



OUT AND ABOUT



HILLINGDON SHOPMOBILITY NEWSLETTER

Winter 2007

Hello to everyone – with another Christmas Season nearly upon us, it's hard to think where the year has gone. Spring started with all the promise of a wonderful summer, which ended up very much a 'damp squib'. This in turn has drawn us nicely into autumn with its bright crisp days, revealing the stunning display of colours that our trees put on each year. The smell of wood smoke in the air makes me nostalgic for autumns past when as a child I ran delightedly through the fallen leaves, looking forward to bonfire night and the excitement as the first firework exploded into life and the regret when the last sparkler had fizzled out. Then of course Christmas, making out the list for Santa and changing it umpteen times as glossy catalogues promised toys and games that would make my life complete. That great feeling of anticipation as I felt the weight of the filled stocking on my bed on Christmas morning – the squeals of joy when the much longed for item was unwrapped.

It's a shame we all have to grow up and deal with the world in an adult way and all that life throws at us, worrying about the future, children, money, pensions, health and old age. However, despite all these things, I still enjoy a good giggle about most things and find that my sense of humour gets me through. I look on the bright side of life and I have to say, I'm rarely disappointed. (Gosh, do I sound like Pollyanna?)

Where is all this leading you might ask? Well inevitably to Shopmobility, the problems we face and the confidence to deal with them. You may or may not know that we are a charity and as such, have to fundraise on a

big scale in order to keep the service running. We are primarily funded by you as customers when you make your donations for using the service, the Chimes and the Mall Pavilions, the London Borough of Hillingdon and until March 2008, the Big Lottery Fund.



Sue Johnson, Co-ordinator

When the Lottery grant comes to an end, it will leave a big gap financially and in order to maintain and improve the service we offer our customers, we will be more reliant than ever on your contributions. As you know for the last 4 years, we have been making an annual charge of £5 to cover the ever rising insurance costs – this I have to tell you has to be increased to £8 as from April 1st 2008 but hopefully, kept at that level for a further 3 years. I hope you will understand why this increase is necessary and continue to make your usual much-needed donation when you use the service.

I hope to see many of you during the run up to Christmas but for those of you I don't get a chance to see, I would like to wish you a very happy Christmas and look forward to seeing you in 2008.

With very best wishes,
Sue Johnson Co-ordinator.

MONOREP LIMITED



Monorep have been established for almost 40 years and remain a family run business. As such we provide a friendly and comfortable atmosphere ensuring all your motoring needs are catered for.

Our Mobility Sales Department is renowned for their understanding and professionalism, which is reflected in our established base of repeat customers.

At present we are pleased to be working closely with Hillingdon Shopmobility to raise awareness of disabled people in our area and helping to provide independence via motoring. Monorep are happy to be helping by providing maintenance and servicing for five scooters as well as several other ongoing sponsorship offers to help Shopmobility to continue to provide the fantastic service they currently offer.

We will be running Mobility Awareness Roadshows at Shopmobility on a regular basis, giving you the opportunity to look at the vehicles, ask any questions or even just to say hello.

We look forward to meeting you at one of the events, or of course please feel free to visit our Showroom.

Samantha Cumbers

Monorep Vauxhall

235 Yeading Lane
Hayes
020 8836 3030

Poplar Avenue
Southall
020 8893 0900

PERSONALITY PROFILE

Name: Catherine (Kate) Payne

Age: Over 21 but under 60!

Job Title: Quality Co-ordinator

Pets:

Dog – Meg, a cocker spaniel King Charles cross. She's 12 now but still behaves like a puppy.

Car:

In January this year I took delivery of a Vauxhall Astra Estate, which is just what I need – I have a scooter with a hoist in the back and if I take that out I have plenty of room for taking my son's kit to university and back three times a year.

Ambitions:

These vary from going on the London Eye to cruising in the Norwegian Fjords, as well as taking advantage of every opportunity that comes my way!

Proudest Moment:

These have to be moments and they all involve my sons – they have all made me so proud in so many ways.

Most Embarrassing Moment:

Probably too many to mention! The one that sticks in my mind was once when my husband took me to his firm's sports club to watch cricket and said it would be all right to take a short cut through the men's changing room as the players were all outside. He opened the door to let me go first and we were greeted by several half dressed men who had just come in from a previous game!

Favourite Restaurant:

The Horse and Groom at East Ashling, near Chichester..

Last Holiday:

Nova Scotia. I have a friend who lives there and has been asking me to visit, so this was the year! I had a great time with wonderful weather and beautiful scenery.

Last CD purchased:

A Night In and a Night Out by Rod Stewart. Sue and I went to see Rod at Twickenham in the summer and although it was pouring with rain we had a fab evening.

Last Book Read:

Princes in the Land by Joanna Callan

What Makes You Angry:

Rude and inconsiderate people



Catherine (Kate) Payne
Quality Co-ordinator

DASH

your questions answered

Representatives from DASH (Disablement Association Hillingdon) now visit Shop-mobility on the penultimate Tuesday of each month to answer any questions you may have. This service is for a trial period only and will be discontinued if it is not used, so why not take full advantage of a free service. If you can not make it on the day DASH are in the office, leave your name and number and the nature of your enquiry with whoever is on reception and DASH will ring you and help you with your enquiry.??????

DO YOU, A RELATIVE OR FRIEND HAVE A DISABILITY?

Do you have any specific issues or questions? Come along to our MPs' Meeting

**Friday 8th February 2008
10 o'clock until noon
at Christchurch
Redford Way, Uxbridge**

The venue is fully accessible with a loop system and signer. If you have any other requirements, please contact us two weeks prior to the meeting.

If you urgently need to speak to your MP, do not rely on this meeting as there is no guarantee that each MP will be able to attend.

If you are a Dial-a-Ride member, contact them direct as a regular booking has been organised.



CHRISTMAS WRAPPING

Why not take the worry out of wrapping and get your Christmas presents professionally wrapped by our team of dedicated volunteers on the following dates:

**Friday 7th December – Chimes
Friday 14th December – Mall Pavilions
Friday 21st December – Chimes**

Or maybe you would like to volunteer and wrap for Shopmobility. For further details please enquire at reception in the Shopmobility office or ring on 01895 271510.

BARCLAYS CHARITY QUIZ NIGHT

**WEDNESDAY 5TH DECEMBER
7.30PM
AT THE BATTLE OF BRITAIN CLUB
RAF UXBRIDGE**

**TICKETS £11.00
(INCLUDES CHRISTMAS MEAL)**

**WHY NOT MAKE UP A TEAM
AND COME AND JOIN US
AND HELP RAISE FUNDS FOR
HILLINGDON SHOPMOBILITY**

**FULL DETAILS FROM
RECEPTION
OR TELEPHONE
01895 271510**

REVUE

In June this year we attended an event held at the Beck Theatre. The event was organised by Terry Sharp who put the show together with help from his friends to celebrate his 50th Birthday. The show was called Revue and it included local bands, singers and dancers from around the borough and beyond. Terry



nominated three charities to benefit from the night's events and we were lucky enough to be one of them. We would like to thank Terry and all who took part in the show, not only for an entertaining evening, but also for the generous donation to Shopmobility of £300? from the show.



CHRISTMAS AND NEW YEAR OPENING HOURS

Monday 24 December	Closed
Tuesday 25 December	Closed
Wednesday 26 December	Closed
Thursday 27 December	Open 9.15am – 4.30pm*
Friday 28 December	Open 9.15am – 4.30pm*
Saturday 29 December	Open 9.15am – 4.30pm*
Sunday 30 December	Closed
Monday 31 December	Closed
Tuesday 1 January	Closed
Wednesday 2 January	Open 9.15am – 4.30pm*

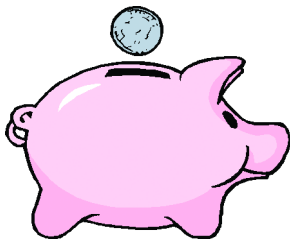
***Last hire of equipment 3pm**

FEES DUE

We would like to thank all our customers who have paid their annual registration fee for 2007 and to remind you all of the increase in fees as from 1st April 2008, which will be £8 per year and should be paid on your first visit after this date.

We would also like to draw your attention to DONATIONS. We would very much appreciate it if you would please make sure that each time you visit you make a DONATION. Customer Donations this year have been down on last year.

To be able to keep giving and improving the service you receive from us we do need your help by making that very important contribution to the running costs of your Shopmobility, so next time you visit please dig deep and help by DONATING.



COLLECTING BOXES

HELP Hillingdon Shopmobility by taking one of our money collecting boxes from reception for your small change. When it is full give it back and we will count it and put it towards our fund raising money. Every penny helps towards giving you our customers the service you need.



CHRISTMAS RAFFLE

The Christmas Raffle starts in Mid November and will be drawn the week before Christmas, don't forget to buy your tickets.



THANK YOU

Hillingdon Shopmobility would like to thank the following for their support:

London Borough of Hillingdon

The Big Lottery Fund

Barclays

The Coach and Horses, Ickenham

The Chimes Shopping Centre

The Mall Pavilions Shopping Centre

Unisys

Mike and Ann from Action Mobility

Monorep Vauxhall

Ocean Print

The Security Staff at The Chimes for looking after us.

The Management Committee and Staff of Hillingdon Shopmobility would like to thank our team of volunteers for all their help and support during the year, not only in the office but also at special events and promotions.

Many thanks too to all our other supporters who have helped with wrapping, collections and other outside events.



OFFICE NEWS

We hope you have noticed all our additional services from the office.

We have a selection of small disability aids and gadgets on sale in reception. Have a look at our attractive walking sticks in a variety of colours and designs – maybe a suitable Christmas present? If you can't see what you're looking for, please ask as we have an extensive catalogue and can always order items.

We are also selling car window stickers and Blue Badge holders at £2.50 each and Radar Keys at £4 each.



As well as our sale table which is always full of useful and decorative items, do have a look too at our newly fitted bookshelves, which contain not only a wide selection of books, but also CDs, DVDs, videos and jigsaw puzzles – all reasonably priced.

BLUE BADGE APPLICATION FORMS

Application forms for Blue Disabled Parking Badges for London Borough of Hillingdon residents are now available at the office. Please ask at reception.

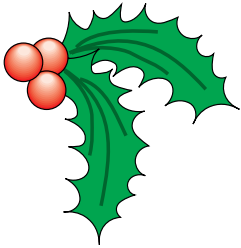
FONEAID

A big thank you to all of you who have brought us your old mobile phones. For those of you who haven't heard, Hillingdon Shopmobility is taking part in FoneAid, which is the biggest mobile phone recycling campaign in the UK.

By taking part in this campaign Hillingdon Shopmobility will receive £3 for every phone collected, no matter its age, condition or even whether or not it works. On top of this, for every 100 phones collected we will receive £100 of vouchers.



So please dig deep in your cupboards and bring us your old mobile phones. As well as helping raise funds for Hillingdon Shopmobility, you will also be supporting a valuable recycling project.



Christmas Day Muffins

Christmas Recipe Makes 12
calories per muffin: 175
preparation time: 15 minutes
cooking time: 20 minutes
Not suitable for freezing

Christmas recipe ingredients:

- cranberries, fresh 175 g (6 oz)
- icing sugar, sifted 50 g (2 oz)
- flour, plain wholemeal 150 g (5 oz)
- flour, plain white 150 g (5 oz)
- baking powder, 15 ml (1 tbsp)
- mixed spice, ground 5 ml (1 tsp)
- salt, 2.5 ml (half tsp)
- sugar, light brown 50 g (2 oz)
- egg, 1
- milk, 250 ml (8 fl oz)
- vegetable oil, 50 ml (2 fl oz)



Christmas recipe instructions:

1. Mix the icing sugar with halved cranberries.
2. Take a twelve cup muffin tin and grease with butter or use paper cases. In a bowl mix the brown sugar, salt, mixed spice, baking powder and both flours. Make a hole in the middle.
3. Add a mixture of beaten egg/milk/oil into the hole and just blend. Then add the cranberries and quickly stir. The end product should be a rough mixture with lumps and air pockets visible. [Note: Instead of the cranberries you can use mincemeat (225 g, 8 oz) to put in the hole.]
4. Take this mixture and fill the muffin cups to two thirds and bake at gas mark 4 (180 degrees centigrade, 350 F) until they are golden brown and well risen. About 20 minutes.
5. Cool for a bit and serve warm.



Christmas Jokes



What did Adam say on the day before Christmas? It's Christmas, Eve!

How do you make an idiot laugh on boxing day? Tell him a joke on Christmas Eve!

What do you have in December that you don't have in any other month? The letter "D"!

What does Father Christmas suffer from if he gets stuck in a chimney? Santa Claustrophobia!

What do you call a letter sent up the chimney on Christmas Eve? Black mail!

Who delivers cat's Christmas presents? Santa Paws!

How many chimneys does Father Christmas go down? Stacks!