the sun always seemed to shine for them. They particularly enjoyed their visits to the Kingsway Hotel at Cleethorpes, when they came over for Quest events. Her last event with us was the Group Christmas meal and dance, which she thoroughly enjoyed, despite it leaving her exhausted. She was the last one on the dance floor, even though she had to dance sitting down. We saw her the following day, when she told us that it had

made her realise she could still enjoy life. We hugged and said goodbye, not knowing that this would be the last time we would see her, although we did speak again on the phone.

Glynis proved to be the most loyal, caring and supportive friend a person could wish to have and we were there for each other through good and bad times. When I met Geoff, she extended the hand of friendship to him as well and proved to be a caring friend to him. Despite her own major health problems, Glynis was always concerned about the well-being of others and, even though she was becoming progressively more poorly, very few people realised how ill she was and how little time she had left.

Glynis remained selfless to the end, concerned over Michael's well-being when she was gone and wanting him to succeed in the new career he was embarking on in nurse training; this, she said, was his new start in life. She asked Geoff and myself to support him, which I assured her we would do.

I will miss Glynis more than words can say - she was a very special person, selfless and uncomplaining, full of life and an example to us all - in short, a lovely lady, a wonderful friend . . . and a great example of what a Plusser should be.

Lis Buller
Lincs Quest



The photo on left is from August 2009 at Lincs Quest's Monthly Meal Out, showing Michael (Glynis's partner), Glynis, Geoff, and myself. The photo on the right is from 1992 when Grimsby Cleethorpes 18 Plus held a 60s themed dance for our 25th anniversary - it shows myself, Geoff and Glynis.

COMPETITIONS & SPORTS

National Karting Competition 2010

The almost annual National Karting event took place at Premier karting, Hawkhurst Stadium, Reading on January 23rd.

The 'Grand Prix' format was used resulting in a competition lasting about two & a half hours.

The venue is an indoor track and uses electric karts. The acceleration out performs conventional petrol karts, they're as fast and come with the added advantage that when the yellow lights come on they slow to walking pace, so no different interpretations of what walking pace is!

The winner was Adrian Barnard (Oxford Plus), runner up was Nick Grant (South Bucks Quest) with Leo Glover (Andover & Newbury Plus) in third place.

For continuity I'd like to say it's 2009 - as no one organised a 2009 National Karting Competition and this one was slapped together in about five weeks with little organisation, I'd like to get a bigger 'proper' 2010 National Karting Competition in for October. Thoughts please.

Adrian Barnard
Oxford Plus



Photo - Nick Grant



Photo - Nick Grant



Photo - Nick Grant

National Badminton Competition 2010

South Bucks Quest once again ran the National Badminton competition down at the Magnet Leisure Centre, Maidenhead on March 20th.

The competition followed the usual Swiss System format so everyone got a few games good or bad.

Afterwards we headed to the Iconic Bear Pub round the corner to meet up with the non-players and for grub.

Results:

Double's:

- 1) Rob Buffman & Steve Sykes
- 2) Jeff Rhea & Mike Shapcott
- 3) Nick Grant & Rachael Grant
- 4) Chris Meyers & Alison Lincoln

Mens Singles:

- 1) Rob Buffman
- 2) Steve Sykes
- 3) Jeff Rhea
- 4) Mike Shapcott

Womens Singles:

- 1) Rachael Grant
- 2) Nichole Hedger
- 3) Alison Lincoln
- 4) Janet Rintoul

A big thanks to everyone who attended a succesful event. What a great day out.

Nick Grant
South Bucks Quest

Southern Area Hedgehop

Thank you everyone who came to the Southern Area Hedgehop on Saturday 27 February, especially those from Solihull and Sutton Coldfield that came with two teams and one spectator from Kings Lynn, 31 people attended the evening and there were six teams.

- 1st Oxford
- 2nd Sutton Boys
- 3rd Reading
- 4th South Buck and Fareham 2
- 5th Fareham 1
- 6th Sutton Girls

Well done all that took part.

Leo Glover
Southern Area Plus

Six of us from Reading Plus Group turned up to the annual Southern Area Hedgehop and there was a massive turn out in general.

Reading Plus came third out of seven, this being a big improvement on the last two years when Reading have come last!!!!

A big thank you to Philippa and Vicky for your efforts in timekeeping and looking after the bags.

Jon Horswell
Reading Plus

The best event ever!!! Six of us from the Sutton Plus Group drove down South to take part.

We spent a fantastic two hours creeping down country lanes in the dark trying to find clues while diving into hedges when the spotters drove past!!

A fantastic event, can't wait until next year's one!!

Helen Camm
Sutton Coldfield Plus

Fareham and Gosport Plus attended the most excellent Southern Area Hedgehop and did rather well! (our main team came fifth, slightly behind the joint Fareham and South Bucks team!).

We all enjoyed the event and it was so nice to see everyone again, especially those members who came from Sutton Coldfield and Kings Lynn Groups!

The food at the pub afterwards was fantastic - congratulations to the organisers!

Iain (Biggles) Parkes
Fareham and Gosport Plus

Spring 2010

Plus News

The magazine of the National Federation of Plus Areas

AND FINALLY! FORTHCOMING PLUS EVENTS

Plus generates its own unique, 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



BREAN 2010

16th to 19th April 2010 folks, and only £75.00. Plans are in motion for the 2010 Brean holiday weekend.

I have been looking at the budget and I hope I can put on three live acts over the weekend . . . I have confirmed our first acts for the weekend, Vicky Jackson and Angel Up Front.

As we are going to Brean later in the year so more should be open on site . . .

Spread the word - hope to see many of you there.

Adam Redshaw
Brean Co-ordinator

SADY 2010

SADY is booked for 25th June - 28th June 2010 at Dalesbridge, includes camping and all the fun of the Yorkshire Dales.

Mid-Summer Party 2010

Time to descend once again on the quiet village in Norfolk that is Tottenhill to pitch tents and take up residence in the playing field/village hall for the weekend!

Come and join us for the weekend, or just for the Saturday night BBQ & Disco. Also incorporates the National Rounders competition on the Saturday afternoon. "Beers of Europe" beer warehouse is just a few minutes away, as is the beautiful Norfolk countryside for you to visit if that is your thing.



Plus Holiday 2010 (Bulgaria)

Sunny Beech is situated in the southern part of the Bulgarian Black Sea Riviera, stretching along a beautiful semicircular bay, and close to the North of the descending ridges of the Balkan Range. Lying to the south is the small peninsula on which the ancient town of Nessebur is located - an architectural and historic monument of Bulgarian and world culture. Friday 10th - Friday 17th September 2010.

WASH 2010

THIS YEAR WASH HAS A NEW VENUE AND IS MOVING BACK TO ITS MORE

TRADITIONAL WEEKEND - 5th to 7th NOVEMBER - YIPPEE!!! Kings

Lynn Plus Group look forward to seeing you all again in 2010 for another fun packed weekend in Hunstanton, Norfolk. What Do You Get? three nights: - accommodation - Resident D J - live evening entertainment, daytime activities and at least one Fancy dress theme night.

Paul Catterwell
WASH 2010 Bookings Officer

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

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