

Issue 11
September 2018

Food Hygiene

Well done to Val and Sheena for completing their REHIS Food Hygiene Training – and thank you for giving up a sunny Saturday to do it! We are beyond blessed by the commitment of our dedicated volunteers – thank you ladies!



Save the Date!

This year's Wheels in Motion Christmas Fair and Coffee Morning will be on Saturday 10th November, in New Prestwick Baptist Church, 10am – 1pm – A date for the diary!

Bill

Hi, my name is Bill Gilmour; I started volunteering with Wheels in Motion about five years ago. This was originally once a month, but quite quickly increased to every week, then I also volunteered to do minor maintenance and cleaning.

Each week I clean the seats, work tops, trays and tables, sweep and wash the floors (not forgetting the drivers cab!) and when required, the inside of the windows are cleaned too! The exterior is washed by 'Dodds of Troon' who also carry out the major maintenance, keeping the bus road worthy.

Thursday evenings I'm mainly on door duty but also help with food distribution.

Over the years bonds have been formed with volunteers and clients and in that time I have seen some sorry sights, some who have sadly passed away, but also some who have turned their lives around, even one making the whole experience worthwhile.

Sometimes I am asked by clients to join with them in personal prayer by Suzanne which I think shows the trust and friendship the client has with me.

As one of the older volunteers I find it heartening that so many younger ones volunteer, continuing even after marriage and starting families of their own - long may they continue.

Having been on some of the outings it's a pleasure to see all the happy faces as clients participate in the organised activities, and I hope that I can continue volunteering for many years to come. It is sad that Christian organisations like this have to exist, but long may the bus continue!



Loch Lomond

On Sat 9th June, the Wheels in Motion troops headed off for a fun filled day in Loch Lomond! Starting off the day with a picnic, we then progressed to a more energetic activity, with some mini highland games! Everyone got involved, and it was a laugh a minute, as we threw the haggis, tossed the caber and other, equally fun and challenging activities. When all of our energy was spent, we headed to Linwood Farm in Paisley, for a delicious 3 course meal. Everyone was treated like royalty as they were served beautiful food, and we went home with full stomachs and happy hearts.



Viv and Alan

Many thanks to all the people who donate or volunteer in any way to the wonderful 'Wheels in Motion' project. I don't use the bus every week, but when I do I always receive a great welcome as well as rolls, pies, cakes etc and a hot drink – fantastic! A birthday is always celebrated with a cake, prezzie and a song – again, fantastic! I know of many people who rely on the bus and, although they don't always show it, appreciate it very much. The surprise trips and meals out are a special treat too!! So once again many, many thanks to all for this wonderful red bus – **Viv xx**

Kindness, that's what the bus means to me, pure and simple kindness. No one asks any awkward questions, and no one asks for thanks. To come back week after week, in all weathers is really unbelievable, and worth a thousand 'thank yous'. I've thought about what I wanted to write a hundred times, but now all that comes to me is gratitude. **Alan**



Terrific people

Hearty food

Every week

Without fail

Here comes the bus

Everyone laughing

Eating

Laughing

Smiling

In with friends

No questions asked

Masses of kindness

Only too willing

To help

In any way, shape

Or form

Nothing too much trouble

Because

Uare truly

Superb!!



For more information on the
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