

## Ricky raises funds in Superman Style!

Ricky Nelmes decided that 2016 was the year he would set himself a humongous challenge to raise money for charity and decided on not one but two extremely difficult tasks:

- **The Cotswold Way Challenge**
- **SW Tough Mudder x 4 laps**

Ricky chose to raise money for NCSF and Parkinsons UK. The first of these two torturous treks was the Cotswold Way Challenge in June, which is a multi marathon event to run 102 miles in just 4 days! The event started with a 17 mile run on day one, which increased to a massive 28 miles on day 2. Day three was 24 miles which included running through his hometown of Wotton Under Edge, it must have taken so much will power not to go home to bed! The final day was a gruelling 33 miles which ended in Bath where Ricky was met by his wife Grace and mum Becky. Ricky reported on facebook afterwards, “2hrs ago I finished the best and toughest thing of my life, raised an incredible amount of money along the way, to top it all off 102 miles and smashed my way into 8th place”. What an amazing achievement, running all that way in all kinds of weather conditions is absolutely astounding!



As if this wasn't enough, Ricky took part in the South West Tough Mudder event which took place near Cheltenham on 20-21 August 2016. The course is over 10 miles and riddled with tricky obstacles such as ice cold water, electric shocks, barbed wire, tunnels and the mighty Everest to climb at the end! Ricky has completed a number of these events over the past couple of years, but decided to do the toughest thing imaginable and take part in 4 laps, 2 consecutive laps each day! Ricky was joined by friends and family both taking part in the event and cheering him on. Despite enduring a knee injury Ricky kept on going through pure determination and grit. He announced on facebook shortly after finishing “So that's it, over 40 miles, 2 busted knees and finally picked up my 10+ headband. Thanks to all that sponsored me, when all added up we should be around £3.5k. Big big thanks to all the guys for your support this weekend, could not have done it without you. For the record never again”. We don't blame you Ricky, what a great accomplishment, we are all extremely proud of you and can't thank you enough for choosing us as one of your charities to raise money for in this truly brave way! **WELL DONE RICKY!**

Ricky raised a mighty **£3377.50** (£1688.75 for each charity), which will go a really long way to helping families coping with cancer and Parkinson's.

**THANK YOU SO SO MUCH RICKY!**



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[thegivingmachine.co.uk](http://thegivingmachine.co.uk)

**‘Helping Parents Cope with Cancer’**



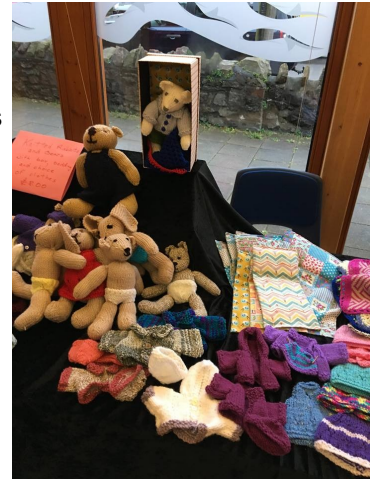
# Christmas Crafts creating cash!



Our annual Christmas Craft Fair was held on Saturday 19th November 2016 at Bradbury Hall Coffee Shop, Henleaze United Reformed Church. This popular event was another huge hit as fun was had by all and we raised a fantastic **£900!**

This year our extremely talented craft team knitted cute bears and bunnies with their own hand knitted clothes, blankets and beds. They were very popular and made lovely Christmas presents. The bottle stall sold out fast with people trying their luck at winning a bottle of wine!

There was masses of home baked goodies that were lovingly devoured with a cuppa! And plenty more Christmas gifts such as homemade chutneys, Christmas Cakes and Decorations all made by our clever committee members!



A massive thank you to Carole for her excellent organisational skills and many thanks to everyone that helped and to those that came along to see us.

Save the date for this year, it would be great if you could come along and join in the fun and pick up some gorgeous gifts, try your luck at the various games and competitions and relax with yummy home made cakes and bakes and catch up with friends. Our next event is at Bradbury Hall Coffee Shop, Henleaze United Reformed Church on **Saturday 11th November**.



## Santa Run Success!

Amy and Lauren Hunt took on the mighty 10k Santa run in Bristol on 3<sup>rd</sup> December 2016 and raised an incredible £750 for NCSF. Amy reported 'we both decided we would like to do a 10k after joining a running club in the summer following a conscious decision to get fit and healthy for Lauren's wedding which is taking place in march 2017. Neither of us had really done much running previously although we had attended bootcamp sessions a few times together last year. We thought the best way to commit to fitness was to sign up for an event that we could both get our teeth into and not pull out of; so we saw the Santa run advertised and decided that, as it was such a longer distance than we had ever ran before that we should sponsor ourselves to do it!

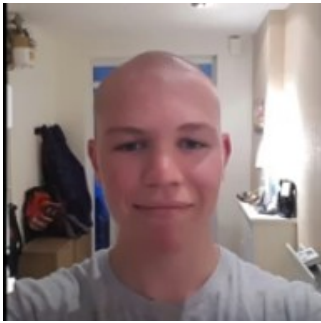
Amy continued to explain that 'Nicola Corry Support Foundation really helped our family last year following my husband, Shaun's (pictured below) Bone Marrow Transplant. We have a young son who was just about to start nursery just before Shaun was due to return to work and the help from your charity meant that we could afford to take him to nursery without Shaun having the added stress through his recovery of financial struggles. As a result, when we were deciding which charity to run for, both Lauren (Shaun's sister and Bone marrow donor) and I had no hesitation in running for NCSF due to the huge financial help you have given us.

Thus began a 5 month running programme which saw us both running come wind or rain most evenings through to the 10km Santa run in December which we finished together in just over an hour raising £750 between us in the process which we are immensely proud of'. And so you should be Amy and Lauren, this is an awesome achievement and we can't thank you enough for choosing us as your charity to raise money for during this amazing challenge! **THANK YOU.**

We are also honoured that we were able to help your family during an extremely hard time.



# More Fund Raising in 2016!



## Sam Braves the Shave!

In October, Sam Haydon who is Nicola's cousin, took on the extremely courageous challenge of having his head shaved for charity. He chose to raise money for NCSF and made the awesome sum of **£280!**

Well done Sam! We hope you had plenty of hats to keep you warm over the cold winter months!

## A Fitness Fun Raiser in Portishead!

On Sunday 20th November The Fitness Hub, a popular fitness centre in Portishead, held a Family Fundraiser!

This wonderful family event was great fun, there were superb taster sessions for both adults and kids plus a two hour spin class!! There was also a raffle and some yummy cakes, protein balls and a protein cheesecake!

It was a huge success and an amazing **£612** was raised on the day which was split between NCSF and another charity.



In addition to this event, NCSF also raised another £205 as our valiant volunteers manned a stall at Playzone and collected outside Sainsburys to raise awareness and guide people to The Fitness Hub! Thank you to both Sainsbury's and Playzone for giving us the opportunity to do this!

**WELL DONE TO ALL INVOLVED AND A MASSIVE THANK YOU FOR ALL YOUR HARD WORK AND SUPPORT!**

## Tasty Bristol Breakfast Triumph!

On 16th December, St Monica Trust chefs, Wogan Coffee and Total Produce hosted a delicious charity breakfast at the Bristol Fruit Market. On this chilly morning, this warm tasty treat hit the spot!

A whopping **£680** was raised. This will go such a long way in helping families coping with cancer. Thank you so much to all who supported this event.



With very small admin fees, almost all of the money raised through fund raising events is awarded through grants and given directly to families for financial support so they can focus on winning their battle with cancer. We could not do this without your help, so **THANK YOU** to everyone that has assisted in these fantastic events, see how you can get involved on the next page.



# How you can get involved.....



## **Come & join us at our upcoming events:**

**Teas on the Lake** on Sunday 5th March at Tortworth Lake, just off J14 of the M5 - stunning walk around the lake with refreshments which include hot & cold beverages, bacon butties plus plenty of homemade cakes and bakes.

**Charity Dinner** on Thursday 18th May at St Monica Trust, Bristol - a number of top chefs from Bristol collaborate to deliver a top notch gourmet 4 course treat!

**Charity Walk** on Saturday 8th July - 13 mile walk from Westbury-on-Trym to Keynsham.

**Annual Craft Fair & Coffee morning at Bradbury Hall Coffee hop, Henleaze United Reformed Church** on Saturday 11<sup>th</sup> November from 2 - 6pm. Join us at our popular annual event, there will be gorgeous hand made gifts, chutneys and much more. Take your chance in the raffles and lucky dip or just relax with a beverage and scrummy homemade delights!

**Keep an eye out for further info & more events on our website [www.ncsf.org.uk](http://www.ncsf.org.uk) and on our facebook page [www.facebook.com/Nicola-Corry-Support-Foundation!](http://www.facebook.com/Nicola-Corry-Support-Foundation!)**



**Share your creative skills with us i.e. knitting, sewing, chutney making and baking**



**Host your own event: cream tea, bake off, music gig etc.**



**Donate a raffle prize**



**Use our charity for sporting events and challenges such as marathons, walks, sky diving etc.**



**Choose NCSF as your charity of the year**

**Email us at [info@ncsf.org.uk](mailto:info@ncsf.org.uk) for further information and to request a fundraising pack**



**Join our lucky balls competition for just £5 a month and be in with a chance of winning up to £300 each game!  
The competition runs throughout the year,  
visit [www.ncsf.org.uk/lucky\\_balls](http://www.ncsf.org.uk/lucky_balls) for further information!**



**Come along and support NCSF United (Pink Panthers) who play on a Saturday, on Clifton Downs, you can't miss them in their bright pink shirts!  
Or you can follow them online; match reports by Colin Dawe.**

**'Helping Parents Cope with Cancer'**

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