

Dial-A-Ride Newsletter



Winter 2015

The past three months have been extremely busy, including the ever popular Monday trips which were all a great success. We have included the next round of Autumn/Winter trips at the end of the newsletter.

Don't
Delay!

As always please book as soon as booking is available to avoid disappointment.

New Members

We have 20 new members who have joined us since the last newsletter, a very BIG welcome to the service, we hope to assist you with many happy, helpful journeys.



Staff and Volunteer Update

Volunteers

We would like to extend a warm welcome to Mike Williams who joins our valued Team of Volunteer Drivers.



Mike is the brother of our fabulous driver Ted, who many of you will know and love and with Teds wife Christine as our Treasurer it is a real family affair !!!

We know he will thoroughly enjoy meeting you all and we are looking forward to many years of working together.



It is with much regret that we say a fond farewell and a **HUGE** thank you to Mr Nick Wheeler.

Nick, who has been a volunteer with us for many years, is looking forward to a well earned retirement and, although we shall greatly miss his humour and commitment, we wish him a relaxed and inspiring future.



Helping us to help our community.....

Our service is reliant upon our Volunteers. People who give up as much or as little of their time as they can in order to serve their local community.

WDCT is always looking for volunteers to fulfil a variety of roles such as:

Trustees: Charity trustees are the people who share ultimate responsibility for governing a charity and directing how it is managed and run.

If you would like to find out more about how to become involved we would welcome the opportunity to tell you more about how this works. You can also follow this link to the Governments guidelines on becoming a trustee.

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/444518/CC3.pdf

Your commitment is to attend quarterly meetings and support the organisation in any area in which you have some expertise, this could simply be that you are a valued service user !! We would love to expand our Board to include more of the people who actually use the service – Helping Us to Help you.

Volunteer Drivers: We have a range of driving roles within WDCT. These range from Day Trips and Group outings to trips for children and older people.

We are able to offer you full and comprehensive training and support and it isn't just minibus driving we also require drivers for the Weston Wheels Service;

Weston Wheels Volunteers: Weston Wheels are the Voluntary Car Scheme that operate under the umbrella of WDCT.

This service is a vital link for patients who are not able to access the Ambulance/Patient Transport Services, but who need to travel to appointments further afield, for example, to the BRI or Southmead in Bristol or to Bridgwater and Bath hospitals.

The volunteers use their own vehicles to enable passengers who are not able to use public transport to attend their appointments.

Weston Wheels Update

Bookings for transport to Hospitals in Bristol and the wider region are provided by the charity Weston Wheels, this is a volunteer car driver service.

Over the past 7 months Weston Wheels have provided transport for over 400 patients, utilising the services of a bank of 12 volunteers. We think you will agree this is an outstanding achievement, which would not have been possible were it not for the tireless efforts of Joan and Vic Ryland. Together with Mike, Betty and Barbara. On behalf of service users we would extend a HUGE thank you to them both for their unceasing dedication.

In recent months, changes to the allocation of appointments has meant that the demand upon this service has vastly increased, as a result of this we thought it pertinent to highlight the booking process to ensure we are providing you with the best possible service and to avoid disappointment.

Bookings: These should be made as far in advance as possible and with a minimum of 48 hours notice by calling:

Tel: 01934 629657

Bookings will only be accepted on this number as this is where the bookings are coordinated.

The Weston Wheels booking line is open between the hours of: 9.30am and 12.30pm – Weekdays only

Please do not call via the Dial A Ride booking line as the systems are completely separate and they will therefore be unable to help you.

Prices:

The cost of transport is to cover the reimbursement of fuel and running costs for your volunteer. Prices vary between hospitals however a guide would be : Southmead £30.00/BRI, Bristol Eye, Bristol Dental £25.00. These prices include the return journey. Please check, before booking your transport that you have not already been allocated free ambulance transport, or indeed that you are not entitled to it via your consultant.

Weston and District Community Transport AGM

We were so very pleased to have received such overwhelming support, in the attendance at this years Annual General Meeting and would extend our sincere thanks to those of you who took time to join us.

Thank you also to those of you who brought along prizes and purchased tickets for the raffle, together we raised **£56.00 !!** for the charity

We would also like to thank Joan, Betty and Christine for their tea and coffee teamwork !

The AGM is a vital part of our operation and it's constitution. It is an opportunity for our members to hear what has been achieved during the previous year and gives a clear picture of what the organisation is working towards in the year that follows.

During the meeting we heard reports from the Chair and Office Manager together with the financial report from the Treasurer Christine Williams.

We were all extremely impressed with the presentation provided by Adam Will and Rose Gray from Alliance Living.

They talked about the services which Alliance are able to provide and it was clear that they have an extensive range of products and services available to assist and advise older people over a range of subjects.



Keeping snug this Winter

Further to the popularity of last years winter advice we have included it again for a reminder and for those of you who have joined us since.

Keeping Warm

- Try to keep your home warm. Keep your main living room at around 18-21°C (65-70°F). If you can't heat all the rooms you use, heat the living room during the day and the bedroom just before you go to sleep. You can also use a hot-water bottle or electric blanket (but not both at the same time) to keep warm while you're in bed.

Eat Well

Your body keeps warm by burning food you've eaten, so make sure you have regular hot meals that contain carbohydrates, such as potatoes, pasta, bread and rice. Try porridge with hot milk for breakfast and soups and stews for lunch and dinner. Try to make sure that you have hot meals and drinks regularly throughout the day and keep active in the home if you can. If possible, stay inside during a cold period if you have heart or respiratory problems.

Wrap up warm



Wear several thin layers, rather than one thick layer. This is because they trap warm air close to the body. Buy clothes made from wool, cotton or fleecy fabrics, if possible. Wear warm clothes in bed. When it's really cold, wear thermal underwear, bed socks and even a hat. A lot of heat is lost through the head and neck, so if you're chilly indoors, try wearing a hat and scarf. If you're sitting down, a shawl or blanket will provide extra warmth. You should also try to keep your feet up, because air is cooler at ground level. Wear shoes with a good grip if you need to go outside.



Get your home ready for winter.

- Turn off lights when you're not in the room.
- Don't leave electrical items, like the TV and DVD player, on standby – switch them off.
- Only boil as much water in a kettle as you need.
- Use a 30°C programme on your washing machine.
- Turn off any electrical chargers once your appliance is at full power, such as a laptop or mobile phone.
- Don't block your radiators – it cuts the heat they give out.
- If you have a dishwasher, fill it fully before using it, so it's more energy efficient.
- Draw your curtains, as soon as it gets dark to stop the heat escaping and the draughts coming in. Fit thermal linings to your curtains if you can, this will also help to keep the heat in.
- Keep any windows and internal doors closed when it's cold – this will keep heat inside, where you most need it.
- Get heating and cooking appliances checked, flues and chimneys swept ensuring ventilation points are not blocked.
- Check your water stopcock is working properly.
- Get a keyhole cover – it should only cost a couple of pounds and will help keep the draughts out in cold weather.
- If you use heating oil, LPG or wood products as the main heating source, make sure that you have a sufficient supply to avoid running. Fit an audible carbon monoxide alarm which is EN50291 compliant, but fitting an alarm should not replace regular maintenance of appliances.

Ideas on what to stock up on:

- Salt or sand for icy steps and pathways
- Tinned fruit and vegetables – it's just as nutritious as the fresh kind
- Cold and flu medicines, as well as any repeat prescriptions
- Pasta and rice will last through the winter months, so stock up now.

Winter Monday Trips



The Winter trips are here and they are better than ever thanks to your feedback and suggestions we have incorporated as much Christmas Shopping as possible !!!

We are sure they will be extremely popular as always and therefore remind you to **BOOK AS SOON AS THE LINES ARE OPEN !!!**

26th October 2015 Clarks Village – Street

Booking line opens Friday 16th October 2015

With over 90 stores there is sure to be a Christmas bargain or two for you at Clarks village Outlet Centre, or indeed along the lovely High Street. You'll also find a great selection of places to eat and drink, there's something for every hungry shopper.

Cost of trip £15.00

9th November 2015 Sanders Garden World

Booking line opens Friday 30th October 2015

Enjoy a visit to Sanders, 'Much more than a Garden Centre' Sanders in one of the biggest in the South West with unrivalled Christmas Displays.

Cost of trip £13.00



23rd November 2015 The Mall Cribbs Causeway

Booking line opens Friday 13th November 2015

With 135 top name stores and easy access, The Mall is a fabulous place to do some Christmas Shopping. There are now more than 15 great cafés and restaurants in The Mall so you can meet friends and relax if you'd rather.

Cost of trip £15.00

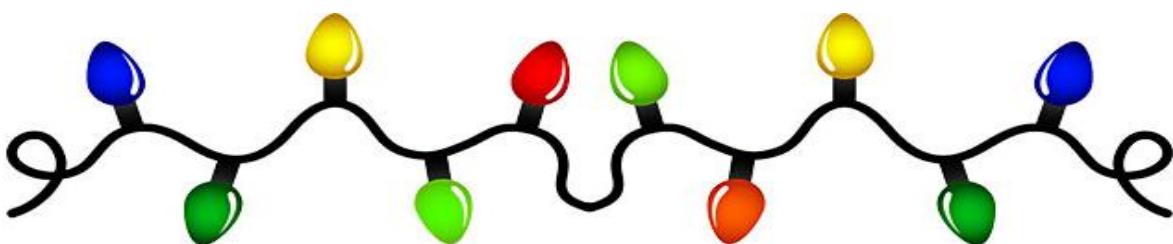
7th December 2015 Cadbury Garden Centre

Booking line opens Friday 27th November 2015

Christmas at Cadbury is a must ! The south west's premier garden centre is no ordinary store. Inspiring Christmas displays to muse or perhaps the Food Hall for tea and a Christmas bun, before making our way over to Puxton Park Farm Shop with its superb range of fresh produce perfect for Christmas meats from the butchers and specialty cheeses all sourced locally.

Cost of trip £13.00

**Please note that Monday Trips
do not operate January through March
The next round of trips will be detailed in the
Spring Summer Newsletter 2015.**



Dial A Ride Christmas Get Together

We would like to invite you to join us for

Mince pies and Sherry !

*We will be gathering at the St Saviours Hall, Locking
Road, Weston Super Mare*

Monday 14th December 2015

From 2:30pm until 4:30pm

Join us to celebrate the season

**There will be Mince pies, cakes and
refreshments provided**

And there will be Entertainment and a Raffle !!

**Call Lisa now on 01934 611955
to book your place and your**

Free Transport !!!!!





Christmas Closures

This year the offices, and subsequently services, will be shutting down on the 22nd December at 2pm and will reopen again on the 4th of January 2016. These dates will also apply to Weston Wheels.





We always love to hear your thoughts and suggestions.

Please feel free to contact us if you have any comments or feedback regarding our service.



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