



Spring Newsletter March 2026

40 years old!

The origins of EnrichAbility - previously known as *Enrych Oxfordshire* and earlier as *Ryder Cheshire Volunteers (RCV) Oxfordshire* - can be traced back to the humanitarian partnership of Group Captain Leonard Cheshire and Sue Ryder. After marrying in 1959, they combined their shared commitment to alleviating suffering. Although each founded separate charities — one supporting people with disabilities and the other assisting concentration camp survivors — they later established the *Ryder Cheshire Foundation* (originally called the *Mission for the Relief of Suffering*) to oversee projects that fell outside the remit of their larger organisations.

In 1986, Ryder Cheshire Volunteers (RCV) was founded in Wallingford, South Oxfordshire, and subsequently expanded across other parts of England. The charity was created to match physically disabled members with volunteers who shared similar interests, promoting independence, confidence, and meaningful social participation.

While the organisation has evolved over time, its core purpose remains unchanged. Today, we continue to explore new and innovative approaches to empower the people we support, helping them to pursue and achieve their personal and social aspirations.

Now that we enter our 40th year and in recognition of our name change we are planning to celebrate in a BIG WAY.

Whether wisely or not, we've taken on the challenge of hosting 40 events in 40 days across 40 towns and villages throughout Oxfordshire.

We'll kick things off on Monday 28 April with an evening meal in Kidlington, and wrap up on Friday 19 June with an afternoon tea for local dignitaries, funders, and supporters.

As you'll see from the plans on pages 2 and 3, there's a fantastic variety of events on offer. Alongside our usual favourites - pub lunches, coffee mornings, and bowling - we've also included trips to Cadbury's World, Crocodiles of the World, the Soldiers of Oxfordshire Museum, a Big Screen Gaming Event, Oxford Dogs, and much more.

This time, we're also visiting towns and villages beyond our usual social spots, so we're hoping even more of you will be able to join us for at least one event.

One highlight not to miss is a live "Seated Move & Groove" session taking place right in the middle of Westgate Shopping Centre in Oxford on Tuesday 19 May at 10:30am. Seating will be available, and we're delighted that the wonderful Felicity will be back as our instructor. As this is something a little different, we're expecting some press coverage - so do come along, join in, and enjoy the fun. Afterwards, we'll be heading to John Lewis for a well-earned lunch!

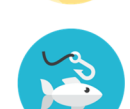




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APRIL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	27	28	29	30		
	Black Horse, Kidlington Evening meal	Crocodiles of the World Brize Norton	Horspath Athletic Track, Oxford Wheelchair Slalom	Afternoon Tea Chilton Garden Centre		

MAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Bure Farm Bicester	
	4	5	6	7	8	9
	Wheelchair Tennis Abingdon		Breakfast/Coffee Turweston Airfield	The Beekeepers Witney	The Ferns Cafe Faringdon	Church House, Bodicote Bake Sale
	11	12	13	14	15	16
	Cadbury World	Benson McDonalds Breakfast	Woodstock Soldiers of Oxfordshire Museum, Woodstock	The Ladygrove, Didcot Lunch	Quiz Night, Oxford	
	18	19	20	21	22	23
	Costa, Grove Coffee Morning	SM&G in Westgate 10.30-1pm		Wellbeing Day, Botley	The Burrow, Berinsfield Afternoon Tea	Oxford Dogs Cowley
	25	26	27	28	29	30
		The Kings Arms, Lunch Stanford-on-Thames	Craft Day Middle Barton	No. 33 Cafe Harwell	Bingo at Willow Gardens Chipping Norton	





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JUNE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Evening walk Henley	2 Picnic at Charlbury Community Centre	3 Millets Farm Frilford	4 Collection Asda Wheatley	5 Afternoon Walk Fritwell	6 Bring & Buy Sale Littlebury Hotel, Bicester
	8 The Picnic Hamper Coffee, Chalgrove	9 Black Horse, East Hanney Evening Meal	10 Yarnton Nurseries Lunch and shopping	11 The Lord Nelson, Wantage, Lunch	12 Costa Coffee Thame	13
	15 Coffee Morning, Deddington Arms	16 Big Screen Gaming Event Abingdon	17 Coffee at Asda Carterton	18 Banbury Bowl Banbury	19 Afternoon Tea Oxford	20

Events highlighted in pink require advance payment so we can confirm numbers. If one of these appeals to you, please get in touch with Sue as soon as possible, as spaces are limited.

For all other events, full details will be shared closer to the date. That said, if something catches your eye now, don't hesitate to let Sue know.

We warmly invite as many of our members and volunteers as possible to join us and say hello. After 40 years, our organisation thrives because of you - our members - and we can only continue offering our services thanks to the dedication of our wonderful volunteers and the generosity of our supporters. Come along, join the fun, and help make our 40th year truly unforgettable!





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Additional Dates for your Diary

Date	Place	Time	Contact
Tuesday 14 April	Lunch at Stanbridge Tea Rooms, Banbury, OX16 9FZ	12noon	Joyce
Thursday 16 April	Lunch at The Plum Pudding, Milton, OX14 4EJ	12noon	Joel
Tuesday 21 April	Lunch at Buttercup Bistro, Witney, OX 28 4DZ	12noon	Joyce
Tuesday 23 June	Coffee at The Berro Lounge, Didcot, OX11 7LG	11am	Joel
Wednesday 24 June	Coffee Morning at Coffee #1, Witney, OX28 6AP	11am	Joyce
Friday 3 July	Canal Trip - flyer to follow		Sue
Friday 11 September	Southend-on-Sea - flyer to follow		Sue

Zooms for April

Wednesday 1 April	11am	Member & Joyce	Quiz
Tuesday 7 April	11am	Sue	Seated Move & Groove
Thursday 9 April	4pm	Sue	Games
Friday 10 April	11am	Vicky	Coffee Morning Chat
Monday 13 April	11am	Vicky	Seated Move & Groove
Wednesday 15 April	4pm	Joel	Nature
Friday 17 April	12noon	Sue	Name That Tune
Monday 20 April	11am	Joel	Seated Move & Groove
Thursday 23 April	2pm	Sue & Joel	Quiz
Friday 24 April	3pm	Jo D	Mindfulness
Monday 27 April	4pm	Joyce	Bingo
Tuesday 28 April	11am	Joyce	Seated Move & Groove
Thursday 30 April	4pm	Sue	Afternoon Tea Chat