

Fitness Frenzy for NCSF

NCSF have received an amazing amount of support in the last few months from budding athlete's competing in numerous events around the country. Raising outstanding amounts of money and awareness for the charity's profile. We report on a couple of these events below...

Tough Mudder

Our very own Chair, Julie Haydon, took part in the crazy challenge; Tough Mudder on Sunday 22nd September 2013.

Julie reported “It was an amazing experience and one that I won't forget in a hurry! Almost four hours of non-stop action involving 12 miles of thick mud, **extremely** steep hills and umpteen obstacles involving ice, electric shocks, heights, tunnels and water ... but the team camaraderie was amazing and we laughed a lot throughout! The finish line was amazing - I couldn't wipe the smile off my face for hours afterwards (and I still can't seem to wipe the aches out of my body!!)” Julie has raised £550 so far, which is amazing! Julie said “Thank you so much to all of you who supported me in doing the Tough Mudder by donating to NCSF. It really is appreciated and helped so much to keep my strength and determination up to complete the full course”.



The Rat Race

Ed Lindley participated in, "The Crossing". This was a VERY challenging 3 day off-road mountain bike event cycling from West to East coast via 3 National Parks, passing through the Lake District, the Yorkshire Dales and the North Yorkshire Moors.

Despite a gruelling 3 days in very hot weather, Ed triumphed and completed The Crossing - many dropped out but Ed persevered and what is more raised £725 plus Gift Aid for NCSF.

Well done Ed... Many thanks for helping NCSF

Others include;

Rich Allen - Iron Man, Sarah Saleem - Dance, Lynsey Hurst - Cheltenham Half Marathon, Ben Kelly - Bristol Half Marathon, Stephen Pearce - Sportive Cycle Challenge, Fran Trueman - Tough Mudder, Wayne Bateman - Stroud Half Marathon, Anna Clarke - Portishead Half Marathon, Lucy and Freya - Tough Mudder plus other events.

THANK YOU SO SO MUCH, YOU ARE ALL AMAZING!!

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Have these
people inspired you
to get fit in the
New Year?
If so, why don't you
sign up to a
challenge and raise
money for NCSF!

Donate securely with



‘Helping Parents Cope with Cancer’

Fundraising in 2013

Our fundraising events have continued to be a great success throughout 2013, thank you to everyone who has helped and supported us, your continued generosity is helping NCSF go from strength to strength.

Summer Ball Spectacular

Five members of the Kingswood Village Association in Gloucestershire decided they wanted to host a Summer Ball, which they wanted to do as a charity Fund Raiser. They kindly selected NCSF and another local charity 'Raising for Raj'.

Tori, Dave, Judi, Pete, Katie and NCSF member Shona, formed the Kingswood Ball Committee and worked together to throw the first Black Tie Charity Summer Ball in Kingswood in a long time. The Ball took place on Saturday 13 July in a marquee on the Kingswood village playing field and was attended by over 210 people. It was a wonderful, hot, summer evening where the guests enjoyed a bubbly and canapé reception, a feast of Salmon, Chicken, salads and hot potatoes topped off



with a trio of delicious desserts and cheese and biscuits with entertainment in the form of games, a photobooth and dancing to a live band. NCSF would like to say a MASSIVE Thank you to the Ball Committee for an amazing event, which raised £995.42, which was then doubled by Adobe, which meant both charities received this fantastic amount. Many thanks also go to members of The Kingswood Village Hall, who worked extremely hard on the bar all evening in extremely hot conditions and Sarah Beale Catering for her fabulous food plus everyone who generously gave donations for the auction and raffle. It was a truly magical evening, thank you to everyone that joined us, we look forward to the next one!



Chariots of Fire

On Saturday 22nd June, NCSF set another 'Fit Challenge' to raise funds. This Cheddar Chariot Challenge was to get from Cheddar to Sandford in teams by chariot, this meant at least one team member had to be travelling on wheels! There were three route choices; **Large (10 miles)**, **Medium (8 miles)** and **Small (3 miles)**



Approximately 50 people of all ages took part in this crazy challenge and the chariots used ranged from the more conservative forms of transport such as bikes and buggies to the outrageous - an office chair, grass covered wheel-barrow, suitcase and shopping trolley! Prize for most innovative chariot went to the 'Portishead Princesses' who made a beautiful pink carriage out of an old wooden cart and prize for the most ridiculous when to 'Basket Madness' who used a washing basket!! This withstood a passenger, for the whole 10 miles!



Special thanks go to Julie Joyner and The St Monica's Trust at Sandford Station for organising the refreshments on the day and to Tom Withey for cooking the BBQ in the evening and a massive thanks to Julie Haydon and Ian Joyner for organising the whole event.



Well done everyone who took part in this fantastic fun day. The event has raised a tremendous £1000 so far, which is incredible – Thank you!



Where the money goes...

Your kind support and fund raising enables us to offer grants to families coping with cancer. We are delighted to offer help so we can make life a little easier for people going through this extremely hard battle. We have included a few thank-you notes we have received



Dear All at the Nicola Corry
Support Foundation,

We would just like to
say a massive thank-you for
the cheque you sent us this
week. We cannot wait
to see the children's faces
when we take them to
Thomasland.

We would like to purchase
one of 'Alfie's Cuddles'. Please
could you tell me how we
do this?

Thank you again,

A Welfare Officer at Macmillan, sent us the following message;

"You are absolute life savers, our Team here admire the work you do as this is a niche specialism not covered by other sources. It will mean the world of difference to this family who have been under exceptional pressures and will greatly alleviate a lot of their anxieties. Your award will have huge beneficial impact. Again many thanks for your kind consideration of our application".

This is a huge compliment coming from Macmillan, which is an amazing charity—Thank you!

Many many thanks for your
generous support to our family.
We have just returned from a
respite break with family in the
U.S. It was a wonderful time, and
met our aims very well. It could not
have been possible without your
support.



The Stake's are Higher! Join our new Pontoon

Our Football Pontoon has changed and now runs all the year round using the results from the UK football in winter and Australian football in the summer.

Each game gives you a chance to win up to £300 and the cost to join is only £5 per month - this gives you a chance to win some money and contribute to a worthwhile charity.

50% of the income goes to the charity the rest to prize money. The more members we get the bigger the prize

How it works....



Teams from Premiership and Football League + our very own NCSF United



First team to score exactly 21 goals wins



Teams allocated to members for each pontoon game by draw



Prizes are won every time a team scores a exact total of 21 goals



Each pontoon is run for a maximum of 10 weeks, if no team has exactly 21 goals then the highest will be paid up to £300!!

You can pay through our JustGiving facility, or set up a Standing Order. Please visit www.ncsf.org.uk/pontoon for further information and to join!

Other ways you can help out.....

- By sharing your creative skills with us. e.g. knitting, sewing, cooking, jewellery.
- By hosting your own charity event e.g. Cream tea, swishing, gig etc.
- By joining the football pontoon. Only a fiver a month!
- Use our charity for your sporting events e.g. half marathon. 10k Runs , cycle rides etc
- Donate a raffle prize.

Or, there are many other ways in which you can help. If you would like to help, or to find out more information please complete this form and return to 3 Somerset Close, Kingswood, Wotton Under Edge, GL12 8RQ or email info@ncsf.org.uk

Name:.....

Tel:.....

Email:.....

****Please contact us if your details have changed, so we can update our records. To save impact on the environment we would like to send future Newsletters via email where we can, please forward your email address to mary@ncsf.org.uk to make this possible****



Costs nothing! **PLEASE** sign up at www.thegivingmachine.co.uk. It's now even easier! TheGivingMachine have now launched a clever little app for IOS products. When you visit the site using your ipad or iphone you'll be given simple instructions on how to download it in one click.
An average 'Active' Giver generates between £30 and £50 per year when they shop online at their favourite stores, AT NO EXTRA COST!!

'Helping Parents Cope with Cancer'

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