



From the FISH Chairman

The FISH Volunteer Centre continues to support the local community with assisting the elderly and disabled with transport to essential appointments.

This is as well as the shopping and leisure trips on our minibus, and the befriending service we run for those living on their own.

We are affiliated to the Oxfordshire 'Good Neighbours' scheme and 'The National Council for Voluntary Organisations' which give support and guidance towards running the charity with good governance.

However, there are still people who don't know we exist or don't know what we do, or how to contact us for help. Please pass on our details to any-one you feel needs our help.

We are always fundraising but this year we have a great deal to do as you will read about in the following pages.

Richard McQuillan
Chairman

IMPORTANT INFORMATION ABOUT OUR RESPONSE TO THE CORONAVIRUS SITUATION

The FISH Trustees and volunteers are determined to continue their task of supporting our Community at this most challenging time and to this end various measures have been taken.

1. Anyone needing help e.g. shopping or picking up a prescription should contact the FISH office where we will arrange to help you.
2. We have stopped the use of the minibus for shopping trips and leisure trips for the next few weeks and are looking at the possible use of the minibus for large shops for our most vulnerable clients and delivering the shopping to their door.
3. We are in contact with many organisations offering help and support.

One such concern is Oxfordshire Age UK and their telephone number is 01865 411288.

As more Government information becomes available other decisions will need to be made. Please check our website or contact the office – contact details at top of this page.

We have received details of another local group for help called SOCO CORONA VIRUS SUPPORT. Mathew White has set up this support group and their contact details are:

Telephone: 07468 004541 email: socohelpers@gmail.com or on Facebook.

We are sure as time goes on we will begin to work closely together in order to protect the vulnerable people in our great Community.

Home Visiting

We are living in tricky times just now with the threat of Coronavirus looming over us all. We have thought carefully about how to continue to do our best for our clients who normally receive regular visits from their Home Visitors. As they are amongst our most vulnerable clients, we need to be sure that we don't expose them to risk of infection while maintaining a good level of contact with them.

So, during this time contact will be by phone instead of face to face. Our valued volunteers are keen to phone their clients frequently, so they know they are not forgotten, have all they need in terms of groceries and prescriptions and, importantly, do not feel unduly lonely and depressed.

If you are the relative of a client who has a FISH Home Visitor and you are unable to contact your relative because you are unwell yourself, do phone the office and a message can be passed to the visitor who, hopefully, will be able to reassure you that your relative has recently spoken them by phone.

Maybe you were just getting around to enquiring about a Home Visitor for yourself or your relative and now realise we cannot organise face to face contact. If that is the case, we can quickly put in place a 'Phone Friend', a Home Visitor who will phone regularly and to try and keep someone's spirits up while they are stuck at home without visitors. If the relationship works well that can progress to become a face to face contact once we are through this difficult time. Just phone the FISH office and ask for myself or Judy to make contact with you.

When asked what the word FISH means we often say it stands for 'Friends In Sickness and in Health' and we certainly mean to live up to our name whatever the global problems!

Sue Nickson & Judy Mihajlovic
Home Visiting Coordinators

Dr. Peter Hemphill

Many of our readers will remember Dr. Hemphill, who founded the Sonning Common Practice and remained a GP there from 1949 to 1985.



Dr Hemphill, who has been a keen champion of our charity, will reach his 100th year on 9th April 2020.

We wish him a very happy birthday.

So, What Does FISH Actually Do?

We know from experience that there is often some confusion as to what the FISH charity actually does and who can use its services.

The name itself does not give many clues but the organisation has been running for over 40 years now with the same title so it would not be an easy task to change it to one which is self-explanatory.

What we offer:

- Car transport to appointments at hospitals, dentists, opticians also to visit family and friends in care homes or hospitals
 - Befriending the lonely who are housebound
 - Social outings and leisure trips in the minibus
 - Minibus shopping trips, vital for seniors who have mobility issues or who cannot easily access public transport
 - Handy persons to do small household jobs e.g. changing light bulbs etc.
 - Afternoon Tea Parties in Sonning Common Village Hall on the second Monday of each month
- and the myths disproved!
- FISH is NOT a religious organisation
 - You do NOT have to be a member of FISH to use our services

What FISH does is probably best summed up by the phrase *'Support and Transport for the Community'*

Sheila Maughan
FISH Trustee

Our Proposed New Home – The Police Office, Lea Road, Sonning Common

Since the Autumn of 2019 a small team of Trustees have been working on this project.

After having our bid to buy the now vacant police office from the Thames Valley Police Property Services rejected, we have been discussing buying the freehold for the station from the developer, EXP Property Investments.

In principle this has been agreed and we are currently working on the internal layout plans.

The developer is a local company and is very supportive of our charity and the work

we do. We have appointed a firm of solicitors to act for us.

We need to take this action since our lease on our current office at 'Springhill' expires at the end of 2020.

FUNDRAISING IS OUR NEXT CHALLENGE - WE NEED TO RAISE ANOTHER £50,000.....

..... and Fred Nickson (of FISH Tea Party fame) has agreed to head up our campaign.

In this newsletter we have included a 'BUY A BRICK' donation form which we are asking all in our community to support in order to allow our wonderful Charity to continue its great work SUPPORTING THE COMMUNITY

Clive Mills
FISH Trustee





We have the rare opportunity to buy our premises instead of paying rent forever. The Old Police Office in Lea Road, Sonning Common, will make an ideal location for us and allow for expansion in this ever-growing community.

All supporters and friends can help fund this project with a donation.

BUY A BRICK (or more) IS AN IDEAL WAY OF DOING THIS

The names of all those supporters can be listed on a plaque in the building.

✂.....

I WISH TO BUY _____ BRICKS AT £10 Each Total £ _____

Name: Contact No:

Payment will be made by: (please tick appropriate box)

- Cheque (made payable to The FISH Volunteer Centre also use for bank transfer)
- Cash (Please pay at the FISH Office or to a FISH Volunteer)
- Bank Transfer (Sort Code: 09 01 29 Account No: 16346927 Use Reference: Bricks)

Thank you for supporting The FISH Volunteer Centre

.....and why not Gift Aid your donation at the same time

Charity Gift Aid Declaration

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Boost your donation by 25p of Gift Aid for every £1 you donate

Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK tax payer.

In order to Gift Aid your donation you must tick the box below:

I want to Gift Aid my donation of £_____ to The FISH Volunteer Centre - Charity Number 286318

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

My Details:

Title: _____ First name or initial(s): _____ Surname: _____

Full Home Address: _____

Postcode: _____ Date: _____

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

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