

Plus News

Summer 2010



SADY 2010

**Crammed Inside The Summer
Plus News:
SADY, Brean,
and much more . . .**



INSIDE THIS ISSUE:

- SADY 2010
- Brean 2010
- Avon Valley Railway
- Pink Fun Day
- Round the Areas
- Charity fund-raising
- Competitions
- And lots more . . .

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BREAN 2010

A great weekend

One of the main highlights of the first half of the year is the Springtime Holiday at Brean. It was again ably organised by Adam Redshaw and his team.

Sadly I was unable to make it this year but I heard it was a great event with superb entertainment and activities and so there are three pages of words and pictures in this edition of Plus News.

More on page 5 6 and 7.

The cover story inside this issue of Plus News is SADY 2010 another great weekend with great trips (and great weather), organised for Plus by Corinna Teale and her team.

I had a great time at SADY!

More on page 8 and 9.

SADY, Brean, National Karting 2010, National Skiing Holiday 2011, new members and more are covered by Adrian Barnard in the National Chairman's regular page.

More on page 3.

There are three pages of Charity/Community articles in this issue of Plus News.

More on page 12 13 and 14.

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.

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 reunion to celebrate 70 years of Plusing.

Plus honorary Life members and Vice-Presidents will be invited.

Are you feeling burned out? If so, then the article Do Something may help you to revitalise your enthusiasm for Plus.

More on page 10.

This issues Questions ? ? ? were put to Plus National Publications Officer and Vice-President John A Smith.

More on page 4.

The Competitions Page features two National competitions and one Area competition.

More on page 15.

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

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 4)

Page 2

Highlights

Page 3

National Chairman's Column

National Skiing Holiday

Page 4

Questions Question Questions

Page 5/6/7

Brean 2010

Page 8/9

SADY 2010

Page 10

Do something!

Page 11

Round the Areas

Avon Valley Railway

Plus Internet Strategy

Page 12/13/14

Charity/Community

Marathons

Pink Fun

Charity BBQ

Page 15

Competitions (results)

National Five a Side Football

National Tennis

Unihoc

Page 16

And Finally . . . (future events)

NATIONAL CHAIRMAN'S COLUMN



Another quarter or so has passed and I'm reminded that another preamble is in order for a most excellent publication.

I'll shamelessly plug at this point that both National Skiing and National Karting are booked and currently taking bookings.

See elsewhere in this issue of Plus News and the Plus web-sites and Yahoo ONElist archive for more details on those.

The main event that stands out this time round among many is SADY (Summer At Dalesbridge, Yorkshire).

Our rambling 'guide' is still overshooting turn offs and the like, but now we know this to be the case, a closer eye is kept on the navigation and collectively we don't go far wrong.

Proof if ever there was that working as a team towards an agreed objective is a great way forwards, training without realisation!

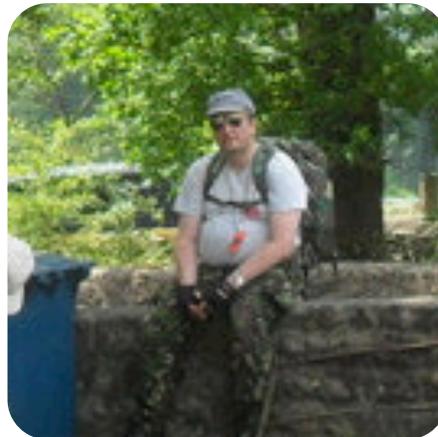
Hands up, who thought they were getting trained on Francis's rambles!

He can navigate to a needle in a field of haystacks in reality!!!).

It was also nice to see a number of new faces and new members there.

I'm told by yourselves that the weekend was most enjoyable, I'm glad to hear it.

Remember at some point that a new crew is needed to run such things, another marvelous opportunity to learn in the best fashion possible, by having a great time.



Brean; The most enjoyable event I felt at Brean this year, not that they weren't all enjoyable, was the flying lanterns, midnight through to well gone 2am where the rest of the skies were bereft of flying objects courtesy of Iceland's miss hearing the 'send cash' message. PLUS none the less took to the air.

Watching a string of glowing lights float into the misty distance from the beach dunes was very picturesque, more so as aside from a few stars visible in the wispy clouds they were the only lights in the sky.

To add to the return journey from the beach, a mere five yards from my caravan (assuming I could lift over the 20ft hedge, railings and ditch) a disjointed voice asked "Is that you lot?" "Yes Nick" I replied, . . . "Oh dear you've got a very long way to go!" came back an amused yet monotone statement of the bleeding obvious. (the security gate is shut

ahead of our return). About fifteen minutes later I got back to the caravan, the disjointed voice had retired.

Time to start on SEAT (Hotel Break) now the other stuff's progressed, when that's progressed it'll be on to NGOOT (Now Get Out Of That). Anyone up for those crews?

Adrian Barnard
National Chairman



National Plus Karting Competition



Saturday 2nd October 2010

Teamworks Karting
8 Bridgewater Close, Reading, Berkshire RG30 1JT

£35 if booked before August 1st £40 thereafter
(last possible bookings taken by the evening of September 30th)
Limited to 30 places

Cheques / payments payable to:
'DIDCOT EIGHTEEN PLUS GROUP' please

Send cheques along with name and valid membership number to: Adrian Barnard

If you want confirmation of receipt then please include a contact e-mail or phone number

GOOD NEWS - National Skiing Holiday (Finland)



The National Skiing holiday is back after a year's hiatus. The good news arrives in this manner:

On the 16th January 2011 - 23rd January 2011 - Half board hotel at the 'Crazy Reindeer' Finland, Levi (in the brochures), group sauna, communal Jacuzzi and all other hotel amenities, gym etc. (and free internet access - it's a human right in Finland!) Free ski bus - not as the skiers need it! But those attending get to go about the resort. Free transfers Finland side. Good quality skis, boots, lift pass, full ski insurance. Flights via an operator tied into the package. Northern lights are a possibility and don't eat the reindeer . . . unless you like tasteless mutton.

For your part if attending we will require a £200 deposit ASAP and definitely by the end of July if cash, or mid July if cheque. Later this will translate to the remaining costs being required, likely around October, but possibly sooner. The total likely cost if attending is £676.71 skiing £867.71 and learning to ski three days add £79, five days add £119 to the skiing price.

The costs of accommodation, flight from same airport, and other communal costs will be equally divided out between all booking on. Late additions while entirely possible and welcome may find costs are greater due to additional charges and different accommodation set ups. The more initial bookings we get the cheaper we can return the price for all.

Initial interest contact either myself or Leo Glover.

Adrian Barnard

John A Smith - National Publications Officer

??? Questions Questions Questions ???

For this issue of Plus News I sent the list of questions to myself; John A Smith, Vice President and National Publications Officer (Plus News Editor).



Which Plus Group did you attend first or join first and what happened

I first joined Plus at the Huddersfield 18 Plus Group, I first visited the Group during the summer, there wasn't much of a group so I only turned up intermittently. On one of those Club Nights an Area Official attended called Geoff Trigwell, (He's an Honourary Life Member), for most of the evening he talked about banking, I was bored silly! but he offered to take us to the Wakefield Group where there were loads of members and we had a good time. In September I dropped in on a meeting and there was a room full of members and I've been a member ever since.

What was your first inter-Group event and what happened

The earliest inter-group event I can remember is a Pig-Roast and Disco. I don't remember having any pork but I do recall that the disco was in a marquee with electric power from a generator that packed in a couple of times.

What was your first Committee post, or the first help you gave to the Committee

My first Committee post was as Treasurer for the Huddersfield 18 Plus Group, in those days I was very quiet and shy and never dreamed that I'd be National Chairman one day.

What is the most memorable in your time in Plus

I've been a member for such a long time that I have too many to mention on one page. In the current decade I've had some great times at the weekend's away . . . Brean, SADY, NEAT, MAD Kings Lynn and WASH are all memorable.

The first AGM that I chaired comes to mind, I was very nervous but by the end of the meeting I had got the hang of it and was enjoying it.

What was your most embarrassing incident in Plus

Two incidents come to mind, the first was at a Badminton evening with Huddersfield 18 Plus. It was my first ever game, I thought I wouldn't be able to see the shuttlecock but was persuaded to have a go by the young ladies of the Group. I was doing alright when a short shot from our opponents meant I had to run up to the net but as I ran back from the net we were all surprised that the net came with me, it got a good laugh but I was mortified.

The other embarrassing moment was at last year's AGM presentations when I was awarded the Linda Street Trophy and choked. The embarrassing thing was that my friend Phil said I did a Kate Winslet.

What is the best or your favourite thing in Plus

The absolute best thing about Plus is the members, Plus has a friendly, social culture that inspires it's members to renew their memberships for many years and it also inspires them to get involved in the organising side of Plus. This special warmth is very visible at the many inter-group events organised by Plus members.

Why did you stand for National Office

I enjoy Editing and Publishing Plus News, I also like being part of the National Committee. I'm looking forward to updating the web-site and also to the Plus Platinum Jubilee next year.

What are your short term and longer term hopes for Plus

I hope that Plus makes good use of next year's Platinum Jubilee year for fun events and publicity. It's been suggested that we put off celebrating the Platinum Jubilee until the 75th Anniversary of the founding of Plus. I'd like to see Plus make that whole five year period a Platinum Publicity Campaign. I really hope and wish for the membership of Plus to increase.

What are your plans for Plus, what do you wish to achieve

My main plan is to produce four issues of Plus News, Spring, Summer, Autumn and Winter, this is my second issue this year.

I'm also looking forward to updating the National Plus web-site when the latest version of the Content Management System that we use appears.

What Plus events in 2010 are you most looking forward to

SADY is my favourite event in Plus at the moment, this year's was particularly good with good weather also.

I'm looking forward to WASH this year which is to be at a new venue, I'm hoping this will attract some Plussers who have given WASH a miss in recent years.



Brean 2010



Photo by Chris Porter



Photo by Christine Ticehurst

The Areas made a commitment to provide financial support for the Brean weekend in 2010 held on 16 - 19 April at Brean Leisure Park, Brean Sands, near Burnham on Sea and ably organised by Adam Redshaw and his team.

Indoor events this year again took place in Dickies Bar starting on Friday evening with the welcome Disco hosted by the weekends resident D.J. Gary Jay.

Vicky Jackson (www.vickyjackson.com) presented her awesome tribute show on Friday evening as the explosive Lady Gaga and American rock chick Pink.

As the event took place slightly later in the year in 2010 the fun fair was open throughout the weekend and there was a market on Saturday and a Car Boot Sale on Sunday.

Despite the absence of Gary Schwimmer due to volcanic ash his fellow Hillingdon Plus members celebrated his Birthday with a caravan party with everyone invited. In fact it was party night every night at the Hillingdon caravan.

Bath and Bristol based 1980's five piece cover band Zx80's (www.thezx80s.com) appeared on Saturday evening. The fancy dress theme was "Eighties Night".

Brean 2010
Extra special
weekend

Sunday saw more fun in Dickies Bar with a quiz presented by Corinna Teale assisted by Richard.

Following the quiz were silly games organised by Adam Redshaw such as Twister, giant Kerplunk, indoor football penalty shootout, space-hoppers and Wii games.

Quiz Results

- 1st Dan Dollis - 95 points
- 2nd Ashes to Ashes - 93 points
- 3rd Wish You Were Here - 87 points
- 4th The Cheating B*****s - 83 points
- 5th The Second Karma Sutra - 73 points
- 6th Caravan 11 - 71 points

Sunday evening was Rock Night and live entertainment was four piece rock covers band Angel Up Front, (www.angelupfront.co.uk).

After the evening's entertainment in the venue had ended it was off to the beach to launch Chinese Lanterns.

John A Smith
National Publications Officer



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.

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.

Brean 2010



Photos: Iain Parkes and Laura Rowe

Top: Angel Up Front

Middle: Gary's Party minus Gary

Bottom: Ian's new harem???

Right: Dance floor - females only

Brean 2010 Thanks

James Oliver - Solihull Plus

Thanks to Adam Redshaw for organising Brean this year, another excellent event.

Sanya Preston - Plus

Had a great time, it was a great weekend wasn't it!

Lucy Smith - Barnet Plus

Adam and the Brean Team, thanks for a really good Brean. I haven't been for a couple of years and it was a great weekend, blessed with three days of wonderful sunshine, thanks for organising that for us.

I really enjoyed seeing Vicky Jackson as Lady Gaga and Pink on Friday night.

It was really nice to have the fun fair open and the choice of the market and the boot sale all open on site. I enjoyed the quiz, well done Corinna and Richard.

We all should have been celebrating Gary Schwimmer's Birthday with him but he got stranded in Spain due to the Volcanic Ash, but we still celebrated for him and Hillingdon Plus held a party for him.

I enjoyed the 80's night on the Saturday night, and the band on Sunday night were good too.

The Theme Song for Brean 2010 was "Don't Stop Believing" by The Journey.

Well done Adam and the Brean Team.

Faye Bunyan - Slough Plus

Really well done to Adam, this year's Brean was wicked! had a fantastic weekend.

Richard Leach - Plus

Had a great time at Brean with many other Plusers.

Andy Rutter - Lichfield Plus

A very sunny Brean weekend, one excellent weekend! thanks Adam for the fun on the beach with the Chinese lanterns.

Chris Porter - Brentwood Plus

Thanks to Adam and his team for a very good weekend. If you booked the weather as well as the bands then it was good booking! I've never been on a Plus caravan holiday and been so hot that we had to have every window in the caravan open.

"The ZX80s" were good and "Angel up Front" was good. As for Lady Gaga and Pink the songs were okay.

I also liked the hot air balloons on the Beach at 1 a.m. in the morning. I am sure somebody would have thought there were UFOs in Brean that night.

Let's hope all the Plus weekend events this year have the same nice weather.

The next Plus weekend event I should be attending is the Kings Lynn Summer Party. Hope to see you all there.

Dancing Queens



Photo by Iain Stuart Parkes

Brean over too quickly

Another trip south-west down to Brean Sands in Somerset for a weekend of entertainment and activities with friends from across the country.

After settling in on Friday we were entertained in the evening by both Lady Gaga and Pink – otherwise known as Vicky Jackson, an extremely good tribute artist. This was an evening to catch up with people we hadn't seen for a while, and generally relax and get into the party mood for the weekend. As is usual for the party weekends, the party mood continued well into the early hours of the morning in one of the caravans, despite the usual host being missing – stuck in Spain due to the Icelandic volcanic ash cloud (and on his birthday too!) – that didn't stop the party happening in his caravan anyway!!

Saturday was pretty much free to do as we wished, the sun was out, the fun fair was open, there was a market on site and ten pin bowling had been arranged at the neighbouring site – so what did we do? sit in the caravan reading books and chatting for a lot of it! A wander round site now and then resulted in several helpings of some rather special ice-cream – and a weather check showed not a breath of wind to fly the kites that I took! We took a walk down to the beach where the tide was so far out that a member of another group tried to go for a swim but gave up looking for the water! The sun was so bright and hot we were wondering if we should have put on sun cream, but none of us were actually that organised!

Saturday evening was 80's night – the band were the ZX80's, a young band who on the most part hadn't actually experienced the 80s first-hand but that didn't stop them belting out not just the usual cheesy pop that 80's tribute bands tend to do, but some great long-forgotten songs that got us all up and dancing – possibly the best 80s group that I have seen so far. Despite a slight power problem part-way through their

second set they kept going long into the night – definite value for money!

Sunday morning, with only a few hours sleep after returning from the caravan party once again, some of us tried to stay awake long enough to watch the Chinese Grand Prix. Not certain if any of us actually saw the whole race, certainly I missed a few laps here and there!

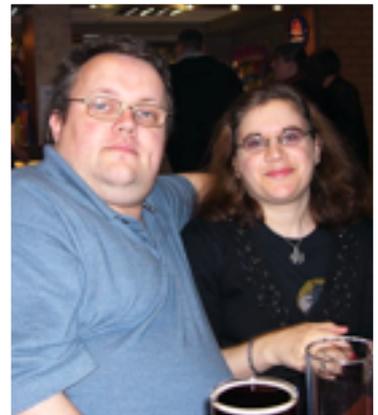
With some time to recoup our energy in the morning (back to sleep after the motor racing!), Adam, the organiser, had found a way of making us use it all up again in putting on some silly games in the venue after the usual quiz – think giant Twister, giant Kerplunk, inflatable indoor football penalty shoot, limb and adult space-hoppers. Phew! Also some Wii games going on which were slightly more sedate.

Sunday evening was rock night with a band called "Angel Up Front" – a great band who not only did the usual rock covers, but some more hard-core rock such as Metallica and AC/DC – this was followed by another trip down to the beach, once the girls had changed their footwear (well some of them!) and torches had been collected. With us we took some chinese lanterns which proved to be a bit of a challenge to light, but quite spectacular once they got up in the air. A few got caught on the dunes but the National Chairman had been enrolled in "stamping out" duties. What a way to end an excellent weekend, although of course not technically the end as the third caravan party of the weekend took place with our very own "toast-maker" to keep us fed!

All feeling slightly worse for wear through lack of sleep and probably excess of alcohol in a lot of cases, all we had to do on Monday morning was drag ourselves out of bed (easier said than done...), pack up our stuff, tidy the van and head back home, another great weekend over far too quickly.

**Christine Ticehurst
Kings Lynn Plus**

Brean 2010



Photos by Sanya Preston and Iain Parkes

Top: Vicky Jackson – Lady
Gaga

Middle: Vicky Jackson –
Pink

Bottom: Happy couple

Left: Fun at the bar



Photo by Nick Grant

SADY 2010



Photos: John A Smith and Mark Hewson

Top: Ducks at Dunsop Bridge

Middle: Tent Village

Bottom: Loz Rabone

Right: Cameleonz

SADY 2010 Thanks

Iain Parkes / Biggles

- Southern Area Plus Development Officer

Wow! What a great weekend at SADY!

I would like to thank Corinna, Francis and everyone else who made the weekend flow so well! Running weekends like this does take a bit of effort, but they always make it look so seamless and smooth!

The weather was great, the bands were interesting and enjoyable, Lucy actually had a proper tent this year!, Everyone returned from the walks they went on (and the pictures look great!) all in all, everything one should expect from one of the main PLUS weekends away!

Sadly there will not be a podcast of the event - silly old me forgot to bring the right recharger for my camcorder and couldn't film anything, still, it was nice just to relax and chill out with the rest of the participants!

The only slight issue I had with the weekend was nothing to do with the organising of it or the people who went - One of the things I enjoy most about weekends away with PLUS is meeting new people and this time, I knew and could NAME every one of the 40 members who went there this year!!!!

Please can we sell PLUS weekends away to our new members - The Federation is growing in size so I am sure there are a few new members who would have loved to have gone - maybe they just need a little

encouragement next time! I always tell our new members how great the camping weekends are, and if they are lacking a tent, airbed or anything but want to go, then let us know about it and we will see what we can spare! (I upgraded most of my camping gear this year so have some stuff to spare for local members to borrow, and am hoping that the offer will be taken up soon!)

Looking forward to Kings Lynn Mini Break next - hope to see you all there!

Mark Hewson - Solihull Plus

Had a great time at SADY, weather perfect.

Mark Harrington - Coventry Plus

SADY weekend was FAB and it has tired me out!

Lucy Smith - Barnet Plus

Thanks Corinna, Richard and Francis for a great weekend.

The weather was fantastic plenty of sunshine and I even managed to take a complete new tent and actually gave camping a go and really enjoyed it, thanks Francis for helping me put my tent together.

I really enjoyed the entertainment both on Saturday and Sunday nights and the Karaoke on Friday night.

It was also nice to see some new people coming to SADY this year.



Photo by Mark Hewson

SADY 2010

This year I set off for SADY (Summer At Dalesbridge, Yorkshire) on Thursday afternoon, a day before the official start of the event so as to have time for a day trip on Friday.

My trip was a train journey to Lancaster which is a historic town with a castle, now used as a prison and court building. I also had the opportunity to buy a tent light.

When I returned to the camp site in the early evening I was greeted by the sight of a field full of Plussers' tents, some where still in the process of being erected.

Friday evening's Disco and Karaoke entertainment was hosted by Gary Jay who was resident DJ for all three nights.

Although the main bar was available to us for drinks during the evening, we were exclusively using the Day Room for our evening entertainment therefore we were able to take our own drinks.

Members were singing throughout the evening with many going back for more. Adam Redshaw gave his rendition of "I wanna be like you" from Disney's "Jungle Book", Mike Shapcott and Mark Harrington sang "Hi Ho Silver Lining" and Lucy Smith sang Madonna's "Holiday".

But the singing wasn't over when the Karaoke ended as there was a Chill Out Session that lasted until the early hours when Bekki Cooke was serenaded with "Happy Birthday".

Quote of the day; "Yes, but the cake was good!" I don't know who said it, but the cake (made by Christine Ticehurst) was good.

On Saturday a party set off for the Forest of Bowland to a Village reputed to be in the centre of the British Isles, Dunsop Bridge. This was to be the start and end point for the long walk of the weekend led by Francis Wallington.

The walk was about six miles and very picturesque, Francis only over navigated twice. At one point Francis yelled out the instruction: "Be careful walking across this field, there's wild orchids" to which Jeff replied: "Are they dangerous!". That was quote of the day.

Back at Dunsop Bridge before setting off back to Dalesbridge we went for refreshments of cake, soft drinks and ice cream at the aptly named Puddleducks café, as the village seemed to have a duck population rivalling that of Hunstanton.

Saturday evening's entertainment was a male/female duo called The Cameleonz. They did all sorts of covers and their own song "Should I Stay" which is their debut single.

Sunday morning saw negotiations for lifts to the town of Hawes which was to be a base to explore from. Most went for lunch and pottered, while some went on a gentle circular walk to Hardraw Force waterfall.

We stayed at the waterfall for a time climbing on the rocks to get the best photos. The walk back was quite brisk as some wished to get back to Hawes in time to watch England play in the World Cup.

Some of us went to the Laburnum café for a bite to eat before returning to the Fountain pub where we found a very unhappy group watching England's World Cup defeat. Quote of the day is unprintable.

Back at Dalesbridge Richard Teale had prepared a delicious World Meal and BBQ.

The last of our evening entertainment was provided by an acoustic solo artist by the name of Loz Rabone who did a selection of ballads from the 1960's right through to the most up to date chart hits.

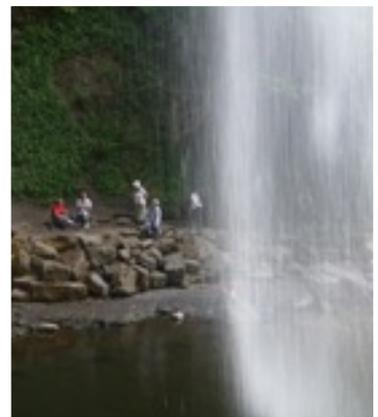
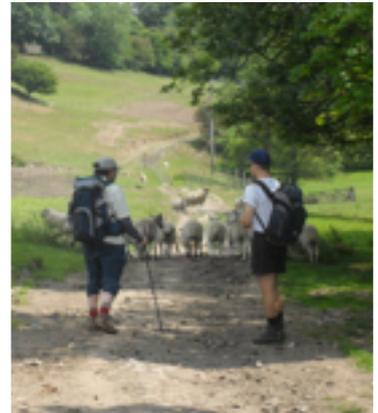
Monday morning saw the disappearance of the tent village as everyone packed and set off home.

Thanks to Corinna and her team for a great weekend.

**John A Smith
Leeds Plus**

**Outdoor
fun**

SADY 2010



**Photos by Nick Grant and
John A Smith**

Top: A flock of sheep join the walk

Middle: Hardraw Force waterfall

Bottom: Bath time; once a year whether needed or not

Left: Posing on the bridge



Photo by Nick Grant

DO SOMETHING: Six Tips to Reinvent Plus

I'm burned out. No, not like the guy who listened only to Led Zeppelin, kept a cigarette behind his ear, and bathed every fifth full moon. I'm talking about my career on Plus Committees.

It's not the workload or that there's no pay; I like working hard and wouldn't expect compensation. It's volunteering that makes me crazy. And I'm not the only one who feels disgruntled: According to a poll by the U.S. Young Nonprofit Network, 45% of volunteers surveyed said their next move would be to give up volunteering.

What's the problem?

The voluntary model destines us for burnout. We take people with big hearts and crush their souls; you sign on to help organise the next big thing and then leave because you're just shilling pub crawls. You want universal attendance, but the way to move toward it seems to be unattainable.

If we want to keep good, sane, driven people in Plus, we have to change. How? That's a long conversation or ten, not a column. (e-mail me your ideas.)

In the meantime, let's start with three ways we can help keep our volunteers in Plus.

1. Don't be crazy

You want a 100% increase in members? Nice. But a goal so huge - and unattainable leads to disillusionment. Instead, set ambitious but realistic targets; perhaps it's recruiting seven new members to the Group in your town this year. Then report regularly on progress and include bad news. Be frank with

your members so they know what more they need to do.

2. Ground people; don't grind them

Too many meetings can kill dreams. Active Plussers need the rush of the front lines to remind them why volunteering matters. Do Something that focuses on raising money for charity or the wider community; once a year, organise an Area or National scale event. That grounds Plussers quickly.

3. Give them a break

After three years on the Committee, take a six or twelve month-long break. I did this a couple of times and returned energized, with renewed perspective.

Now here are three suggestions for unhappy worker bees.

1. Don't go it alone

Some disaffected Plussers start their own thing, imagining they'll be more satisfied - greater control! greater impact! But that might be the most direct route to burnout. I know of a famous women's-rights leader who left her huge platform in frustration and started her own organization. Now she's jostling with hundreds of other small groups. She's miserable, less effective, and realizes she should have worked to make her old organization better.

Form a team to do something to improve your Group or Area. Or do more of the same but ask for helpers who haven't volunteered before. New project, new team mates, new enthusiasm.

2. Redesign

How long have you been using that design for the Group programme? How long have you been using the same poster to publicise the Group? Why not get the Group together to design a banner for the Group. You could also get together to design a tee shirt for the Group.

3. Shut up

You think talking about it will make you feel better? That's a load of bull. Don't complain at the Club Night or Committee meeting; it demoralizes your fellow Plussers, who will further demoralize you. Instead, think of things to celebrate: great events, terrific people, change happening. Despite our problems, Plus is doing good things, just read through this issue of Plus News. Be happy about that.

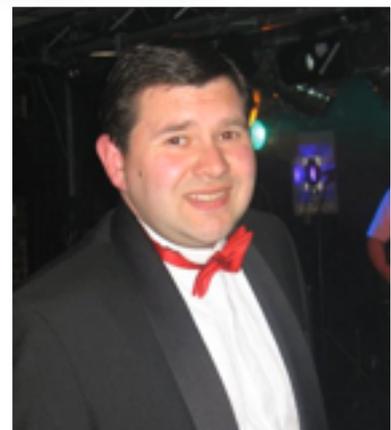
I feel better already.

I'm not burned out either like the Led Zeppelin guy or as a Plus volunteer by the way, I was writing hypothetically.

John A Smith
Vice-President

Volunteers Plus

Photos by John Smith, Mark Hewson and Christine Ticehurst



Summer Round the Areas - Party Like US !!!

Yes folks! Its that time of year again!! - Summer, when Plussers all over the Country come out to play and party in the sunshine. (Weather permitting of course!).

Midland Area have held their annual.

In the North Thames & Chilterns Area an Area Quiz was organised at The Golden Lion, London Colney on May 22nd.



Photo - Laura Rowe

Southern Area visited Warwick Castle in the Midlands and organised a Karting afternoon on 31st May at Teamworks Karting. Also in May was the Fareham Plus BBQ and Games afternoon at Hampshire's picturesque Queen Elizabeth Country Park. Southern Area also visited Centre Parks in Sherwood Forest.

In June Northern Area Picnic in the Park at Normanby Country Park and a



Ranger Walk.

Anglia & South East Area.

By far the most popular activity seems to have been the day trip closely followed by the barbecue.

seem to be the most popular sports.

Avon Valley Railway

When I was perhaps five years old my dad asked me if I'd like a train set for Christmas. I did, and I wanted an 'N' gauge one so that you could have some sort of strategic purpose on a 4' x 6' base board.

Well my dad got an HO/OO gauge set, note that my dad enjoyed it and I got to play with it sometimes! but it kind of killed my enthusiasm for getting into railways, probably a life altering moment there.

Nonetheless there is a lot of engineering and enthusiasm goes into the restorative actions of dedicated rail buffs in the various lines and engines restored to use around the

country, so I enjoyed a trip out to the Avon Valley line in early May.

The station is authentic and they're working on making the restaurant match. The engines and rolling stock were operational, if in need of new roof felting. The scrap sidings also proved of great interest, not least as there was a dead 'Thomas' there - HA! He's a clone boys and girls!!!

The diesel shunter versus the steam saddle tank engine drag racing was interesting too, steam wins by the way.

Unfortunately the aforementioned live 'Thomas' had followed me from his usual Didcot haunt, Thomas I must explain is a steam tank engine with a fibreglass face on the front, not an errant member. Thomas arrives with

hordes of obstructing screaming things in tow, and the children they are looking after come a close second!

It kind of modifies the day a bit, so we cut it short and went to a line north of Swindon, it took a bit of locating but there were open workshops to wander around in and presumably practice Darwinism in, and somewhat more stock to look over.

Given I went with a railway enthusiast, I now know what a loading gauge is and the history of some of the trucks, trains and other units to be found at the two stations.

I wonder if I'd get away with buying the cat a 10' x 16' 'N' gauge in the conservatory?

**Adrian Barnard
Didcot Plus**

Plus Internet Strategy

As reported previously in Plus News the Web Team have been working hard to improve the National Plus Web-Site since the Web-Site Worksop following the National AGM in February 2009.

The changes have resulted in more Groups inputting their events but now the Web Team feel that the National Plus web-site cannot be developed further without major alterations.

The National Plus web-site is a good web-site with some good and possibly

bad features and is serving Plus well, but can we do better?

If you are a user of the Plus web-site or the internet generally and you can suggest any improvements or additional features for the web-site then either get in touch with the Web Team through Plus News at plusnews@18plus.org.uk or join a discussion on the Yahoo ONElist Discussion Forum or on the Plus facebook group.

The Web Team are also considering putting together an Internet Strategy for Plus and are looking for ideas to get the

most out of all aspects of internet use for the benefit of Plus.

Should Plus communicate exclusively using the internet? and how?

Should Plus encourage the use of other web-sites besides the National Plus web-site? If so, how can Plus benefit?

Should Plus make use of Social Networking web-sites? and how?

Should Plus make memberships available on-line?

You may be able to think of other questions, please let us know.

Charity / Community Pages

Well done Amanda

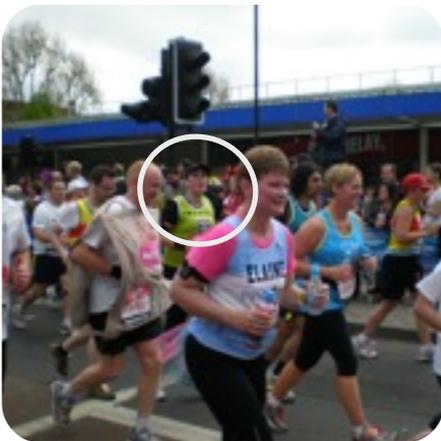


Amanda's fund-raising web-site:

<http://www.justgiving.com/amanda-369>

Just to let everyone know that Amanda (Southampton Friends Treasurer) completed the London Marathon on Sunday 25 April!

It was Amanda's first ever marathon and she was taking part to raise money for Asthma UK and as a personal challenge; having been told that her Asthma is severe and that she wouldn't be able to complete a marathon - well that was like a Red Rag to a Bull!



Even during the Marathon on Sunday Amanda had THREE Asthma attacks not helped by her own inhaler malfunctioning. She had to find St John Ambulance who were able to give her a replacement inhaler and be checked by a doctor. This just shows the true grit of the girl and her determination not to give up!!!!

Amanda crossed the 26 mile 385 yards (42.195 km) finishing line with a time of 6:17:01 and her family as well as myself and Philippa were there to wave her on at nine miles and to



Asthma UK web-site:

<http://www.asthma.org.uk>

greet her at the end. The look of achievement on her face is indescribable and we are all so very proud.

Fundraising for Asthma UK is really important and enables research into new treatments to help people like Amanda and to help understand more about the causes of Asthma which 1 in 12 people in the UK have.

Asthma cannot be cured, but with the correct treatments it can be controlled and Amanda hopes with advances in medications she will have control of her Asthma once again.

Asthma can be life threatening and Asthma UK is dedicated to improving the health and well-being of the 5.4 million people in the UK with Asthma.

For more information please visit the Asthma UK web-site; (www.asthma.org.uk).

Amanda has a target of £1,500 to raise, we at Southampton Friends have been helping her reach this sum. To date Amanda has raised £1,246.81 but if you would like to help her reach her final target please visit her Just Giving site <http://www.justgiving.com/amanda-369> or even come along to our Beach BBQ on Saturday 19th June at Sandbanks, as proceeds from this event will be going to her cause. Tickets and details of the Southern Area Beach BBQ will be available soon.

VERY WELL DONE AMANDA!!!!!! !!!!!!! !

**Paula Oakley
Southampton Friends**



Dance for DebRA

On Friday, 9 April, members of Lincs Quest took to the dance floor in aid of the charity DebRA.

The Dance Through the Decades event took place at the Stamford Club in Grimsby where DebRA supporters were taught dance routines from the 1960s to the present day by a host of local teachers including Geoff and myself.

DebRA is a non-government funded charity which commissions research and provides care for sufferers of epidermolysis bullosa, (EB).

EB is a painful and debilitating genetic skin condition which can cause serious blisters, both inside and outside the body, and affects children from birth.

I have a personal connection to a local sufferer of this dreadful disease, Amy London, through a work colleague who is Amy's aunt and myself and the Group have helped out at the annual fund-raising event for the last four years. Money raised goes towards helping Amy, for example with purchasing a mobility scooter, as well as donating money to DebRA.

In addition to selling tickets to the Dance Through the Decades event and raffle tickets, Geoff and myself also led the dancing for the decade of the 1970s, teaching the routine to Saturday Night Fever. This proved to be very popular and there was a packed floor.

Lincs Quest donated £150 to the charity and in total £1,200 was raised.

**Elisabeth Buller
Lincs Quest**

DebRA UK web-site:

<http://www.debra.org.uk>



Charity / Community Pages

Race for Life - Pink Fun Day



Tina's fund-raising web-site:

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



I would like to thank all the people who have already sponsored me for doing the five kilometre Race for Life to raise money for Cancer Research UK I have already exceeded my £300 target.

It starts at 3pm, on Saturday 17th July, at Prospect Park, Liebenroad Road, Reading, RG30 2ND.

My daughter Faye of Slough Plus Group and our friend Becki Cooke of Reading Plus Group are joining me.

If anyone would like to come along on the day to support us, then do let me know and we will look out for you, it starts at 2:30pm, dress in something pink if you wish.

Those who would like to sponsor us, please e-mail or telephone me or take a moment to sponsor me on-line. It's really easy;

you can donate by credit or debit card at the web address above.

All donations are secure and sent electronically to Cancer Research UK.

If you are a UK tax payer, Cancer Research's partner justgiving will automatically reclaim at least 25% in Gift Aid on your donation at no cost to you - making it worth even more.

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 Plus

Pink Fun Day

Other than doing the Race for Life, I would also like to let all Plussers know that I am also organising a Pink Fun Day and Disco for Cancer Research, on Saturday 31st July from midday until midnight at The Long Barn in Chippenham Slough SL1 5AH, it's just off junction 6 of the M4.

So please bring your friends and family along, and join in the fun, some of which are free, of games, bouncy castle, stalls, tombola, BBQ and more, including live music from 5pm to 8pm, all outside the pub. It is children friendly.

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

Please dress up for this event in anything pink, a prize for best dressed will be awarded.

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

Marathon Quest

Lincs Quest member, Martin Reed, was one of only two runners from the United Kingdom in a field of 8,000 who took part in the marathon in Nagan City in Japan, on Sunday 18 April 2010.

The event was organised by the Japanese Olympic Committee.

Martin, who celebrated his 60th birthday in January this year, was running in aid of Oxfam's Haiti Disaster, raising £100.

This was the first marathon Martin had undertaken as a veteran runner and he was pleased to complete the race in five hours for which he was awarded a commemorative towel.

Martin had been training hard for the event throughout the winter months, not only undertaking regular runs, but also attending Japanese language classes.

Afterwards he faced a marathon journey home because of the disruption to air travel caused by the volcanic ash.

He returned to Grimsby via flights to Russia and Paris, overland by train to Rotterdam, ferry to Hull and finally catching the coach home.

Lincs Quest gave him a warm welcome home at their meeting on 5 May.

Elisabeth Buller
Lincs Quest



Oxfam web-site:

<http://www.oxfam.org.uk/haiti/>

Charity / Community Pages

Well done Amanda



Congratulations to Yasmine for best dressed who also kept her Hula Babe outfit on from the very start of the day to the end and was an A+ limbo'er!

Everyone looked fantastic . . . so, how about a Pirate Theme next time, oooarrrr?



All proceeds from the BBQ will be donated to Asthma UK in support of Amanda's (Southampton Friends Treasurer) London Marathon achievement earlier this year.

Paula Oakley
Southampton Friends

Asthma UK web-site:

<http://www.asthma.org.uk>



Southampton Friends were proud hosts of this year's Annual Southern Area Beach BBQ!

I hope everyone who attended has recovered from the Beech BBQ! I certainly enjoyed myself. The trip to the toilets was an experience.

Our theme was Hawaiian, so those tempted by a grass shirt and coconuts or just a "Magnum P I" shirt and shades turned up in FANCY DRESS.



Special mentions to Jenny for the organisation (first class), Chris and Dave for cooking a superb feast (and the FunBus Chris), Dan & Curly Sue for all the games (there were too many to play with, such a choice), Phil who responsibly buried the coals and for dragging the BBQs to the car park, everyone who mucked in when a job needed doing and tidying up.



The Ticket included BBQ, dessert, soft drink and a complimentary garland.

The Fun and Games started at 4pm, the BBQ was lit at 6pm and Laterns were lit at Dusk.

Huge thanks to everyone who joined us for the Annual Area Event - Southampton, Fareham, Oxford, Thatcham and Reading Plus Groups!



COMPETITIONS & SPORTS

National Five a Side Football Competition 2010

Thank you to everyone who turned up to play or watch the National Plus Five a Side Football Competition on Saturday June 12th at Dunstable Leisure Centre.

Two teams entered the tournament, one from the North Thames & Chilterns Area and one from the Southern Area.

Each team's line up was as follows:

North Thames & Chilterns Area

Rob Buffman
Nick Grant
Gary Schwimmer
Lucy Downs

Southern Area

Adrian Barnard
Robert Blanks
Tina Bunyan
Johnnie Franklin

The weather was just right for playing outside on the Astro-turf, the courts were full of adults and children playing football.

After a warm up, kick about and eating bananas for energy, a game was played.

In the first half Southern Area's Robert Blanks had scored two goals one after the other, and it was a three all draw at half time.

Then in the second half North Thames & Chilterns Area came back strong getting three more goals.

We were playing with quite a heavy leather Umbro football that the non experienced players had to be careful not to get hit with, so luckily no injuries.

After a hard and fast match the final score was North Thames & Chilterns Area 6, Southern Area 3.

The National Football shield was presented to the winning team, along with large chocolate footballs.

Small chocolates were provided for the runners up and spectators.

After the matches some people went home to watch England play the United States of America in the World Cup.

The rest went for a meal at the Gary Cooper Wetherspoons pub, they also watched the match.

There were only two teams, but it was a very enjoyable afternoon, great Plus events do still take place.

To anyone who missed this year's competition, we hope you can come along next year, keep a look out for the date.

**Tina Bunyan
Slough Plus**



Southern Area UNIHOC



Much fun was had at the Southern Area Unihoc event held in Willowbrook Leisure Centre, Didcot on the 4th of April.

After tooling up with hockey sticks and a suitably fast puck, the teams from Fareham, Reading, Oxford, Hillingdon and Didcot Plus Groups started their five a side matches.

The speed of the puck took some time to get used to - it was barely visible in motion, and I found it expedient to jump over it if I saw it streaking towards me at an estimated forty miles per hour.

The spectators had reason to be grateful for the barrier between them and the pitch, as

players occasionally crashed into it during tackles.

After the match the players retired to the nearby Hungry Horse pub for a well earned meal and drink.

A couple of hours after that, we all retired to Adrian's & Tina's place to watch a DVD and dine on a selection of snacks.

**Adrian Partington
Fareham and Gosport Plus**

National Tennis Tournament 2010

Anglia & South East Area once again ran the National Tennis Tournament down at Central Park, Wood Lane, Dagenham on Sunday June 20th.

The competition followed the usual Swiss System format so everyone got a few games good or bad.

Afterwards we headed to the Iconic Bear Pub round the corner to meet up with the non-players and for grub.

A big thanks to everyone who attended a successful event. What a great day out.

Results:

Mens Singles:

- 1) Rob Buffman
- 2) Steve Sykes
- 3) Jeff Rhea
- 4) Mike Shapcott

Womens Singles:

- 1) Rachael Grant
- 2) Nichole Hedger
- 3) Alison Lincoln
- 4) Janet Rintoul

Double's:

- 1) Rob Buffman & Steve Sykes
- 2) Jeff Rhea & Mike Shapcott
- 3) Nick Grant & Rachael Grant
- Chris Meyers & Alison Lincoln

**Nick Grant
South Bucks Quest**

Summer 2010

Plus News

The magazine of the National Federation of Plus Areas

AND FINALLY! FORTHCOMING PLUS EVENTS

Plus generates its 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

Mid-Summer Camping Weekend 2010

Friday 16th to Sunday 18th July 2010 is the time to descend once again upon a quiet village in Norfolk to pitch tents and take up residence in the Tottenhill and Wormegay village hall and playing field for the Kings Lynn Plus summer camping weekend!



Come and join us for our ninth annual camping weekend, or just for the Saturday night BBQ & Disco. (bring your own meat, we will put on the usual rolls, salad, etc).

Disco is by our very own Adam Redshaw.

We have no bar so you will need to bring your own drinks (cheap night!).

We may have one or two silly games also.

We have negotiated a 10% reduction at Beers of Europe again this year, the beer warehouse is just a few minutes away from the site, as is the beautiful Norfolk countryside for you to visit if that is your thing.



National Rounders 2010

Also incorporated in to the Kings Lynn Mid-Summer Party is the National Rounders competition on the Saturday afternoon. It takes place at The Walks, Tennyson Road, Kings Lynn.

National Karting 2010

Didcot Plus Group are organising this year's National Karting Competition on Saturday 2nd October at Teamworks Karting, 8 Bridgewater Close, Reading, Berkshire RG30 1JT.

WASH 2010

THIS YEAR WASH IS MOVING BACK TO ITS MORE TRADITIONAL WEEKEND - 5th to 7th NOVEMBER - YIPPEE!!! Kings Lynn

Plus Group look forward to seeing you all again in 2010 for another fun packed weekend in Hunstanton, Norfolk.

What Do You Get? three nights: - top notch accommodation - Resident D J - live evening entertainment, daytime activities and at least one Fancy dress theme night.

Paul Catterwell

WASH 2010 Bookings Officer

Plus Skiing Holiday 2011

The National Skiing holiday (Finland) is back after a year's hiatus.

Includes half board hotel at the 'Crazy Reindeer', group sauna, communal Jacuzzi and all other hotel amenities, gym etc. (and free internet access, free ski bus - not as the skiers need it! but those attending get to go about the resort. Free transfers Finland side. Good quality skis, boots, lift pass, full ski insurance. Flights via an operator tied into the package.

We're looking at the third week in January, Sunday to Sunday, 16th January 2011 - 23rd January 2011 which frankly rolls into Monday - you might like to book six days off work.

Contact either Adrian Barnard or Leo Glover.

This issue of PLUS NEWS was edited by John A Smith. Please e-mail articles, programmes and comments to plusnews@18plus.org.uk

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