



# December'09 Newsletter

## Would you like to do some volunteer work in the office?



One of the things we have often struggled with is knowing what someone who wants to help out in the office could actually do. Often we can only come up with things like stuffing envelopes and sending out mail outs. But we've had a new idea that might be a bit more interesting and would be of a lot of benefit to us in growing our organisation. We'd like to have some research done on organisations that might want to buy our training, have our conflict coaching or even have mediation. We, therefore, need to research and find a list of contacts within different local organisations, such as Human Resources Managers and possibly people in other roles that might want to 'buy in' to what we do.

If you have time to do this and would be interested in doing so, please get in touch with Alan on 01895 447700 to arrange a time to come in and discuss it.

## Waitrose Community Matters

If any of you shop at Ruislip Waitrose, we will be having a 'pod' there in the next few weeks promoting what we do and asking customers to vote for us and other charities to get a proportion of £1000. Basically, as far as I understand it, when you shop at Waitrose they give you a token to put in one of 3 'pods' associated with 3 different charities. You then decide which pod to put your token in based on some information about the charity and what it wishes to spend the money on and at the end of the month the £1000 is split in proportion to the level of support for each charity. We are looking to raise enough money to buy a camcorder to make promotional and informational videos about our work.

So, please go and shop at Waitrose in Ruislip and register your vote...for us that is ☺, and tell all your friends too. **Alan**



## Diary Dates for December



### Volunteer Support Session

at Key House, Yiewsley

Thursday, 10th December'09, 2.30pm ~ 4.30pm

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### Management Committee Meeting

At Key House, Yiewsley

Tuesday, 15th December'09, 6.00pm ~ 7.30pm

## Christmas Social Event

Lisa, Karen, Kelly, Julia, Rachel and James are organizing the 2009 Mediators Christmas Social Event. It's being held on:

**Saturday, 12th December'09**

**in the evening (time to be confirmed)**

**at Sir Michael Balcom, 46-47 The Mall, Ealing W5 3TJ**

The meal will cost £6.99 and includes a free drink.

The choice of meal is:

- Turkey roast dinner
- Salmon
- Mushroom, chickpea and pumpkin seed roast

Anyone interested in going please email Karen at:

**[guy03@hotmail.co.uk](mailto:guy03@hotmail.co.uk)**

by Monday, 7th December'09





11. Six, 12. Panettone
7. 1984, 8. Dr. Seuss, 9. Mexico, 10. Robert Burns,
4. White, 5. Hogmanay, 6. Christmas Cracker,
1. 26th December, 2. Norway, 3. Ladies dancing,

### The HCM Quiz Answers

## The HCM Christmas Quiz

1. What date is St. Stephen's day?
2. London's Trafalgar Square Christmas tree is traditionally given by which country?
3. In the song The Twelve Days of Christmas, ".....my true love brought for me nine... what?"
4. What colour are the berries of the mistletoe plant?
5. What is New Year's Eve called in Scotland?
6. What Christmas item was invented by London baker and wedding-cake specialist, Tom Smith, in 1847?
7. In what year was Band-Aid's Do They Know It's Christmas, the UK Christmas chart topping record?
8. Who wrote How the Grinch Stole Christmas?
9. From which country does the poinsettia plant originate?
10. Who wrote Auld Lang Syne?
11. How many points does a snowflake have?
12. What is the name of the cake traditionally eaten in Italy at Christmas?




**Hillingdon Community Mediation**

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put it in a forthcoming  
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