

Plus News

Autumn 2010

PINK PARTY

Photo - Tina Bunyan

Crammed

Inside The Autumn Plus News:

**Pink Fun Day, Scalextric,
Summer Break,
and much more . . .**



INSIDE THIS ISSUE:

- Summer Break 2010
- Pink Fun Day
- Scalextric Challenge
- Charity fund-raising
- Competitions
- Forthcoming events
- And lots more . . .

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.

© The PLUS logo is
Copyright National
Federation of Plus Areas
2006 / 2010

CONTRIBUTIONS to this issue of Plus News have come from:

- Tina Bunyan
- Esther Watson
- Adrian Barnard
- Laura Rowe
- John A Smith
- Christine Ticehurst
- Lis Buller
- Lucy Smith
- Christopher Porter
- Paul Catterwell
- Iain Stewart Parkes
- Adam Redshaw
- Natalie Dolby
- Dawn Catterwell
- Bekki Cooke
- Corinna Teale



SEAT

**Featuring National
pool competition**

Bourton-on-the-Water

Dec 3rd—Dec 5th 2010

£108

<http://www.18plus.org.uk>
abarnard@jet.uk





New venue for WASH

WASH 2010

A great weekend - more later . . .

The highlight of the Plus year is the annual WASH weekend also known as the Weekend at Sunny Hunstanton. It was again ably organised by Kings Lynn Plus Group's Keith Israel and his Committee.

The WASH weekend will be covered in detail in the Winter Plus News which I worked on while completing this the delayed Autumn issue of Plus News. My apologies for the delay.

Highlights

The main story in the Autumn Plus News is another Kings Lynn Plus Group event, their Summer Mini-Break.

More on pages 5 6 and 7

The cover story inside this issue of Plus News is the Pink Fun Day organised by joint Linda Street Award winner Tina Bunyan covered in Lucy Smith's Photo Album.

There is more of Tina Bunyan's fundraising activities for Cancer Research UK as she and her team take part in the Race for Life.

More on page 8 and 9

WASH, National Karting 2010, SEAT 2010 and more are covered by Adrian Barnard in the National Chairman's page.

More on page 4

The Competitions Page is another photo album and it features the Kings Lynn Plus Scalextric Challenge.

More on page 10

The next Plus News will be the Winter issue so for the writers out there, I would appreciate some words for the Winter Plus News.

Have a look at the last page for some ideas of forthcoming events to write about, or send me something on your Area or Group events especially covering the Christmas period.

Send them to me at jas@anvil.uk.net or plusnews@18plus.org.uk

Inside this issue of Plus News

Page 1

Cover Story (see page 8)

Page 3

Highlights

Page 4

National Chairman's Column

Congratulations on reaching 70

Page 5/6/7

Kings Lynn Summer Break

Page 8/9

Charity/Community

Race for Life

Pink Fun Day for Cancer Research UK

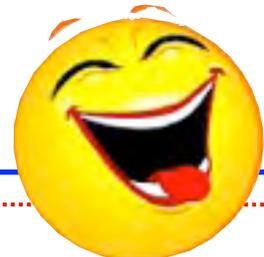
Page 10

Competitions

Scalextric Challenge

Page 12

And Finally . . . (future events)



Platinum National AGM

The National Executive Committee has decided to hold the Platinum Jubilee National Annual General Meeting on 19 February 2011 at the following location. The event will be run by Midland Area Plus led by Corinna Teale.

**The Hind Hotel
Sheep Street
WELLINGBOROUGH
Northamptonshire
NN8 1BY**

Plans are well under way and the Dinner Dance following the National Annual General Meeting will be a special event to celebrate 70 years of Plussing.

Plus honorary Life members and former Vice-Presidents will be invited to celebrate the Platinum Jubilee with us.

The evening begins with a special Casino reception followed by a three course dinner and then a disco party to complete the evening.



NATIONAL CHAIRMAN'S COLUMN

A rushed statement this time for Plus News as John catches me unusually busy.

WASH this year, I feel was improved for changing venue.

Having been pre-warned about the heating and the mud, heaters were brought along and the mud was avoided.

It was great to see it's numbers climbing and it was also great meeting people who have no idea who I am. Thank you to the WASH committee for another great WASH.

The Bands were fine, the comedian was fine, the quiz - I did as poorly as ever, but enjoyed it, we'll get the coveted lemons one day. The Disco was as good as ever.

The venue was better than Searles, the staff were better than Searles - not to say that the Searles staff were bad, just not as good.

The accommodation, well we were warned it was a lower standard and charged accordingly. perhaps with the extra business in November the site can provide a little paving and eradicate the mould in some of the chalets.

I understand a caravan we booked was also shy of gas for the entire weekend despite it being raised with the site, along with a few other occurrences that one has to put down to a sudden influx of people where there were none before, wonder if Searles overstocked?

Oh yes and the internet wasn't free, a minor quibble, I checked since I could.

The Kings Lynn Summer do I had to miss sadly due to other appointments.

The National Karting in Reading was enjoyable on the electric karts, so chosen 'cos the motors accelerate the same whatever you

weigh, indeed one gets better traction on the corners, I still only managed third though.

Strangely they seem to have a one size fits all policy.

SEAT is still taking bookings, but there are only spaces for the Saturday and Sunday remaining, albeit a bit cheaper.

The Skiing Holiday also still has places available if you have a spare £800 and something kicking about in loose change!

Then of course there was the Area Bowling, the fireworks parties, argh! busy, busy, busy!

This week a Plusser said there's nothing on any more!!!

Plus folks, is what you make it; look at the web-sites, stay on the ONElist, there's also facebook and meetup, support your Group, communicate with your fellow members, you'll find there's still more than you can fit in, (much like Leo's suit!) . . .



Adrian Barnard
National Chairman



Advertising in Plus News

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.

In this issue I have placed posters on the inside front and back covers, (for those who print double sided).

Long time readers will know that this is something that previous Editors have been willing to do and it is something that I would like to re-introduce.

I am also willing to advertise any Plus members' business ventures provided that a donation to any Plus Charity Appeal is made.

Please send your advertising information, flyers or posters to Plus News at plusnews@18plus.org.uk. This is also the contact e-mail address to send news, comments and photos to.

CONGRATULATIONS

CELEBRATING OUR 70TH

Lincs Quest celebrate their 70th member and the Platinum Jubilee

At our meeting on 20th October, we were pleased to welcome our 70th member to the Group.

It didn't seem long ago since my Husband, Geoff, was talking to John Smith at the National AGM about ideas for the organisation's Platinum Jubilee, celebrating 70 years since the creation of Plus. He jokingly - so I thought - suggested that Lincs Quest should get 70 members for the 70th year - John was very encouraging, whilst I said I would have a nervous breakdown if we did.

Well, we have and I haven't had a nervous breakdown! 2010 has been a great year for the Group and we have seen 20 new members join.

The extra numbers have made for a lively atmosphere at Group Nights and kept the Committee very busy, but we have gradually got used to the increase in numbers and made some changes in how things run.

Thankfully, not all members turn up at once - we just wouldn't have the space!

Well, for 2011 our target will be to maintain our membership at 70. What will your Group's target be? Perhaps a more realistic challenge for other Groups would be to increase membership by 7 - what a difference that would make to the organisation.

Lis Buller
Lincs Quest



**Kings Lynn Summer Mini-break 2010
Thanks**

Adam Redshaw - Coventry Plus

Had a fabulous weekend away - at least the bits i remember . . . Where to go camping next? (not that I actually pitched a tent this weekend).

Lucy Smith - Barnet Plus

Had a great birthday, thanks for all the messages & texts. I had a lovely day enjoying the sunshine at the Kings Lynn event, then a BBQ and a really fun evening at the Disco and later sitting outside toasting marshmallows by a little camp fire that Nick had made for us all with his BBQ.

Christine Ticehurst - Kings Lynn Plus

I enjoyed the Kings Lynn Summer do, but don't know how I'll survive another week at work before getting a rest.

**Fabulous,
great, lovely
and friendly**

Natalie Dolby - Plus

Well, had an OK time (we didn't play Fuzzy Duck!), at the Kings Lynn do. It was good seeing friends and making new ones. Can't wait for WASH in November!

Dawn Catterwell - Kings Lynn Plus

I had a lovely weekend at Tottenhill, the weather was quite good and it was good to see everybody there, even those who actually spent two nights under canvas in the woods!!!

John A Smith - Leeds Plus

The Kings Lynn weekend was good, met some friendly people, locals (one who gave me a lift from the railway station) and Plussers. Thanks to the organisers for a very enjoyable event.

8th april - 11th april

BREAN 2011

*£65 if payed before the agm
£75.50 if payed after agm
£25 deposit*

*Brean Sand
Leisure Park
Coast Road
Brean, United
Kingdom*

*search for brean 2011 on facebook or call Becki
on 01189 542309 for more information*

Mini-break



Photos: John A Smith

Top: Timewarp

Middle: BBQ

Bottom: BBQ el fresco

Right: Rounders players

Mid-summer Mini-break Party

I would like to express my thanks to the members of King's Lynn Plus Group who made their recent camping weekend such a success - going above and beyond the call of duty to make sure everything worked out OK!

This weekend very nearly got cancelled at the last minute due to a legal wrangle between the local Village Council and the contractor who laid the grass where we would normally erect our tents!

Fortunately, some fast thinking and even faster strimming action by intrepid Kings Lynn Plus members ensured that we were able to break through into uncharted camping lands in the middle of the local woodlands (even though at night it felt more like the Blair Witch woods . . .)

By the time the rest of us Plussers turned up, all arrangements had been made and we settled in to setting up our tents in a more scenic setting than normal!

Friday night was fairly relaxed, well, for us anyway . . . The poor pub just down the road didn't quite know what hit it, I think their normal Friday night crowd would have been a couple of regulars and a dog - not the twenty or so Plussers who all turned up at once wanting meals and a few drinkies! Still, Their bar staff rose to

the occasion magnificently and we all got served eventually!

After a few hours of that, it was time to go back to the village hall and groove the rest of the night away to karaoke provided by Excalibur Roadshow (Adam Redshaw) until about midnight and then sit around chatting, drinking and generally Plussing until the sky started to lighten up again! (it was around this time that the member who had spent the last couple of hours curled around the male porcelain managed to find his feet again!).

Saturday morning was a bit delayed, I think the woodland setting made the tents a bit darker for longer - so we were not dragged out this year by the hot sun bearing down directly!

About 10 a.m. enough of us had surfaced to make going to the pub for breakfast viable - although once again we overwhelmed the staff who didn't have enough in stock for fifteen or so hungry Plussers - The poor landlord had to make a quick trip to Tesco in a hurry !!!

Saturday afternoon found members attending the National Rounders in King's Lynn - I am reliably informed that one team won and the other came second . . .

Tents,
Karaoke &
Rounders



Photo by John A Smith

Saturday evening found the fires being stoked for the traditional BBQ, having been to Tesco ourselves earlier, we were well supplied with meat products and the King's Lynn Plus Group supplied the salad and buns! Such a yummy feast was had by all.

Later that night found some people winning the endless raffle (I swear there must have been dozens of prizes!!!) although the numbers were only coming up for Chris Porter and Serena Horsewell !!! How many redraws can one couple have ? ? ? Still everyone had fun doing it!

The rest of the night passed in a bit of a drunken haze, the music was very 1980's I seem to recall, and a large number of us just sat outside the hall around a fire-pit (BBQ with no food on!) for several hours just chatting, drinking and chilling out.

I am sure that the Kings Lynn Plus member who informed us that we were being boring, was probably right - but there is a time for everything and the fire was very watchable!

Those who spent time on the dance floor seemed to enjoy themselves just as much!

I understand that some members managed to stay around the fire until about 4 a.m. (long after the wood should have burnt away - maybe it had been treated differently to normal wood . . .).

Sunday morning found us up around 9 a.m. packing our tents away and eventually departing (after everyone helped out cleaning up the hall and its surroundings!). A short detour to the local burger van was made. (We gave the pub landlady a break!) and I can recommend their double cheeseburger!

I got to the local train station about three minutes after the hourly service to Kings Cross had just passed through, so had to entertain myself by stringing together some thoughts on what this years Kings Lynn weekend Podcast should include (although I didn't take as much footage as normal - so at least the editing should not take so long!).

Thanks again to King's Lynn Group. Hope to see some of you at the Scalextric in a months time and the rest of you at WASH 2010!

Iain Parkes / Biggles
Southern Area Development Officer

Mini-break



Photos by Iain Stuart Parkes and John A Smith

Top: Tents in the woods

Middle: Beer

Bottom: Disco fun

Left: Fun at the campfire



Photo by John A Smith

Charity / Community Pages



Tina's fund-raising web-site:
<http://www.raceforlifesponsorme.org/tinabunyan>



My daughter Faye of Slough Plus Group and our friend Becki Cooke of Reading Plus Group and myself all had a brilliant day at the Race for Life on Saturday 17th July 2010 in Reading, the weather was just right, not too hot and no rain.

The event started at 3 p.m. at Prospect Park, Liebenrod Road, where after doing a warm up with the Nivea Male Cheer Leaders, (with pom poms!) and an aerobic workout, we walked the five kilometre race in one hour, nine minutes.

Thank you to everyone who came along to support us all.

We will now be asking everyone who sponsored us, for their money, as soon as possible please.

I would also like to thank all the people who have already sponsored me

for doing the Race for Life to raise money for Cancer Research UK I have already exceeded my £300 target.

Events like Race for Life are vital in funding Cancer Research UK's life-saving work into preventing, diagnosing and treating cancer.

By sponsoring me you help more people survive cancer.

Tina Bunyan
Slough Windsor and Eton Plus

Kings Lynn collection

We had a little collection for Tina's Cancer Research UK Appeal on the last night of the Kings Lynn Summer Camping event which took place on the same weekend as Tina and her team's Race for Life.

We were all thinking of you guys.

Paul Catterwell
Kings Lynn Plus

Thanks

I would like to thank everyone who has given me their love, best wishes and support after being diagnosed with Breast Cancer in July 2009.

In three quarters of a year I have had Chemotherapy, a Mastectomy and Radiotherapy.

I am now recovering for another six months plus, until I am well enough to have a reconstruction operation, which will take between eight to ten hours, with three months recovery time.

Tina Bunyan
Slough Windsor and Eton Plus



Charity / Community Pages



Tina's fund-raising web-site:

<http://www.raceforlifesporsorme.org/tinabunyan>



Pink Fun Day

Other than doing the Race for Life, I also organised a Pink Fun Day and Disco for Cancer Research.

The event took place on Saturday 31st July from midday until midnight at The Long Barn in Chippenham Slough SL1 5AH, just off junction 6 of the M4.



Pink Fun Day Photo Album Photos - Lucy Smith

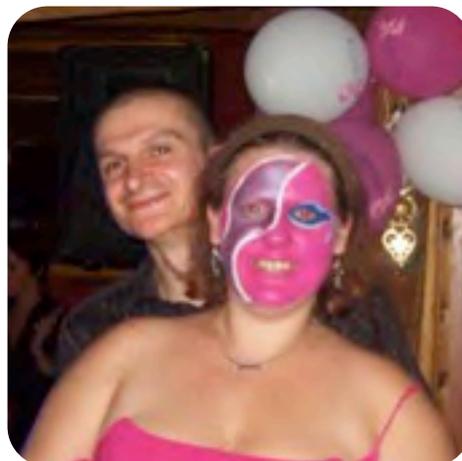
Friends and family joined in the fun of games, a bouncy castle, stalls, a tombola, BBQ and more.

There was also live music from 5pm to 8pm, all outside the pub, which is children friendly.

The Disco costing £6, from 8pm to 12 midnight was upstairs inside The Long Barn pub. All Plussers were invited.

Almost everyone dressed up for this event in anything pink, there was a prize awarded for best dressed.

Tina Bunyan
Slough Windsor and Eton Plus



COMPETITIONS & SPORTS

SCALEXTRIC CHALLENGE

Photos by Christine Ticehurst and Christopher Porter



Kings Lynn Plus Scalextric Challenge 2010

Kings Lynn Plus Group invited us to join them in this annual event - the Scalextric tracks are set up like the real Formula One race tracks - so are a real test of driving skills!

I would just like to say thank you to the organisers of the Scalextric Challenge that I and thirteen other Plussers attended over the weekend!

There is something great about camping at the end of September in the overflow car park of a pub in Lincolnshire, chilling out with members of the local group (Kings Lynn Plus!) and wandering around the local museums and charity shops and generally having a great low key weekend before getting all competitive racing little cars around reproductions of some of the best known Formula One racing tracks!

Such a simple idea, carried off so well!! I would be more than happy to attend something like this again!

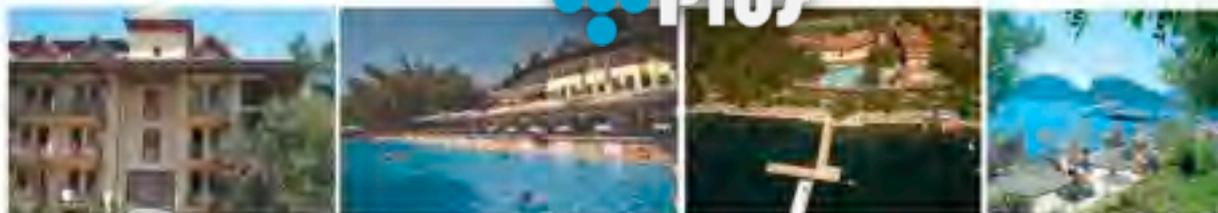
Iain Parkes / Biggles
Southern Area



National Holiday 2011

Outbound
Saturday 10th September

Inbound
Saturday 17th September



Facilities at Marmaris Park include an outdoor swimming pool with childrens section, an indoor swimming pool with Aqua slide, tennis court, table tennis, billiards, volleyball, diving school, cycling, soft animation, windsurfing, canoeing, water skiing, parasailing, pedaloos, jet skis, Turkish bath, sauna massage, fitness centre, hairdresser, childrens playground, Mini-club, and TV room. Each of the 314 guest rooms all feature bathroom with shower, hairdryer, telephone, safe box, satellite TV, split air-conditioning, and a balcony



All Inclusive

Breakfast (7.00-10.00); late breakfast (10.00-10.30) lunch (12.30-14.00); afternoon snacks (12.00-16.00); coffee and cakes (16.00-17.00); dinner (19.00-21.00); midnight soup (23.30-00.30); locally produced alcoholic including spirits, wines and beer (10.00-24.00).



Approximate cost £500.00
(subject to your chosen departure airport)

£55 deposit now
a further £60 four weeks later
and balance 14 weeks before departure

For further details please contact
Mark Harrington

88 Wildhay Brook, Hilton, Derbyshire, DE65 5NU
(H) 01283 734290, (M) 07817 313293, (e) markharrington@btinternet.com

Autumn 2010

Plus News

The magazine of the National Federation of Plus Areas

AND FINALLY! FORTHCOMING PLUS EVENTS

Plus generates it's own unique, and exciting atmosphere, no more so than at the many National 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 Plus web-site at www.plusgroups.org.uk



railway, perfumery factory and just loads of quaint settings and unique shops.

The all in price is £108 based on two sharing. (There is a single room and one considered a triple in that it has a double and a single linked by a bathroom, other than that it's twins and doubles. Price for just the Pool competition will be £5. Price for just the treasure hunt will be £3. (this includes your entry charges to attractions).

Adrian Barnard

SEAT 2010

No NEAT this year, however SEAT, similar to NEAT but starts with Southern hence the S. (Southern Area Entertains AT) will be held in Bourton-on-the-Water, the 'Venice of English Cotswold villages' 3rd - 5th December 2010 at the 'Old New Inn'.

Friday; Victorian fayre - two course evening meal at the venue.

Saturday; Full English breakfast, Pool Competition at the venue, time to look around the village and take in the many attractions; for example, 'Bloody Bourton' a trip around the village's past - not included in your price as you might be squeamish / want more pub time. Two course evening meal at the venue.

Sunday; Full English Breakfast, Treasure hunt around village and some of it's attractions, The village sports the following: Birdland, Motor museum, model village, model

National AGM 2011

For those who attended this year's Conference I hope that you all enjoyed it and are looking forward to a repeat performance.

After a hard day's conference in the evening a Dinner Dance is to be held, tickets with and without dinner will be available.

It all takes place at The Hind Hotel, Wellingborough.

Corinna Teale
Midland Area Activities
Officer

BREAN 2011

8th to 11th April 2011 folks, just so you are all aware; plans are in motion for the next Brean holiday weekend at Brean Leisure Park, Somerset.

Remember folks - £65.00 if paid BEFORE or AT the NAGM in February and £75.50 after. Deposits are welcome of £25.00.

Included in the price three nights accommodation in six or eight berth caravans day and night time entertainment plus activities, use of swimming pool and other facilities.

Any questions send me an e-mail at Brean@18plus.org.uk.

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

Bekki Cooke
Brean Co-ordinator

National Holiday Abroad 2011

Marmaris, Turkey Sat 10 - Sat 17 September 2011; facilities at Marmaris Park include outdoor and indoor swimming pools, tennis court, table tennis, billiards, volleyball, diving school, cycling, soft animation,

windsurfing, canoeing, water skiing, parasailing, pedaloes, jet skis,

Turkish bath, sauna massage, fitness centre, hairdresser, children's playground, Mini-club, and TV room.

Each of the 314 guest rooms all feature bathroom with shower, hair dryer, telephone,

safe box, satellite television, air-conditioning, and a balcony. For further details please contact Mark Harrington.



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.

 **Plus**
www.plusgroups.org.uk

© The PLUS logo is Copyright
National Federation of Plus Areas 2006 / 2010