

## **Lemon Drizzle Legend Scoops First Volunteer Award For End of Life Care Charity.**

Omega, the National Association for End of Life Care (Omega care for life) is delighted to announce the winner of their first Volunteer of the Month Award.

Juliet Rutherford, a former nurse and retired business owner, joined the Omega team in November 2018 and has been busy ever since. She immediately rose to the challenge of her varied volunteer role with enthusiasm and commitment. Juliet has, for example, gathered valuable feedback during her visits to local GP practices in North Shropshire to help develop Delphinium, a new not-for-profit virtual assistant service.

Juliet supported the first Delphinium Cup charity football match and has also been busy in the kitchen and in her garden to raise funds for Omega's important work. Not only has she baked batches of her special recipe, delicious lemon drizzle cake, she has also spent many hours nurturing and selling bedding plants and hanging baskets from her home near Bishops Castle, at the Belle Vue Arts Festival and from Omega's head office London House, Town Walls, Shrewsbury.

On top of this, Juliet somehow found time to travel to West Yorkshire to meet one of Omega's commercial partners and she has regularly helped to make Omega Quizzes a success. In fact, Juliet received her Award during the latest Omega Quiz night at the GreenHouse Café, Shrewsbury, where she was presented with an Omega care for life Certificate of Appreciation by Omega Chairperson, Linton Waters. She also received a 12 month Omega Lottery subscription donated by EDSB Group, a cash award, and a parcel of goodies including a one-to-one Pilates gift voucher donated by Marica Sarcina, a bottle of single malt whisky and a Dyson Design Gift bag and card.

Omega care for life Development Director Thomas Memery said: “Juliet continues to make a positive impact and is a welcome – and very popular – member of the community fundraising team. We are incredibly grateful for her contribution. We want to thank Juliet for her enthusiastic support, and our commercial sponsors for helping Omega celebrate the achievements of our hard working colleagues, paid and unpaid. Congratulations, Juliet, for winning our first Volunteer of the Month Award!”.

Omega care for life is keen to recruit more talented volunteers with a wide range of skills and experience. To find out more about volunteering opportunities visit [omega.uk.net](http://omega.uk.net) or telephone 01743 245088.

## Ends

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## Photographs

A high resolution JPEG photograph is attached. Caption to read: “Juliet Rutherford with her award at the GreenHouse Café, Shrewsbury. Wednesday 7<sup>th</sup> August 2019”.

## Contact Omega care for life

Contact: Alexandra Payne or Thomas Memery

Phone: 01743 245 088

Email: [fundraising@omega.uk.net](mailto:fundraising@omega.uk.net), [thomas@omega.uk.net](mailto:thomas@omega.uk.net)

Address: Omega care for life, London House, Town Walls, Shrewsbury, SY1 1TX

Web: [www.omega.uk.net](http://www.omega.uk.net), [www.delphinium.org.uk](http://www.delphinium.org.uk)

Twitter: [www.twitter.com/omegachatterbox](https://www.twitter.com/omegachatterbox), [www.twitter.com/omegacare](https://www.twitter.com/omegacare)

Facebook [www.facebook.com/omega.careforlife](https://www.facebook.com/omega.careforlife)

LinkedIn: [www.linkedin.com/company/omega-the-national-association-for-end-of-life-care](https://www.linkedin.com/company/omega-the-national-association-for-end-of-life-care)

Instagram: [www.instagram.com/omegacareforlife](https://www.instagram.com/omegacareforlife)

## Notes for Editors

Omega, the National Association for End of Life Care (Omega care for life) is an end of life charity: Registered Charity No.1120322, Registered Company No.6196052.

Omega provides befriending and bereavement support, and works with caring families looking after people suffering from long-term or life-limiting conditions and socially isolated individuals. Omega encourages self-help and peer support, delivers community learning activity and facilitated group sessions and hosts lively outreach and information sharing events. Omega also maintains contact with family caregivers and former carers through the Omega Network, comprising dynamic groups which allow unpaid family carers to meet informally.

Omega works collaboratively with a range of delivery partners including successful businesses, Third Sector not-for-profit groups, local authorities and organisations within the NHS. Omega supports patients suffering from motor neurone disease, and their families, across the country to share information and develop innovative, high impact, non-clinical, easily-affordable support. The charity is also the home of the Chatterbox Action Against Loneliness Programme, the Letter from Louise Project and the Delphinium service, an innovative social enterprise.

For further information about Omega's work, please contact Development Director Tom Memery by emailing [thomas@omega.uk.net](mailto:thomas@omega.uk.net).

## Donate

To donate by card or cheque, go to [www.omega.uk.net](http://www.omega.uk.net) and click the 'Donate' button on the homepage.

To subscribe to the Omega Lottery, visit: <http://www.omega.uk.net/omega-lottery-p-200.htm>