



February Bulletin

**Please note next months Bulletin will be issued on
Sunday 16th March prior to the AGM in April**

Secretary's Update

Conference and AGM, 6-9 April 2025, Leeds

Only 6 weeks left before the booking deadline of 1 April Has your club booked places for delegates at the AGM, and will you be joining us for the social events in and around Leeds? There is lots going on – a walk on Ilkley Moor, a visit to the World Heritage Site of Saltaire workers' village with its David Hockney Gallery, and a trip to York.

Further details plus booking form are in the attached Conference information, so don't delay.

Do you enjoy a Challenge?

IVC needs your help:

Nominations for all national committee posts are open to all, but we would especially like to hear from anyone who could fill the roles of **Chair** or **National Development Officer**, both of which are currently vacant.

At the AGM we shall also be looking for a club to host Conference 2026. This is a much less onerous task than previously, and a chance to showcase your local area. Could your club be the one?

Please discuss both these opportunities with your club's committee ahead of this year's AGM.

Bournemouth IVC

We were disappointed to hear that Bournemouth IVC – founded in 1969 – has recently taken the decision to close, with only two committee members remaining, in spite of its 39 members. Thanks are due to David Middleton for following the necessary procedures in dissolving the club. We understand some of their members may well continue their IVC membership elsewhere.

Members' On-Line IT Forum, Monday 24 March, 7:30 pm

Don't forget this opportunity to see how the new aIVC website will work, and consider whether your club would benefit from a sub-domain linked to the national site. You don't need to go anywhere and you don't need to book – just look out for the Zoom link being circulated a few days beforehand, and log in.

See events listing for details.

AIVC Insurance

Our insurance cover was renewed at the start of this year and the updated documents are now on the aIVC website. Please remember that not all activities are covered. If you are planning any high-risk events such as water sports, animal rides, fireworks, motor sports or aerial activities, you will not be covered by the public liability insurance, and cover does not include overseas visits. If in doubt, please check the documents or get in touch with me.

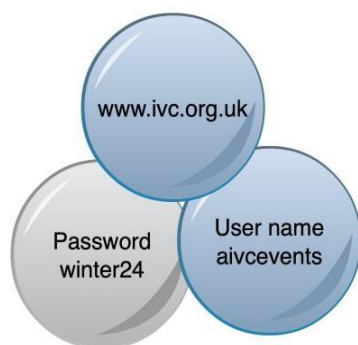
Next Meeting

The next aIVC committee meeting will be held on Monday 3 March.

Sylvia Arnold

AIVC Secretary

How to access the aIVC website



www.ivc.org.uk

User name aivcevents

Password winter24

Please check the website on a regular basis as events may have been added or changed.

If you have an event worth sharing please add to the National website

National events are open to all fully paid up members of IVC regardless of the club hosting the event.



Step 1 www.ivc.org.uk use club officer login

Step 2 Menu bar, events

Step 3 Add national events

Step 4 Complete details as per instructions

Step 5 Add event (at bottom of page)Text must include the word HOLIDAY

Did you know that once registered on the aIVC website as a local officer, you can request a new sign-in which gives you 'member' access instead of just 'guest' access? This means that amongst other things you can add events directly to the national diary for circulation on behalf of any of your club members. (Non committee members , can of course view the diary using the details shown at the top of this bulletin.) So make the most of your enhanced access and get sharing !
Sylvia

Aivc Committee

Chairperson	Position not filled
Secretary	Sylvia Arnold 07847200146
Treasurer	Joan Parkinson 01422 374540
Webmaster	Phil Riches 07918142726
Events officer	Nick Wilkinson 0151 4310690
National Development	Position not filled
Newsperson	Julie Plumley 07896735820

Julie Plumley newsperson@aivc.org.uk

FEATURED AND EXTENDED PERIOD EVENTS

IN STEAM AT DIDCOT RAILWAY CENTRE ★

Wed 19 Feb 2025

Book By: Text me 07510907111

CLASSIC WALKING IN THE MALVERN HILLS ★

Fri 28 Feb 2025 to Sun 2 Mar 2025

Book By: Text 07510907111 or email David Powell

HEART OF WALES SCENIC TRAIN JOURNEY 14-15 MARCH ★

Fri 14 Mar 2025 to Sat 15 Mar 2025

Book By: Text David 07510907111 or foreststepping@yahoo.co.uk

A WEEK IN TROMSO, NORWAY

Sun 16 Mar 2025 to Sun 23 Mar 2025

AIVC NATIONAL CONFERENCE AND AGM

Sun 6 Apr 2025 to Thu 10 Apr 2025

HOLIDAY IN AMSTERDAM

Wed 23 Apr 2025 to Mon 28 Apr 2025

SUMMER SOLSTICE CAMPING AT SHELL ISLAND

Sun 15 Jun 2025 to Sun 22 Jun 2025

GLASTONBURY FESTIVAL

Wed 25 Jun 2025 to Tue 1 Jul 2025

IF:MK - INTERNATIONAL FESTIVAL MILTON KEYNES

Fri 18 Jul 2025 to Sun 27 Jul 2025

FEBRUARY

THURSDAY 13 19.00 – 21.00

KNIFE CRIME - CAUSES AND SOLUTIONS

ZOOM

Nina leads an informal Zoom chat on the topic of What's in the News. Tonight's topic will be 'What is driving the increase in knife crime and how do we resolve it?'

Bring along a drink and be ready to join a friendly debate. This is a well-supported event with folks from IVC clubs around the country as well as Meetups.

Click on [Current Affairs](#) . You will enter the waiting room and Nina will invite you into the event. Turn on sound and video. If this is your first zoom you will be invited to sign up. Its easy and free. You will then be able to see and hear the rest of the team live.

FRIDAY 14 19.30 to 01.00

VALENTINE'S SPECIAL: ZOOM MUSIC AND QUIZ NIGHT

ZOOM

A very popular evening of friendly chat, a pub quiz, live entertainment and sharing music videos. Tonight will be a valentine's Special with plenty of romantic music.

A great way to start the weekend. We get together online every Friday for a great mostly musical evening using Zoom.

Expect a pub style quiz of 30 general knowledge questions, live entertainment (singers, musicians, poetry and magic), music videos (requests taken) and friendly chat. Finishes at 1am!

This is a popular event that consistently attracts 20-25 people over the course of the evening - folks come and go when they like. We are joined by folks from other IVC clubs around the country and Meetups around the world that have included Dublin, Berlin, Moscow, the Middle East and the USA.

To join us click on [Friday Night is Music Night](#) Follow any online instructions. If its your first Zoom event you will be invited to sign up which is free and easy. You will enter the waiting room and Dave will invite you into the zoom room. Turn on sound and video.

Contact Details: Dave Lawrence 07714 628507 Shared From: [London IVC](#)

WEDNESDAY 19 09.25 to 18.30

IN STEAM AT DIDCOT RAILWAY CENTRE ★

London Paddington Station W2 1HQ ([Click for Map](#))

How to find us: Mapcase sign: '&FRIENDS'

Price: See website: <https://didcotrailwaycentre.org.uk/>

Book By: (Text me 07510907111)

Join a friendly bunch of people, to see locomotives in steam at the Didcot Railway Centre In Steam on a Half Term Weekday in February. - all there is to do at Didcot Railway Centre. Love history, the olden days, what it was like, 'back in the day' of steam locomotives, and want to explore with friends? Check out the Didcot Railway site for more information and to obtain prices/tickets. <https://didcotrailwaycentre.org.uk/> You may need to book in advance to get in, and the charge for Seniors is £17. Please text me so I can look out for you. Meet 09.25-09.35 Paddington Station, Platform 1 by the Paddington Bear shop, on the train 09.48 to Reading, where we'll change for the train to Didcot, or at 11.05-11.10 at the ticket hall of **Didcot Parkway** mainline railway station

Contact Details: Text or email David Powell 07510907111;
forestepping@yahoo.co.uk

Venue Website: didcotrailwaycentre.org.uk/

Shared From: [London IVC](#)

THURSDAY 20 20.00 to 22.00

GERMAN LINGUISTS ONLINE

ZOOM

We are continuing our German conversation meetings on Zoom into the new year so please join us if you speak any level of German.

The ID is 3053410295 and the password is 0eeU9A.

Bis dann alles Gute.

Contact Details: John Edwards (07833 895920; wienerwalzer@talktalk.net).

Venue Website: zoom.us/j/3053410295

Shared From: London IVC

FRIDAY 21 19.30 to 01.00

ZOOM SOCIAL: QUIZ, LIVE PERFORMERS, VIDEOS, CHAT

ZOOM

A very popular evening of friendly chat, a pub quiz, live entertainment and sharing music videos. Note later time.

A great way to start the weekend. We get together online every Friday for a great mostly musical evening using Zoom.

Expect a pub quiz, live entertainment (singers, musicians, poetry and magic), music videos (requests taken) and friendly chat.

This is a popular event that attracts around 25 people over the course of the evening - folks come and go when they like. We are joined by folks from other IVC clubs around the country and Meetups around the world that have included Dublin, Berlin, Moscow, the Middle East and the USA.

To join us click on <https://zoom.us/j/4689584830> Follow any online instructions. You will enter the waiting room and Dave will invite you into the Virtual pub. Turn on sound and video.

Contact Details: Dave Lawrence 07714 628507 **Shared From:** London IVC

THURSDAY 27 20.00 to 22.00

FRENCH LINGUISTS ONLINE

ZOOM

We are continuing our French conversation meetings on Zoom into the new year so please join us if you speak French to any level.

The ID is 3053410295 and the Passcode is 0eeU9A.

Contact Details: John Edwards (07833 895920; wienerwalzer@talktalk.net).

Venue Website: zoom.us/j/3053410295

Shared From: London IVC

FRIDAY 28 19.30 to 01.00

ZOOM: QUIZ, LIVE PERFORMERS, MUSIC VIDEOS, CHAT

ZOOM

A very popular evening of friendly chat, a pub quiz, live entertainment and sharing music videos.

A great way to start the weekend. We get together online every Friday for a great mostly musical evening using Zoom.

Expect a pub style quiz of 30 general knowledge questions, live entertainment (singers, musicians, poetry and magic), music videos (requests taken) and friendly chat. Finishes at 1am!

This is a popular event that consistently attracts 20-25 people over the course of the evening - folks come and go when they like. We are joined by folks from other IVC clubs around the country and Meetups around the world that have included Dublin, Berlin, Moscow, the Middle East and the USA.

To join us click on [Friday Night is Music Night](#) Follow any online instructions. If its your first Zoom event you will be invited to sign up which is free and easy. You will enter the waiting room and Dave will invite you into the zoom room. Turn on sound and video.

Contact Details: Dave Lawrence 07714 628507 Shared From: **London**

FRIDAY 28 FEB to SUNDAY 2 MARCH

CLASSIC WALKING IN THE MALVERN HILLS

Meet at the Wetherspoons pub, The Foley Arms Hotel, 14 Worcester Road, Great Malvern, WR14 4QS [WR14 4QS \(Click for Map\)](#)

How to find us: Mapcase sign: '&FRIENDS'

Price: No charge

Book By: (Text 07510907111 or email David Powell)

Arrangements: Great Malvern Friday evening 28 February until teatime Sunday 2 March. Meet at the Wetherspoons pub, The Foley Arms Hotel, 14 Worcester Road, Great Malvern, WR14 4QS 18.30 onward.

There is some great walking in this area and a beautiful town to explore. Find out more by putting this in your browser: 'visit the malverns'.

I will leave it to people to book their own accommodation and travel. I will be staying at a local B&B or hotel, and travelling in by train to Great Malvern station.

I can also meet people at the station Saturday and Sunday morning if arriving by 10am. Please let me know by 19.00 the previous evening.

Participants on the walk will need to provide their own packed lunch as there are no cafes on the summits. Which you can make at home, buy at a bakery, Greggs, supermarket etc.

The following extracted from the link: "Nestled at the foot of the Malvern Hills, in an Area of Outstanding Natural Beauty, is the Victorian spa town of Malvern.

Malvern is an elegant Victorian town, with roots going back to the bronze age. Modernised in the 1800's as a popular destination for '[taking the water](#)' travellers came from around the world to heal, relax and rejuvenate.

Today visitors come to take in the natural beauty of the hills, experience the rich history & culture of the town, relax in the excellent hotels and spas and treat themselves at our independent cafés and restaurants.

There are three town centres in Malvern – Great Malvern, Barnards Green and Malvern Link, making Malvern an impressive shopping destination. There are independent retailers a-plenty including arts and craft shops, galleries, boutiques and more. Browse bookshops, both new and second-hand, as well as quality furniture, fashion and food. The local lifestyle attracts artists and craftspeople, so you will find some delightful works on show and in shops and galleries."

Contact Details: Coming? Text David Powell 07510907111 or email forestepping@yahoo.co.uk

Venue Website: www.visitthemaalverns.org/things-to-do/towns/malvern/

Shared From: **London IVC**

MARCH

FRIDAY 14 to SATURDAY 15

HEART OF WALES SCENIC TRAIN JOURNEY

London Paddington Station W2 1HQ ([Click for Map](#))

How to find us: Mapcase sign: '&FRIENDS'

Price: No charge

Book By: (Text David 07510907111 or forestepping@yahoo.co.uk)

Join David for a much-vaunted scenic train journey through the heart of Wales.

Where to meet: 9.30 – 9.38 Outside Paddington Bear Shop on Platform 1 Paddington Station; or the train departing 9.48 for Swansea, or on the Swansea to Shrewsbury train leaving 12.51, and Saturday on Shrewsbury station 09.50 onwards for the train to Swansea departing 10.06.

Please let David know you are coming bfh on [07510907111](tel:07510907111) or forestepping@yahoo.co.uk.

Links for more information: [The beautiful 121-mile UK train ride with hardly any tourists that's among Europe's best](#)

[Heart of Wales Line | Community Rail Partnership | Home](#)

“According to Lonely Planet travel experts, the humble Swansea to Shrewsbury railway line in Wales has earned the title of “Europe's Best Train Ride.” ... the Swansea to Shrewsbury line, known as the [Heart of Wales Line](#) (or Rheilffordd Calon Cymru), charms its passengers with an unassuming, pastoral journey through Wales' breathtaking hinterlands.

Stretching 121 miles, this single-track route meanders through Mid and West Wales, linking Swansea in the south to Shrewsbury in Shropshire. The train traverses 34 stations along its tracks, passes idyllic estuaries, lush forests, and rolling hills, and dips through quaint villages and historic spa towns.

The ride offers a spectrum of scenes, from the serene sands of South Wales' estuaries to rugged hillsides and remote farming hamlets.”

Contact Details: **Coming? Text David Powell 07510907111; forestepping@yahoo.co.uk**

Venue Website: [The beautiful 121-mile UK train ride with hardly any tourists that's among ...](#)

Shared From: [London IVC](#)

SUNDAY 16 to SUNDAY 23

A WEEK IN TROMSO, NORWAY

Smart Hotel Vestregata 6 Tromso 9008 ([Click for Map](#))

Price: See [booking.com](https://www.booking.com) for price details

Join Bristol & Bath Simply Social for a week in Tromso in northern Norway situated 35 km above the arctic circle.

Flights from Bristol on Sunday 16 March 2025 via Easyjet, leaving 15:10 and returning Sunday 23 March 2025 at 20:20. A few of us are coming back on the earlier flight on Thursday 20 March.

We are staying at the Smart Hotel in the centre of Tromso. Breakfast is not included but can be purchased as extra. There are lots of other hotels nearby to choose from.

Tromso has plenty of museums, art galleries, a cable car and lots of places to eat or drink.

There are lots of trips that can be taken from Tromso- boat trips, husky sledding, meeting and feeding reindeer etc. Also hopefully we may see the northern lights.

Any questions please contact Sara via email sara27300@gmail.com

Contact Details: **Sara - email sara27300@gmail.com**

MONDAY 24 19.30 to 21.00

MEMBERS' ON-LINE IT FORUM

ZOOM

Another opportunity for club committee members to get together with those from other clubs - and this time with our aIVC Webmaster, Phil Riches, for a look at all things IT, in particular the much anticipated new national website. Have a sneak peek at the website, due to go live shortly, with Phil sharing pages on screen from the website to demonstrate its various functions. There will be opportunities for questions as you consider too whether your club would like a sub-domain set up as your own club website.

Discussion is welcome on any other IT matters within IVC. Would you find it useful, for example, to have an on-line bulletin board, where clubs can share ideas and information, possibly via a blog on the website?

No need to book, but if you have specific areas you are interested in, contact Phil on his email address and he will do his best to include in his presentation. Or just let him know you plan to be there. The Zoom link will be circulated to all committee members a few days before the on-line event.

If you can't make it to this year's AGM for Phil's presentation, this is definitely for you. If you ARE coming to the AGM, get ahead of the game now with this handy preview - and discuss with your committee and membership.

Contact Details: Phil Riches, webaster@aivc.org.uk

APRIL

SUNDAY 6 to THURSDAY 10

AIVC NATIONAL CONFERENCE AND AGM

Leeds

It's our Annual Conference and a chance to meet up with members from around the country! The AGM will be held on the afternoon of Monday 7 April at a city centre location for pre-booked delegates and observers, or come as a visitor for the social programme only - all members welcome. Full programme and booking details to follow.

Contact Details: secretary@aivc.org.uk

WEDNESDAY 23 to MONDAY 28

HOLIDAY IN AMSTERDAM

Amsterdam

Come and join members from Milton Keynes and London IVC for a break in Amsterdam! We hope to visit the main tourist attractions, canals, museums, art galleries and maybe a trip to see the tulip fields.

Luton to Amsterdam, Easyjet flight out on Wed 23rd April Flight EZY2519 at 1455, returning Monday 28th April, Flight EJU7831 at 1920. You can, of course, choose your own flight/dates.

We have decided to book the <https://xohotels.com/hotel/xo-hotels-park-west-amsterdam>. Hotels are expensive in Amsterdam and this is the best we have found. I have found the best price to be to book direct with the hotel. I haven't booked breakfast online as it was quite expensive, we can either breakfast at the hotel or go out, or you can buy something to have in your room.

A big pink elephant, or a hotel? Both! The delightful 4-star hotel XO Hotels Park West is located in a former office building, nicknamed the Pink Elephant, since 2012. Inside, there is nothing left of the old office colossus, with high-quality renovated rooms, a large breakfast room and a reception where you can check-in and out yourself. Of course a receptionist is available 24 hours a day to help you with check-in, with any questions about the hotel or with tips for the city of Amsterdam. XO Hotels Park West is located in Amsterdam-West, next to the A10 motorway, within walking distance of Sloterdijk Station and on the edge of the Westerpark. The tram* stops right outside and takes you to the center within 20 minutes, or hop on your bike and speed through the Westerpark in 15 minutes to the Anne Frank House.

The earlier you book the cheaper the price is likely to be.

Please let valgommon@gmail.com know if you book

JUNE

SUNDAY 15 to SUNDAY 22

SUMMER SOLSTICE CAMPING AT SHELL ISLAND



Shell Island Llanbedr Gwynedd North Wales LL45 2PJ (Click for Map)

How to find us: It is impossible to predict where on the site we will be setting camp. There are favourite places but other campers may already occupy them.

Shell Island is a remote, stunningly beautiful place, accessed by a tidal causeway. There is just one road, squeezed between Shell and the Rhinog Mountains. There are rolling sand dunes and a harbour, all to be experienced on 2025's longest day. Lying on the Welsh coast between Harlech and Barmouth the facilities are excellent (hot showers, restaurant, pub, shops and laundrette). It is low density and in some areas almost wild. It is possible to camp 15 minutes walk away from the central amenities. As most children are in school, the campsite is quiet and the roads clear. In the evenings we walk, barbecue and discuss what we will be doing the following day. Also, we visit local restaurants. Bring a tent, wine and walking boots. There is not enough space here to list the many attractions, so go to www.visitwales.com and look at both North Wales and Mid Wales.

Saturday, 21st June 2025, is the longest day and the first day of summer. Join Merseyside IVC for seven nights under canvas at Shell Island, from Sunday, 15th June and leaving on Sunday 22nd June 2025. The 2024 price was £10.75 per person per night. Bookings may be made online at the Shell Island website. Stay for just as long as you wish.

The event will be co-ordinated on the 'IVC Events' page on Facebook. To see some pictures from earlier years go to https://www.flickr.com/photos/nick_wilkinson_merseyside/4653178969/ and look at the following 26 photographs.

Contact Details: The organiser is Nick Wilkinson on 07764 303 755. Ask any questions on the IVC Events page, so that everyone can see.

Venue Website: www.shellisland.co.uk/

WEDNESDAY 25 to TUESDAY 1 JULY

GLASTONBURY FESTIVAL Toms Field - the volunteers camping area. Worthy Lane, Pilton, Somerset. BA4 4BY (Click for Map)

How to find us: You will be provided with instructions.

Every year around 15 IVC members and friends get together at the Glastonbury Festival to work as recycling volunteers. This gets a free ticket plus many other perks. We are trusted by the recycling organisers to nominate some new volunteers. We cannot guarantee that we will get you in but we have had plenty of success in the past.

Glastonbury is the world's largest festival of performing arts. Of course it is famous for the music but there is plenty else going on too. It is vast and can be daunting but we have experience of navigating this amazing event and can look after you!

Of course it is camping. You will need a tent - but have a few spare. We will organise lifts as far as possible but there are plenty of other ways of getting to the festival. You will need to be on site before the festival opens to the public on the Wednesday so be prepared to have some days off work.

Contact Details: Paul Danson dansonpj@hotmail.com, 07973 512540, Dave Lawrence dave.lawrence@uclmail.net 07714 628507

Venue Website: www.glastonburyfestivals.co.uk/

Shared From: London IVC

JULY

FRIDAY 18 to SUNDAY 27

IF:MK - INTERNATIONAL FESTIVAL MILTON KEYNES



International Festival at various venues around Milton Keynes

How to find us: Book with valgommon@gmail.com to arrange details

Price: Free - ££

Tickets / Register: ifmiltonkeynes.org/about

Come to sunny Milton Keynes for our bi-annual multi-arts festival! Stay for the day, a week or 10 days! We aren't just concrete cows and MKDONS, Milton Keynes offers so much more, come and find out!

IF: Milton Keynes International Festival was founded in 2010 and takes place every two years. It is produced by The Stables, one of the UK's leading music organisations and venues, based in Milton Keynes.

Described as Milton Keynes' mini Edinburgh Festival. The festival has been recognized for its artistic program, and in 2024/2025 it was awarded the EFFE Label, which recognizes it as one of Europe's most remarkable festivals.

Creating unique and memorable experiences, the Festival is designed to encourage residents and visitors to see a different side to Milton Keynes. Presenting a world-class, multi-arts programme the Festival includes new commissions, site-specific and community participation projects, large-scale/outdoor and family events, concerts, theatre, dance, music and visual arts installations.

Engaging over a million people in seven previous editions (2010 - 2023), the Festival takes place in locations across Milton Keynes, including parks, public squares, commercial and retail spaces, as well as in the online and digital realm.

The Festival is supported by Arts Council England and Milton Keynes Council, and also raises funds through trusts and foundations and partnerships with individuals and businesses.

Venue Website: ifmiltonkeynes.org/about

AUGUST

SATURDAY 2 to SATURDAY 9

EDINBURGH FESTIVAL

Edinburgh EH8 9TH (Click for Map)

How to find us: We will travel by train, plane or car and meet up in a pub close to the accommodation - student flats at Napier Bainfield.

Join us at the world's greatest entertainment festival. After a terrific week at the Edinburgh Fringe Festival every year since 2014 we will return in 2025. We will stay in value for money, student accommodation a short (and cheap) bus ride from the city centre. We will help you navigate your way round the festival which is vast and can be overwhelming. We will organise shared visits to events and meals - or you can just do your own thing. Help will be provided with travel arrangements and pre-booking of recommended events - but most events can be booked when you are there.

To join the accommodation list contact Dave.

We plan to book 8 and 9 bedroom flats at Napier University. These cost for 2025 has not yet been announced for a week for your own room in a student flat which is basic but comfortable. You can book for the full week and we will negotiate shorter stays if required. Each flat contains 8 or 9 en suite bedrooms and a shared kitchen/lounge area. There is free wifi and there are plenty of pubs and restaurants nearby to meet up in. The student block even has its own shop.

Contact Dave for more details.

Contact Details: Dave Lawrence 07714 628507, dave.lawrence@uclmail.net Shared From: **London**

OCTOBER

FRIDAY 3 to SUNDAY 5

SWANAGE BLUES FESTIVAL

Various venues in Swanage, Dorset.

Price: £10

"The Swanage Blues Festival brings together an amazing collection of Blues Musicians, Fans and Friends for a weekend of Jams, Open Mics and Headline Performances that will have you coming back time after time." So we will be joining them again - some of us go every year and its great.

The festival takes place in numerous venues around the town of Swanage. Admission to all venues is free. You will need to contact the festival organisers to buy a wrist band (voluntary but recommended) which is usually only £10.00. Or these can be bought during the festival. Go to <http://www.swanage-blues.org/> to find out more about the festival. There is no longer a printed bulletin but the programme can be downloaded from the web site.

We will organise transport to Swanage between us and you will need to book accommodation - we can advise on this. This will include staying in B&B or hotels.

Indicate if you are interested and I will contact you directly.

Contact Details: Dave Lawrence dave.lawrence@uclmail.net 07714 628507 020 8444 6285 Shared
From: London IVC



The content of this bulletin is copyright to **Association of IVCs (AIVC)** and may not be reproduced without the express permission of the copyright owner.