

Plus News

Summer 2009

SADY '09



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- Tony Dunn HLM

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Scorcher!
the weather &
entertainment at
SADY

SADY 5 2009

A great anniversary as enjoyable and memorable as ever

Despite the wind and the rain . . . hold on! that was last year's SADY, this year the weather was brilliant.

On Saturday morning the SADY ramblers ventured to Slaidburn in the Forest of Bowland to set off on their circular walk in the sun. There were great views of the Forest of Bowland and Stocks reservoir.

On our return to Slaidburn some sun bathed on the village green partaking of soft drinks and ice cream and others visited the Hark To Bounty Inn, where a Steam Gala day was coming to a close.

Saturday evening's entertainment was 2008 Britains Got Talent semi-finalist Craig Harper who along with D.J. Gary Jay and all the Plussers made the night a great Plus party night to remember!

Sunday was spent in and around Malham - my first experience of Geocaching.

Sunday evening's festivities rounded off the weekend with Full Fat Funk.

More on page 4.

Activities Focus

National Chairman, Adrian Barnard said at the May NEC meeting that during his chairmanship he wished Plus to focus on activities. With this in mind it has been agreed to organise an Activities Workshop on the Sunday following the 2010 National Annual General Meeting.

Anyone with ideas on what they would like to see included in the Activities Workshop should contact their Area Chairman.

Adrian has participated in many events since the last Plus News and has compiled a diary of the highlights for us.

More on page 3.

Other summer highlights in the Plus calendar this year include NGOOT (Now Get Out Of That) and the Kings Lynn Mini-Break, these are also highlighted in this issue of Plus News.

More on pages 8 and 10.

New Venue

Sawdy's Sports Bar, Reading - This is Reading Plus Group's new home from 8 p.m. on Friday evenings starting in August.

Reading Plus Group are now officially Meeting at Sawdy's Sports Bar, Bridge Street, Caversham, Reading, Berkshire, RG4 8AA from 8 p.m. on Fridays and we offer a warm welcome to those who come and visit

us; and if you fancy a few drinks before hitting the Reading nite-life, we are the only Plus Group for you!!!

This pub boasts pleasant views of the river Thames and there is plenty to do in the relaxed atmosphere so this should help no end in appealing to any potential new members. (Roll on sunny weather so we can all try out the roof terrace). It has received good press from all those who have visited.

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NATIONAL CHAIRMAN'S COLUMN (Diary of Adrian Barnard aged 35 and a half!)



It's not impossible that occasionally folks might wonder what the National Chairman is doing! Here's the diary since the last Plus News:

Leaving aside the Plus Group visits to Abingdon, Andover, Didcot, Fareham, Oxford, Reading, Slough and Southampton which pretty much covers all weekday evenings we'll run through the weekends as they happened.

I discovered on the 7th, Zafira requires partial dismantling to get a headlamp bulb in . . . three times in two weeks!

Attended a massive wargames meet called 'Salute' in the London Excel Centre.

Attended the South Hants Quest interest meeting.

The next weekend saw the Reading Plus laser quest in Bracknell and the London & South East Area meeting.

Following weekend saw a game of 'Die Maker' where by gaining an early hold on the German media I managed to not be the smallest political party at the end of it – translates as didn't win!

Thence there was a BBQ in Witney. The next day was badminton and a pub to replace all the lost liquids, and being the bank holiday the Monday saw a day off to do gardening – it needed it, I was in danger of being accused of chopping down Amazonian rain forest!

The following weekend saw a visit to the Leicester Space Museum and a game of 'Thru' the Ages'.

The following weekend saw one of those neighbourly things you get in Plus, a days earth moving for a very nice Pizza and good company! Onto the Southern Area meeting and O.D on Pizza again.

During the week I had a great time with BT who decided to change my home account address, after literally hours on the phone we finally got the PC's up and running again, my

home address is no longer Adrian.Barnard1@btopenworld.com by the way. This cut into group time so was very annoying.

The week was full of delays; I learned we are having a conservatory at two hours notice! This meeting delayed the BBQ arrival by about said two hours and I promptly stood on Tina's sausages when getting out of the car.

The following weekend was a bit of gardening followed by pub quiz and the first big expedition out to arrange the NGOOT treks.

The Bank holiday saw raising risk assessments for said event, other related paperwork and more gardening when driven to it by paperwork. Maybe I should get a compost heap . . . for the paperwork!

The Basingstoke Motor Show came round again where this year Leo narrowly beat me on the IAMS test as opposed to my drubbing him last year, we've no idea how the others did as they refused to drive the course. Taking my newly confirmed driving skills I motored onto the NEC meeting in Coventry.

Light relief the next weekend saw shooting clays for real and archery, looking to go back there this year for mud karting. A cinema visit filled in the remainder of the weekend. Following on was very outdoors, the Fareham BBQ and rounders followed by loads more NGOOT trekking around Oxford.

Skittles somewhere in London, I say somewhere as I eventually located it! More NGOOT work.

The next two weekends were a bit of a washout for me, two great holidays to Centre Parcs and SADY, but I just had a really bad cold the entire time. One item I note at SADY, the wonderful chicken and ham pie the pub had in thick tasty gravy. My local pub does the same lovely pie, large chunks of chicken, chunks of ham, thick mushroom sauce. My cat also loves chicken and ham cat food, fingernail size chunks of succulent chicken, small shred

strips of ham in a thick presumably tasty, definitely aromatic gravy. Why was the pie at SADY filled with fingernail size chunks of succulent chicken, small shred strips of ham in a thick tasty, aromatic gravy. I have to say, I'm genuinely suspicious, and actually begin to envy cat food tasters their job! The bucking bronco at SADY also looked fun but no matter how much the operator was offered he wouldn't gore Francis with it when he came off! Sat navs are great for finding pubs in the middle of nowhere in the Yorkshire dales, either that or Lisa is a natural born navigator with a good ventriloquist act!

Onto the beach at sandbanks BBQ with a car load, if everyone had arrived on time I could have even helped out a bit there as planned. Amazingly the salad all disappeared and we discovered that this year was attended solely by carnivores! We had a lot of vegetarian options left. The rest of the weekend saw more hacking back nature, some electrical skills – replacing an extract fan, I so rarely get to actually practice my trade it warrants mention! Then onto the latest Terminator movie at the Cinema.

The following weekend was all NGOOT work with a little time reserved for washing down the latest graffiti.

Bovington tank museum got a visit followed by representing Oxford at National Football and winning, for the fourth year is that? Still recovering from that too!

More NGOOT walking, a meet up with our new HGS and transfer of a couple of boxes of files and another North Thames meeting, with a meal afterwards at least, that felt a little like work up 'til then!

Then the weekend gone by saw more NGOOT planning assembly of events into some semblance of order, some semblance of jobs among the volunteers and that leaves just two weekends to go!

Adrian Barnard
National Chairman

35 and a half!

When I suggested to Adrian that he do the *Diary of Adrian Barnard aged 35 and a half* for this issue of Plus News he said I was a flatterer.

What I meant though was that all our Plus members who are over 35 are young at heart, meaning no more than half a year over 35 even though in actual years it might be quite a few more than a half.

SADY 2009



Photos: Mark Harrington & Mark Hewson

Top: "Craig's got talent"

Middle: Craig Harper sings

Bottom: Lucy's serenade

Right: "Full Fat Funk"

SADY 2009 - Thanks

Full Fat Funk

Just wanted to say a big thank you for having us back in June, it was great to see a number of familiar faces from 2006 :)

We were wondering whether anyone else had any videos or pictures they would be happy to share with us? I'm winding down due to my hearing and so am collecting memorabilia for the future grandkids :) x You can send them to this address: llamagirl0905@googlemail.com and it would be hugely appreciated.

Many thanks for a great gig x

Emma and Jason - Full Fat Funk

Lucy Smith Barnet Plus

Well i just have to say what a great time I had at my first SADY and what great weather, plenty of sunshine. I did say I'll bring the sun !!!

Thanks Corinna and Francis for organising such a fun weekend.

I really enjoyed Saturday afternoon; the bucking bronco was great fun after I eventually got on it.

Thanks also to Richard for the lovely chilli you cooked for us all. Enjoyed the quiz especially as we won the wine.

I really enjoyed Saturday night's entertainment; Craig Harper was brilliant, I especially enjoyed him singing to me.

Sunday lunch was nice, then chilling out and enjoying the sun.

Full Fat Funk on Sunday night were really good.

As someone who isn't a keen camper I really enjoyed the weekend and think those who haven't been before should come next time, thanks Corinna for talking me into going I really enjoyed it.

Iain Parkes / 'Biggles' Fareham Plus

I would like to thank Corinna Teale & Francis Wallington for the hard work they put into making SADY 2009 such a great weekend!

I am sure that all of the 40 or so people who came along and enjoyed the sunshine, Bucking Bronco, camping, Full Fat Funk, Geo-caching and everything else, would agree that this weekend keeps getting better!

Thanks also to those who tried out the weekend for the first time - ten of us have done every SADY, but it really is the new people that will ensure the future of this fantastic weekend! Hope to see you all again next year!

Francis Wallington Lichfield Plus

Thank you to all who made SADY 2009 a fun filled and serendipitous event. Thanks to Adam, for enthusiastically showing us geo-caching.

I am covered with insect bites though not as bad as previous occasions. My fault for not using repellent.

Full
Fat Funk
at SADY
2009



Photo by Mark Hewson

Fifth SADY 2009

This year for its fifth year, Corinna Teale and Francis Wallington organized a bumper holiday weekend with lots of daytime activities and entertainment in the evenings.

As in previous years we had exclusive use of the camping field (behind the main bar) and the main bar.

Returning for his second year was resident Personality D J Gary Jay who provided the music for the weekend.

On Saturday Francis Wallington organized a walk in the Forest of Bowland, starting and finishing in the picturesque village of Slaidburn. The walk took in Hammerton Hall, the beautiful Stocks reservoir which supplies Blackburn with its water and St James Chapel where the group stopped for an alfresco lunch and to admire the wild orchids.

For those who stayed at Dalesbridge, Corinna organized a BBQ and Bucking Bronco, nearly everyone had a go and Richard Teale managed to stay on for the longest time.

In the evening Corinna organized entertainment from Craig Harper, who appeared in last year's Britain's Got Talent semi-final. Craig joined us at Dalesbridge straight from a tour of Spain. After the show Craig stayed for a drink and a laugh, he said he'd had a marvelous time with Plus.

On Sunday there was a full day trip to Malham which included a visit to The Buck Inn, where Corinna had organized a pub meal. The day in Malham was "Free & Easy, Do As You Pleasey"; members were as adventurous or as quiet as they liked with some sun bathing, drinking, strolling round the village or going further afield geocaching in the hills.

On Sunday evening the band Full Fat Funk made their second appearance at SADY. Featuring Jason and Emma, the Full Fat Funk show was full of fat funky fun fantastic songs.

Thanks, as always, go to Jon and the Staff who once again ensured the smooth running of the weekend.

SADY 2009



Photos by Mark Hewson & Mark Harrington

Top: Pete watering the meadow. "Get off my land!!!"

Middle: Heading back towards Slaidburn

Bottom: Geocaching

Left: "Bucking Bronco"



Photos by Mark Hewson

Mark Harrington - National Finance Officer ??? Questions Questions Questions ???



For this issue of Plus News I sent the new National Finance Officer, Mark Harrington a number of questions to answer. This was way back in April, before this year's SADY. (I asked Adrian the same questions).

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

My first and only Group is Coventry. I joined Plus on a Wednesday night and went to the last 18 Plus Easter Holiday at Caister the following day. Great weekend!!!

What was your first inter-Group event and what happened

This was some fifteen years ago, so I'm struggling. It must have been good as I came back. However, I do recall our Group weekends away to Nicholson House. Shame we had to sell.

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

Activities Officer and Auditor for the Coventry Group accounts.

What is the most memorable in your time in Plus

There are too many to mention, but certainly the weekend's away . . . Brean, SADY, Kings Lynn and WASH are all musts!!!

What was your most embarrassing incident in Plus

No comment.

What is the best or your favorite thing in Plus

As mentioned above, the weekends are such good fun and nice to catch up with folks who I don't regularly see.

Why did you stand for National Office

I was concerned of the lack of nominees, and as I work as an Accountant, I thought it was convenient for me to put something back into Plus.

What are your short term and longer term hopes for Plus

That membership stabilizes and with a little effort, try and rebuild OUR Plus. Plus is there for everyone.

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

I am more than happy to continue as National Finance Officer and become a valuable member of the team and to see the Federation go on for many many years.

What Plus events in 2009 are you most looking forward to

Brean was again a great organized event, however, I do enjoy SADY (if it doesn't rain like last year), as the walks are fantastic and there's great scenery.



Photo by Lisa Ward

**Mark Harrington and
 Craig Harper - SADY 2009**

2008 Britains Got Talent semi-finalist Craig Harper who appeared at SADY 2009 so enjoyed his time with Plus, he had a laugh with us during and after his act, that he stayed for a drink and a laugh after his act was over.

Along with D.J. Gary Jay and all the Plussers Craig made the night a great Plus party night to remember!

Mark persuaded Craig to say a few words on camera (video camera thanks to Iain Parkes) about Plus which appeared on the Plus web-site home page.

SAFETY POLICIES & PROCEDURES ADOPTED

By Francis Wallington

On May 16th, the National Executive of the National Federation of Plus Areas formally adopted the Safety Policies and Procedures presented to the National Annual General Meeting in February. These documents were prepared by Francis Wallington and John Smith.

These policies and procedures are meant to protect the public, members and also the volunteers who manage the organisation from the consequence of unsafe actions. They are a response to changes in occupational safety practice and legislation.

They are designed to prevent incidents and injuries by encouraging members involved in planning events to review their planning using risk assessment and to submit the risk assessment document to the National Finance Officer, eight weeks before the event. That is for event organisers and teams to be proactive and deliberate.

Does this mean, we are more bureaucratic?

No, not really since we record meetings through minutes and action lists to enable understanding, communication and delegation of tasks and roles. Rather it means an improvement in the way we deliver events and their quality.

These policies and procedures reflect what we already do; We will report the number of risk assessments submitted through the year and any major issues associated with occupational safety to demonstrate compliance and share learning.

My Group has been organising a National scale event for five years. I have been asked to lead the organising team and I only joined Plus six months ago! I am really scared I have missed something important.

To ensure an understanding of the requirements to provide safe events and manage risks; to raise competence and acquisition of skills, we have placed a strong emphasis on training. Occupational safety legislation and good practice encourages Plus to have a Training Policy. Such a policy will encourage your Area committee to organise such training for your benefit and fellow members.

As part of this training policy, we will be seeking volunteers to train as First Aiders to provide treatment and advice for injured persons.

As part of the Meeting Weekend in February 2010, we will be presenting Event and Activities training.

It is all very well to talk about prevention; a friend of mine was concussed at a competition due to a collision with another? All the host Chairman and organiser was to retreat to the bar and get drunk. I took them both to hospital and my friend after four hours wait was asked to stay overnight. What does this policy mean if the same incident happens in the near future?

There is guidance within these documents for managing such incidents and for the investigation so we can learn and stop a repeat. Guidance as well about reporting an incident or near miss to the Health and Safety Executive.

Health and Safety Inspectors stopped local shopkeepers from putting up Christmas decorations and having a Street Fair last December. They are pen pushing killjoys.

The National Federation of Plus Areas is about people having fun, learning to organise events and activities and developing an understanding of living and the community. These Policies and procedures are meant to help you do this.

Unless there is a serious risk of injury or to life, no-one will stop you from organising an event. People will use health and safety legislation as an excuse not to do something rather than admit they lack the resource and finance to deliver the task / event safely. The Professional body for Occupational Safety - IOSH has for the past two years sponsored the World Conker Championships. Their website has coverage of these championships and attempts to destroy some of the myths.

These documents will change?

Yes these documents will be amended and revised. Firstly we will seek advice from external expertise. Thereafter with changes in legislation and practice, these documents will be reviewed and altered.

We welcome your comments and ideas, so why not read them? Oh, and I took a piece off the hire car front tyre which incurred a cost roughly equal to six extra minutes in the Airkix, perhaps I thought I was still karting....

Francis Wallington

Plus

I have been asked to prepare a proposal for delivering a training session on activities and event planning to follow up as part of the Meeting Weekend 2010. Does anyone wish to volunteer to help Sandra Brogan and myself in organising this? They will gain skills that will help them in their career and contribute to the future of Plus.

Please contact me on francis.wallington@btinternet.com I look forward to your contributions and to Mark Harrington complaining about the number of risk assessments he had to deal with.

Correction

Photos by Tim

In the last issue of Plus News in the article on the National Plus Badminton Tournament hosted by South Bucks Quest I mistakenly credited Tim Drury as the photographer when in fact it was Tim Luckett of Slough Plus Group, my apologies Tim.



Mini-break



Photos by Mark Harrington

Top: The "What do you want for Christmas little boy?"

Middle: BBQ Diners

Bottom: Chilling out in the sun

Right: The winning rounders team, (mostly).

Kings Lynn Plus "Christmas"

Summer Mini-Break

On behalf of Kings Lynn Plus may I say a huge thank you to all who came to our mid summer camping weekend.

Friday was, shall we say 'WET' and I am sure that erecting tents within feet of trees wasn't the greatest idea, but we all lived to tell the tale! Special entertainment was provided by Lucy Smith, who rocked up at dusk during a downpour and discovered that she had only brought half her tent - DOH.

Once we had gorged ourselves on pizza and chinese food we were 'entertained' by a spot of karaoke. Some ill-advised individual, and I won't name names but you know who you are Dawn Petty, had a selection of shots glasses and drinks on display and this led to the idea of playing 'Fuzzy Duck'. Come about 3.30 a.m. once the drink had all been disposed of, the intelligencia of Plus went to bed.

Saturday dawned far too early for my liking but at least it had stopped raining. Upon the return of the rounders teams we had a bit of a BBQ and I reckon about twenty or so were taught how to Jive. Keith Israel proved that he is an extreme athlete in the body of Bernard Manning!

There followed our Christmas night disco and a visit by Santa aka the aforementioned Mr Israel who ended up having the winners of the raffle sitting on his lap!

After the disco some more 'Fuzzy Ducking' was taken part in, as those who had suffered the previous evening thought it would be a giggle to inflict it on more people and as such there must have been eighteen or twenty people all round a table being silly duckers.

I admit I was a little incoherent but was still able to witness the best and strangest bit of entertainment of the weekend. Natalie Dolby had decided that no more alcohol could be accommodated in her bloodstream and needed some guidance back to her tent, so being the gentleman that I am, I offered to escort her. I never knew walking about a hundred yards could be so complicated! She got back to her tent she bent down, her bottom seemed to go a long way up in the air and I couldn't help but think that she could end up forward rolling through the tent! Somehow she got in the tent without killing either herself, Joe Gurney or the tent.

Numbers were up again this year and we had sixty-two bods. See you all at WASH if not sooner.

Paul Catterwell

Kings Lynn Plus Activities Officer



Mid-summer Mini-break Party

Well I can't top what Paul Catterwell wrote but I can say; what a good weekend we had even the weather behaved and the sun made an appearance for the Rounders and the Barbecue

I'm not used to camping and my tent disaster proved that, oh well, must thank Dave Filer who gave up his tent for me, and slept in his car; really nice of you, thanks Dave.

Enjoyed the "Fuzzy Duck" game, playing both nights and watching Dawn and Natalie go wrong as many times as me.

Thanks Kings Lynn Group for singing Happy Birthday and for the cake with candles for both myself and Adrian Barnard, it was our birthdays the same weekend and it was nice of you all to help us celebrate. Thanks Kings Lynn Plus Group for good weekend.

Lucy Smith
Barnet Plus

On a slightly more serious note, for one Plusser it was an actual Christmas party. Lorraine Whiting of Havering Group was forced to miss Christmas 2008 owing to being in hospital; however her fellow Plusser welcomed her return to health and to Plus by showering her with presents at the Kings Lynn Plus Mid-Summer Mini-Break Christmas Party.

National Rounders 2009

The event took place on Saturday July 18th 2009 at "The Walks" in Kings Lynn. As this was held the same weekend as the Kings Lynn Plus' Mini-Break, the competitors were able to take advantage of the barbecue, disco and camping accommodation as well.

This year's winning team were captained by Mark Harrington.
Joe Gurney
Umpire

Mid-Summer Thanks

Phil Bettis - "An excellent weekend camping in Kings Lynn . . . Far from getting WASHed away (WASH - Geddit !) I'm a bit sunburned :) and all those who stayed away cos they were afeared of a bit of inclemency missed a right good do!"

Iain Stuart Parkes - "Had a great Christmas / New year with PLUS!"

Lucy Smith - "Had a great birthday weekend; thanks for all your messages, had great time at Kings Lynn, thanks all of you, the sun even came out on Saturday!"

Gary Schwimmer - "Thanking King's Lynn Group for an outstanding night on Saturday and will do the best to get many who missed out to go on their weekend in November!"



Mini-break



Photos by Mark Harrington

Top: Rounders group

Middle: Rounders Spectators

Bottom: Rounders Team

Left: "Barn Dancing!"

NGOOT 2009



Photos: Iain Parkes & Nick Grant

Top: The Oxford ox outside the Said Business School

Middle: History

Bottom: Wacky Racer

Right: The Winning Team

NGOOT 2009 - THE MISSING DIARY

By Adrian Barnard

Firstly a big thank you to all the organizers who gave freely of their time to mesh together to make for (I think) a very well run event. The title? We never had an organisers diary did we.

Prologue: Rob and myself pursued an awful lot of foot slogging through Oxford for three weekends. Without Rob's knowledge it would have taken at least twice as long. Add to that the three walks that the teams did Sunday to test it, get the questions, photos & directions and the final walk taking all new photo's and refining the directions. Printing up the results from around the Tuesday onwards only to find assembly of documents shared between a near half dozen computers, discs, data sticks and e-mails using three different Windows issues made for rather slow printing. Having rebuilt around a quarter of the documents on the print out phase we got there Thursday night with the niceties firing off Friday morning.

All the house crockery and cutlery was packed bar the pizza plate for Rob our now cat sitter. The kitchen ware and personal kit was transported to the site for around 14:30, Oxford Friday rush hour seeming to start from mid-day made for slow ingress. Having offloaded via trolleys, including one to the dormitory 400m up the hill over the wheel guzzling cattle grid.

Before the shopping started we had our first arrival from Fareham. We commandeered

him into the shopping and transport team, half way round Sainsbury's we started playing remote host too to new arrivals from Solihull.

Having got back and being half way up the hill with another trolley, Dave phoned up with his "Adrian, your not doing much this weekend?" line, having picked his moment well the banter was a little shorter than usual from my end standing among defecating cattle playing wedge to a half hundred weight trolley figuring I used to be fitter than this!

Having got some of the way to prepared, many more of the organisers started to show and an impromptu BBQ was had that evening while a few went out to the pub and the kebab van having hunted for both for some time.

Biggles's lift took him on an Oxfordshire pub crawl whether he wanted it or not. Luckily the driver eventually managed to release the handbrake, causing a great deal of worry to the passengers . . . that they were now mobile!

The rain almost held off all evening and aside from the real late comers most got to the dormitory in a semi dry state having negotiated the cow pat mine field in the dark, at least they're surface mines!

The hard core pubbers finally showed around 0100 Saturday and joined the snoring chorus in the dorm. Up at 0615 to make a start on breakfast the team mucked in with enthusiasm and expertise . . .

NGOOT
winners



Photo - Nick Grant

I'm not minding the toast again, I think I can account for approaching a half loaf of carbon in the composter. On the plus side it only took about ten minutes working out on how to fire up the gas oven of three doors and eight massive burners, a sticky ignition switch not helping and the educated guesswork for the top burners was exactly that too.

The teams rolled in for breakfast fairly evenly over the course of the hour long mad panic and we're sorry for the few who got luke warm portions of whatever due to one or two bottlenecks. Having managed to wolf down a lovingly prepared toast and marmalade slice myself we got on to the team briefing and thence on to ferrying the teams into Oxford.

Reading Group wanted to drive themselves, "Why?" To visit the Trout on the way in. "Get in my car that's exactly why we're ferrying everyone out!" To be honest we did folks a favour, the early teams essentially got to their destination in short order. The later teams ended up in very slow traffic and we extended their pick up time which would impact on their later events. The Trout is 'Old Kent Road' and your points are very low return for a massive time expenditure.

Meantime the rest of the organising team were scrubbing up after breakfast ready for the evening BBQ. Team pick ups went well, though Steve's extended journey back in to

Oxford saw the people carrier with seven passengers for a six passenger journey . . . two journeys, at least broken up nicely the way the teams arrived at the pick up point anyway so no waiting was suffered by anyone. Communication that day was in my experience most excellent.

Rob had been picked up ready for marking the teams papers, he and others set down to the job and it was all done by BBQ start.

The salad all went again! That's two on the trot where the salad has vanished rather than being left, are we all eating healthier these days or has someone smuggled in their pet rabbit? Anyway we had tomato ketchup, so I was happy!

All too soon the BBQ (hadn't) come to an end and the next task was set while the teams jumped into the various gateau's; building your own cars to travel from the kitchen to the far wall of the eatery using paper, cans, bands, Sellotape, paper plates and balloons.

Janet asked if they could build a ramp thus using gravity as their power source, the answer was yes, and every other team took the idea on board too, well done Janet. However that was actually the really clever part, Reading kept their real propulsion system top secret.

NGOOT 2009



Photos by Nick Grant and Iain Parkes

Top: Next clue

Middle: We heard there was a hill!

Bottom: Is it this way?

Left: The winners



First up saw Oxford's ramp mounted rickety cart that had been hours in the making, replaced with a roll of Sellotape that made it halfway down the room almost. Next came Coventry with their 'extension to the Northern line' ramp that spanned about 1/3 of the distance, the rail buggy travelled along the rails, reached the deck . . . and stopped. Next were Fareham with a sleekly engineered cycle utilising two Sellotape reels, low friction hub axles, stabiliser/spoiler and strengthened rear bumper for the launch catapult, the spoiler caught the catapult bands and the low friction hub axles were swapped for a high friction sideways body slide. Solihull built a pill box on wheels, which did a good impression of said 500 tons of concrete on wheels when released, kicking it is not an option. Finally Reading stretched their bands the length of the room, attached to the gas pipe at one end and released the can body from the kitchen. It slammed into the wall at the end about a second later if that, miffed they hadn't demolished the wall they gave the new cut price space launching device another go to see if they could actually hit reception from there through the wall! At this point it was confiscated and sold to the MoD for an undisclosed sum.

While this was going on certain team members were called out on duck hunting and a Top Gear quiz, watching Oxford vs Solihull was like a blinking competition for the first two rounds. Despite that Fareham proved to be the most knowledgeable, indeed I'd suggest Chris as the next presenter! As the evening broke up the teams were issued with yet more tasks to cheer them up further and folks went to bed to compete in the unannounced snoring competition, hey if you can't get to sleep you're not tired enough! Morning arrived just like that and it was breakfast time again.

This time we were even more professional and eventually a few crawled in, breakfast was extended slightly as the late rush hit at closing time. To be fair to folks they had been busy tidying the dormitories, packing and transporting most of their kit down . . . if they were in the boys dorm! Ladies, one pillow per bed please and leave them made. The boys figuring the girls were playing 'Nine Men's Morris' with the beds last night was likely not far wrong.

Having set this straight and gathered all stray bags I transported everything back down and set about getting the teams off to the pub. Having aided to set the first team off I rushed back to help with the cleaning to find it essentially done and packed, after booking out that took an age the rest went to the pub while I picked up our final judge and dropped off the crockery.



Leo ran the football event, or annoy the team event upon return while Kath and Simon got them to dance around at the reservoir. Got to the pub in time to get the organisers tab & table together. The teams shortly reached the last check point after that . . . unless they were called Reading! The marking was done, Coventry's sheets dried out from their bog surfing, mimicking the earlier cooking panic, lost sheets located, cross checks, Readings arrival, more marking, compilation of results, issuing of results and cheers all round followed by wine bottle prizes.

Home, unload . . . feed the cat . . . optional isn't it? - cat didn't think so! . . . sleep . . . up at 0500 for work!

Comment of the weekend for me: "ALL OUT OF THE BOYS DORM?" "Is Helen out?".

NGOOT is up for grabs for next year folks, give it some thought.

"Shining example" - NGOOT

Thanks Tina and the rest of the Organisers of this great weekend away with Plus! I think that everyone who went to the NGOOT 2009 weekend, about forty or so people, enjoyed themselves and would happily recommend it to any other Plusser as a shining example of one of the best activity weekends that Plus has to offer.

We had five teams going around Oxford and surroundings, picking up clues, challenges and generally getting very tired but happy! I feel like I will sleep for a week! My feet are aching but my heart is singing - well done everyone who organised and took part in the weekend! I look forward to doing it again next year.

Iain Parkes / Biggles
Fareham & Gosport Plus

More NGOOT Thanks

Christine Tichurst - NGOOT - a great, but exhausting weekend!

Mark Harrington - Knackered after a great activity weekend . . . that bloody hill!

Adrian Partington - Enjoyed Plus weekend 'NGOOT' break at the weekend, thanks to everyone that helped out/organised it.

Kathy Morris - NGOOT Now Get Out Of That . . . a well organised trip based around the Oxford Monopoly board. Feet were aching after the six mile trek around the reservoir and its surrounding area . . .



Photo - Nick Grant



Photo - Nick Grant

Round the Areas - Play Like US !!! 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!).



Photo by Christine Tycehurst

In mid June, with the summer now in full force Solihull Plus Group invited all Midland Area Groups and members from outside the Area who happened to be in Solihull to join them for a friendly game of Rounders, the venue was Solihull Football Club which is Solihull Plus Group's usual evening venue.



Photo - Mark Hewson

Plus Web-Site - What's New?

The Web Team have been working very hard to improve the National Plus Web-Site since the Web-Site Workshop following the NAGM in February.

The most obvious change is the colour scheme which is now blue to replace the unpopular grey, but did you know that Plus members, who get a login can choose from 22 different colour schemes that will appear when you login.

Individual Plus Groups (and Areas) may also have their choice of colour

In July Midland Area were outdoors again with their Area Archery day.

Anglia & South East Area was the location for Kings Lynn Plus Group's National scale annual Mid-Summer Mini-Break (See pages 8 and 9), this year's theme was Christmas. The National Rounders competition was held during this event. The Area also hosted the National Tennis competition at Central Park, Dagenham and visited the Southend Air Show.



Photo - Paula Oakley

Members of the Northern Area spent the day in Sheffield; visiting the famous Meadowhall shopping centre and then having a couple of games of ten pin bowling followed by a meal at the Valley Centertainment complex.

Southern Area members had a variety of events including; Aunt Sally, Mud Karting, Fun in the Park and Centre Parcs. Southern Area also organised a Charity Beech Barbecue, (see the Charity/Community pages).

scheme, contact a member of the Web Team and we'll set it up for you. Have a look at the Kings Lynn Plus Group page.

The other changes you will see when you first go to the Plus web-site is the News items at the top, these will change periodically.

Just below the News items at the top is the Main Menu, this is quite a big change as it allows you to find the different sections of the web-site more easily.

The main body of the "Home Page" has also changed, (the white area). Above



Summer round the Areas

North Thames & Chilterns Area's main event in the middle of August was an evening of good music and raffle prizes at the Haven, this was Hillingdon Plus Group's Disco. The event even attracted members from other Plus Areas.



Photo by Lucy Smith

Groups throughout the Federation have been enjoying the summer sun with rambles and walks, day trips to the countryside or seaside, visits to castles and other historic places, cycle rides, canal cruises, various sports and pony trekking but by far the most popular activity seems to have been the

the "River of News" is an area divided into panels with more information than was previously shown, there are also "tabs" along the top with even more information, these two features can be added to Group "Home Pages" also.

To the right of the main body is now a complete list of Groups and Areas.

Finally at the foot of the page there are three columns of links to the latest National, Area and Group News, these lists automatically change as newer News is input.

CONGRATULATIONS

Congratulations from NT&C to Stuart & Lorraine

In May we had a wedding in the North Thames & Chilterns Area; Lorraine and Stuart from Barnet Plus Group got married in St Albans Herfordshire and are now Mr and Mrs Tyrrell.

it was a lovely day, the reception in Aldenham was well attended by lots of friends and they had a great day and evening.



Marriage and Births

Mummy Claire and Daddy Mike

Congratulations to Claire and Mike Coles formerly of Sheffield and Bradford Plus Groups on the birth of their new son.

Charlie Robert Coles was born on Friday 24th July at 12.36 p.m. and weighed seven pounds twelve and a half ounces.



August 3rd Steve Crothers

The lead story in today's Oxford Mail memory lane is about a publicity stunt of Abingdon 18 Plus walking backwards from Abingdon to Oxford. Sigh - I have been a museum exhibit and now I'm in memory lane...

The lead story in the 4th of August's Oxford Mail "Memory Lane" is about a publicity stunt of Abingdon 18 Plus walking backwards from Abingdon to Oxford. Abingdon Plus Group are planning to send a piece to the Oxford Mail telling them that the Group is still going and still raising money for charity!

The eight mile walk took place in 1984 when the members of Abingdon 18 Plus Group decided that a sponsored walk backwards

would be a great way to promote their packed programme of events.

Pictured above as they set off from the Abingdon Market Place are, from left to right, Neil Haughty (lending initial support), Gwenda Jones, Judy Sturges, Lesley Norris, Melanie Lawrenson, Chris Davies, Stephen Crothers and Ian Phillips.

They were met with champagne at the end of their walk by members of the Oxford 18 Plus Group.

Tony Dunn HLM

Honorary Life Member Tony Dunn, died recently, he was a contemporary of Mike Norbury the first Plus News Editor and was awarded his HLM with Colin Johnson, Robert Knight, John Morton and Geoff White in 1976.

Tony was National Finance Officer and during that time he spent many weekends touring the country checking possible development projects and awarding Development Grants to members starting new 18 Plus Groups. This was about the time that Groups in Yorkshire were being developed. See page 16.

TONY DUNN - ILM

By Katie Hawkins

I received a phone call back in May from John Pite to let me know that sadly his friend Tony Dunn (National Honorary Life Member from 1976) had died. John has filled me in with some anecdotes about his and Tony's time in 18 Plus.

Tony Dunn joined Sidcup 18 Plus Group in 1964 at the age of 21. He was Publicity Officer for Sidcup and then South East Area Development Officer. The organisation was then getting so big that he became the first National Public Relations Officer.

Tony then became National Chairman in 1967 at the age of 24 and was made a national Honorary Life Member in April 1976 at the age of 33. John couldn't explain why it had been awarded when he was 33, rather than the usual age of 30 at that time.

John worked in a bank but didn't fancy being a Treasurer. However he ended up as National Treasurer for three years (from 1965-68) and he and Tony travelled all over the country checking on possible new Groups and, once they were happy, delivering grants to the organisers. This sometimes meant extensive evening travel and hence not getting home to bed until 2 a.m.

When John became National Treasurer, membership cost 6 shillings (30 pence). At the end of his first year he increased it to 12 shillings! He was then Honorary General Secretary for six months and was made a National Honorary Life Member in 1969.

One new Group (in Winchester, Hampshire) came about by chance. Chelmsford Group met in a room upstairs in a pub. When they came down to the bar someone asked where all these young people had come from. Once 18 Plus had been explained to him he declared that it was just what was needed in his home town. Tony was tipped off and he and John set off in a Mini,

met up in a café & helped set the new Group up, then went to the opening night.

Giving out grants (for both new Groups and publicity) was made possible by the large profits made from events such as the Easter Holiday.

The Easter Holiday came about because a Croydon member married a woman from Dawlish & set up Dawlish 18 Plus Group. Trips to Dawlish started at Easter 1965, with John going for the first time in 1966 (opting for a B&B, rather than a caravan). The holiday got bigger and moved to Looe. In fact it was so large that two trains were laid on for the members, with British Rail staff vying to work on the trains as they were such fun (possibly partly due to the specially large cans of beer requested from British Rail!) The holiday subsequently moved to the East coast.

In 1967 there were three different organisations doing voluntary work so 18 Plus organized a conference in Central hall, Westminster for them all to meet up (Advance '67). The cost of this was paid for by an all night dance at Alexandra Palace (North London) which cost 12/6 (72.5 pence) for a ticket. In turn, the dance was paid for by Groups investing in it.

There was nothing to do on Sundays in John's area in 1968 so with the aid of some money from the Easter holiday fund he hired a room in a pub at the south end of the Dartford tunnel and ran folk music evenings, using professional acts. Four hundred people would come once a month from Kent, Essex and the coast and the evenings ran for ten years.

John says he got a lot out of his time in Plus and is still in touch with Plussers from all over the country (and one now in Brisbane, Australia), many of whom have fond memories of Tony.

Lincs Quest lead, National Publications Officer second

Lincs Quest Group were the first Group to enter the National Press competition and they continue to submit many items.

They have sent in a few articles and many many calendar items. The articles cover the Groups awards presented at the National Annual General Meeting a comment on a Charity Fundraising campaign (the Stamford Club), the Group's own Charity fundraising efforts, and the Groups forthcoming events.



National Publications Officer John A Smith was also in the news, (internally at work) when Kirklees Council published an item on volunteers to coincide with Volunteers week in two of its Newsletters.

The scoring system for this competition is now finalised, there are points for a paid advert, a feature with a photo or photos, a feature with no photo, a single column article with no photo and Calendar / Whats On items.

A trophy will be awarded at the 2010 National AGM to the highest scoring Group. Please send all your press cuttings to John Smith.

Plus News - Autumn

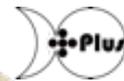
I plan to publish the next issue of Plus News shortly after WASH therefore I will be looking out for stories about any Plus happenings from now on and including WASH.

What will be front page news in autumn? Will it be WASH or will it be a surprise story? Don't forget to take your camera, it could be your photo!!!

There's plenty to write about including; Kings Lynn Plus Group's Scalextric Challenge, there's "New Members in September" and the NEAT Weekend in Nottingham including the National Pool competition.

I also hope to fill more pages with news about Group events and goings on.

Southern Area Groups' Platinum Standard Awards



Working towards the
Platinum Standard

Those who didn't attend the April Southern Area Conference missed a fabulous meeting . . .

The most exciting news of the day, two Platinum Standard Awards were presented, So'ton Friends received the Gold Award and Reading Plus the Bronze!! well done both Groups !!! and thanks to John Smith for making the trip down to the Area to present them.

Aren't you sorry you missed it ? !

Kath Good

Chairman, Southern Area Plus

Platinum is a beautiful silvery-white precious metal and it is the symbol of the 70th anniversary. The Plus Platinum Standard logo is based upon the symbol from the realm of philosophical elemental alchemy representing the Moon and the Sun (it also looks a bit like a fish!). Platinum was revered for its endurance and represents determination, grit, and seeing our manifestations to completion making it an ideal symbol for the Platinum Standard Awards.

The awards scheme is open to all Plus Groups in the Federation including Second Tier (Quest) Groups. There are four levels of Platinum Standard Awards; Bronze, Silver, Gold and Platinum. From time to time a Heroic Effort Award will also be presented.

The Platinum Standard is a very high standard, however the aim is not to penalise those Groups that do not achieve the Platinum Standard but to recognise and reward success and effort.

Two Plus Groups have been awarded Platinum Standard Awards, Southampton Friends Plus and Reading Plus.

The awards were presented at the April Southern Area Conference; Janet Rintoul accepted the Bronze Award for Reading Group while Area Chairman, Kath Good collected the Gold Award on behalf of So'ton Friends Plus Group.



Reading Plus Group -

"We feel we are a growing, successful Group which aspires to the aims of Plus and helps promote its values".

"As a Group we are growing. In 2007 we had nine members, we now have fourteen".

"Reading Plus is particularly successful at encouraging the involvement of younger and newer members".

"The Group regularly supports other Group nights and supports other Group events".
"There is regular communication between members. Every week an e-mail is published and distributed widely. This provides a recount of the Friday and weekend events. It notifies members of the events to come and advertises larger events in the near future. Our committee meetings and decisions are disseminated via the e-mail as well. This newsletter is also distributed to interested potential members who have yet to attend a Group night".



Southampton Friends Plus Group -

"We get a lot of feedback about how friendly and welcoming we are. Even the reporter from the Daily Echo newspaper said, *a charming set of people, who clearly go out of their way to make new people feel welcome*".

"Southampton Friends is trying hard to become more involved with Southern Area and we hope to continue this".

"An additional point I would like to make is that Publicity is actually cheap. If a club wishes to attract new people it needs to advertise on as many free web-sites and facebook groups as possible.

I am concerned that some Plus members seem to believe that expensive



posters and banners will get new members through the door.

Last year we spent about £8.00 on publicity, this was to create postcards and business cards (these are more tactile than posters and easier to distribute) using Vista Print when they had free offers on (only postage had to be paid for). It was one of our post cards that caught the eye of a reporter for the local Echo that resulted in an article about our club in the newspaper.

The more you put a club about the more interest it will generate. What is expensive is time and that is the key element to successful publicity. And unfortunately time is a premium for many but we are reaping the benefits now at So'ton Friends and enjoying the efforts we put in.

Our main objective is to have a welcoming, relaxed club with a fun element, nothing more and nothing less".



Working towards the
Platinum Standard

All Groups that apply for a Platinum Standard Award will be recognised as working towards the Platinum Standard. Remember the aim is to recognise and reward success and effort therefore Groups that apply will have the status of Working Towards the Platinum Standard.

Groups that apply but do not achieve the Platinum Standard but show that they are working hard to achieve the Platinum Standard will also have the status of Working Towards the Platinum Standard.



Platinum Standard

Charity / Community Pages

Scrummy Southern Area Charity Beach Barbecue



Our Charity:
Oxford Children's Hospital!

June 20th was the yummy scrummy Southern Area Plus Charity Beach BBQ. We loaded into the fun bus, kindly supplied and driven by Chris and headed off to the coast at Sandbanks to sit in the sun, have a general chit chat and stuff ourselves with scrummy BBQ food.

A big thank you to the organisers of the Beach BBQ! We had a great time, the weather held out and the food was scrummy - the burgers in particular were delicious (yes I stuffed my face with two of those bad boys!)! Thanks to Leo once again for his cooking expertise and to Adrian who stepped in and burned (erm cooked . . .) the sausages! Also to Kath for keeping tabs on my ever changing list of attendees and everyone else who helped, carried, cooked, entertained, promoted and in my case, turned up and ate.

Kath reliably tells me it's SF's turn next year . . . immediately the memories of the hard work came flooding back from last year

reminding me what a tough job pulling off this event actually is.

Philippa Mann
Southampton Friends

Thanks

I hope everyone enjoyed the Beach BBQ as much as i did . . . am a little sunburnt now! . . .

This year the event was organised jointly by Abingdon, Thatcham and Soton Friends Plus Groups.

The event started with games, quizzes and competitions with the barbecue being lit by 6 p.m.

after taking out expenses (the food) we have made (drum roll please) £165 for the Oxford Childrens Hospital.

thanks to everyone who came along and helped make it such a fun day . . . can't wait untill the next one . . . (to be organised by Soton Friends next year).

Kath Good
Southern Area Chairman

Elaine - Race for Life - "Woohoo I've done it!"

I managed to complete the course in 55 minutes. It was such a scorching hot day that my plan to jog some of the way soon lost its appeal!

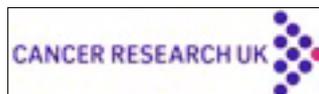
So far I have managed to raise £132.00 for Cancer Research UK and I am also in the process of collecting further donations, I hope to raise in excess of £200 in total.

Thanks for your support.

Elaine Anderson
Rothwell Plus

Elaine's Fundraising web site:

www.raceforlifesporsome.org/elaineanderson1973



Lincs Quest - Striding Out for Charity

This year one of Lincs Quest Group's main events was an organised walk by members across the Humber Bridge in aid of Macmillan Cancer Support.

Lincs Quest members put their best foot forward to walk across the Humber Bridge on May 17th, the weather was cold, wet and very windy!! But we raised £402.00.

Lis Buller
Lincs quest

Macmillan Cancer Support web site:

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



Charity Fund Raisers! by Lis Buller

Lincs Quest have been delighted and proud to be the recipients of the National Charities Trophy for raising the most amount of money for charity for the last two years and, yes, we are aiming to make it three in a row! To date this year, we have raised nearly £700.00.

We can certainly recommend charity work as a way of bringing Group members together in a common purpose. In the 1970s/1980s 18 Plus was much more heavily involved in fund-raising. The National organisation would nominate charities, or just one charity, which Groups would raise money for throughout the year.

Some long-standing members may well remember the year when Plus was given the honour of naming a new lifeboat, having raised a substantial amount towards it. These days, as membership has decreased, charity fund-raising does not feature so prominently within the organisation. Perhaps this is something Groups could address, as not only does it raise money for good causes, it also brings excellent publicity to the organisation.

Lincs Quest has raised money mainly through interested members wishing to participate in or organise charitable events.

For the past two years, under the auspices of Lincs Quest, a couple of members, with support from the Group, have organised an evening in aid of the British Legion Poppy Appeal, by the showing of a film charting the tragic story of the Grimsby Chums regiment in World War One. This was well supported by members of the local British Legion and the public.

I have a particular interest in the charity DebRA which funds research into the horrendous skin disease, epidermosis bullosa. A colleague of mine has a young relative who suffers from this disease and has organised fund-raising events for this charity for the last three years. I have assisted in the organisation and the Group has supported the events and bought raffle tickets etc.

Another charity which a member had a close link to is Marie Curie Cancer Care; a book sale was arranged in support of this and also a speaker invited to the Group meeting night. A collection was made on the evening and donations made by purchases at a gift stall which the speaker brought with her.

This year, our main events have been an organised walk by members across the Humber Bridge in aid of Macmillan Cancer Support and selling 'daffodils' in aid of Marie Curie Cancer Care. In July we are looking forward to participating again in the Cleethorpes Carnival Parade; if sufficient members take part, we will be able to nominate a local charity to receive a share of the monies collected. Another book sale for Marie Curie has also been arranged.

It does not necessarily involve a great deal of work to raise funds, Groups can get involved in events that are already arranged by the charity or other organisations.

So, if your Group has not considered undertaking any charity fund-raising, why not give it a try - you might enjoy it, and your group might benefit as a result also.

British Legion Poppy Appeal



Macmillan Cancer Support



COMPETITIONS & SPORTS

National Tennis Competition

Anglia & South East Area invited all the Plus Groups in the country to come to the first Plus National Tennis Tournament on Sunday 28th June at Central Park, Wood Lane, Dagenham in Essex.

There were Men's Singles, Women's Singles and Mixed Doubles matches.

The event was held during Wimbledon fortnight, so dreams of being crowned the champion of the centre court could be realized for one afternoon only.

There were ten participants in total, from Barking & Dagenham, Redbridge, and Thurrock Plus Groups.

There was glorious hot weather all afternoon, with rain only appearing just after everyone had left the courts.

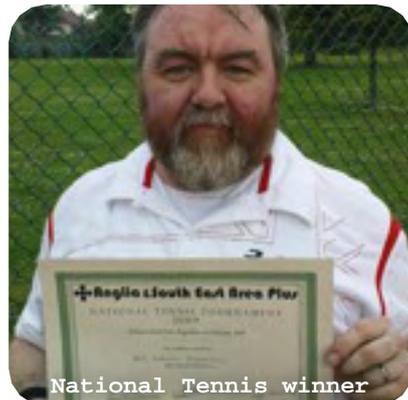
Andy Robinson of Redbridge Plus won the Men's Singles title, beating Steve Roast in the final. Meanwhile, in the Ladies Singles championship Sarah Road of Barking & Dagenham Plus narrowly defeated Gemma Crader to take the title.

After the tournament, the participants all went for a celebratory dinner at Cosmo's in Romford.

The event proved to be a very popular one and is certain to be staged again next year.

Joseph Gurney

Chairman Anglia & South East Area



National 5 a side Football Competition

The Rivermead Leisure Centre, Caversham was the venue for the 2009 National Plus 5 a side Football Competition held on 5th July and hosted by Reading Plus Group.

Claire and Jon H worked very hard on your behalf to organise a fabulous football competition.

We were a bit nervous at the start of the day as to who exactly would be attending the competition, but on arrival at Rivermead Leisure Centre I was pleased to see two teams ready and raring to go. Once settled some more players arrived wanting to play.

The Wimbledon finals may have reduced the numbers attending somewhat but it didn't detract from the fun.

Three teams lined up, referees learnt the rules and health and safety was thoroughly discussed. Francis you would have been proud. Then play began.

Oxford's might versus Fareham fighters. The score heavily weighted in Oxfords favour.

Reading and borrowed members from Slough and Hillingdon practised on the other pitch. Then Oxford took on Reading, again despite moments of competition Oxford walked it.

Fareham then took on Reading and that's when the real competition started, finally coming down in Fareham's favour. (I think) Man of the match Mike - for many a spectacular tackle and fall.

Then with a reshuffle of the teams some more meaningful play occurred, an hour or so later some very tired players retreated to the showers to recover.

Afterwards we headed of to the Griffin for some good grub and a drink. A pleasant end to a fun day. Roll on next years event.

Congrats to Oxford the gaming group who can play footie rather well.

Janet Rintoul

Reading Plus

NGOOT

For anyone who wants to know the results of NGOOT 2009, without looking on to the Plus web-site, they are as follows:-

- 1st place Oxford 106,602
- 2nd place Reading/Dunstable 90,356
- 3rd place Coventry/Sutton Coldfield 87,217
- 4th place Fareham 75,990
- 5th place Solihull 68,330

Well Done everyone, tell your friends about your weekend and see you next year at NGOOT 2010.

Tina Bunyan

Area Activities Officer North Tames & Chilterns Area

NGOOT - Hat Trick for Oxford

The full results of NGOOT 2009 are on the Plus web-site (www.plusgroups.org), in a comprehensive spreadsheet showing the results of each round. The rounds are mysteriously titled; Oxford Monopoly, Diary, Artwork, Duck Hunt. Engineering, Top Gear and Charades, among others.

There's also the answers to the Farmoor Reservoir Circumnavigation Trek.

Possibly even more surprising though is that there's a table of winners which shows that not only are Oxford Plus Group good at Five a Side Football (as reported by Janet on this very page), but they are also good at the slightly more cerebral NGOOT (Now Get Out Of That).

Well done Oxford Plus who have won the latest three NGOOT events, 2005, 2007 and 2009.

John A Smith

National Publications Officer

Summer 2009

Plus News

The magazine of the National Federation of Plus Areas

AND FINALLY! FORTHCOMING PLUS EVENTS

Plus is known for generating it's own unique, special, and exciting atmosphere, no more so than at the many large 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 World Wide Web at www.plusgroups.org.uk

NEAT 2009 - Nottingham

Northern Area have have chosen historic Nottingham as the location for their annual City Break, NEAT 2009 (October 3rd - 4th).

The weekend will include on Saturday, the National Pool competition, (can you beat last year's winner?) and the Dinner Dance, (with Personality D J Gary Jay, as seen at SADY and Brean).

Saturday morning is free time for people to do their own thing as usual which is an ideal opportunity to attend the world famous Nottingham Goose Fair or see the castle.

On Sunday a Treasure Hunt round the city is organised (the Bradford Annual Treasure Hunt - BATH).

This year Saturday's Disco is open to members not attending the full NEAT weekend, tickets can be bought in advance or on the door - contact the Bookings Officer for more details.

WASH 2009

Following on from an amazing 25th birthday party celebration in 2008, Kings Lynn Plus Group look forward to seeing you all again in 2009 for another fun packed weekend in Hunstanton, Norfolk. (November 13 - 16).

WASH 2009 IS A MEMBERS ONLY EVENT - This is what you want - it's up to you who wanted it this way to make it work.

What Do You Get? three nights: - top

notch accommodation -

Resident D J - live evening entertainment and daytime activities possibly including; Quiz, Aqua Line Dancing, Laser Clay Pigeon Shooting, Karaoke and a Fancy dress theme night.

All the bands are booked - and

you will remember one of the acts from the charts of a few years ago! NONE of the bands/ acts have been to WASH before (or for that matter to any Plus event).

The price this year will be £71.95 with a £5.00 surcharge if you want a four berth shed (which is the same arrangement as last year).

Booking forms will be with you by the time you read this so start saving your pennies up.

Paul Catterwell

WASH 2009 Bookings Officer

National AGM 2010

We know that it seems way off in the distant future but before you know it the Annual General Meeting will be with us again.

For those who attended this year's Conference I hope that you all enjoyed it and are looking forward to a repeat performance.

Corinna Teale

Midland Area Activities Officer

Activities Workshop 2010

Please note: an Activities Workshop is also to be organised on the Sunday following the National Annual General Meeting at the same venue.

Please let us know what topics you would like to discuss. (Please use the form on the Plus web-site).

!!! NEWSFLASH !!!

REAN 2010

Hi folks, just so you are all aware; plans are in motion for the next Brean holiday weekend. More will be revealed after the August NEC meeting.

Adam Redshaw

Brean Co-ordinator



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

The articles herein do not necessarily represent the opinion of the Editor, Plus News/National Publications Officer or the National Federation of Plus Areas of Great Britain.



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