

Welcome to May's newsletter. Please read on to find out what we've got coming up...

Fundraise for Maggie's:

Do you love cooking, enjoy sport, like a good cuppa tea, love music or perhaps you have an important celebration coming up? If so, we think you'll want to get involved in **Fundraise for Maggie's**. We've just launched some new packs to help you with your fundraising including:

- **Food for Maggie's**
- **Sport for Maggie's**
- **Tea for Maggie's**
- **Music for Maggie's**
- **Celebrate for Maggie's**

There is something for everyone and our packs will provide you with the materials to help you make your fundraising a success. Visit www.maggiescentres.org/fundraiseformaggies for more info on how you can get involved. Thank you!

Don't forget to follow us on Facebook and

Twitter: To follow us on Facebook, visit www.facebook.com/maggieslondon and to follow us on Twitter go to www.twitter.com/maggieslondon. This will let you keep up-to-date with everything we are getting up to at **Maggie's London!**

Gold Challenge.. Have you ever wondered what it would be like to try an Olympic or Paralympic sport? Gold Challenge is a new and exciting fundraising event that will encourage you and your friends, family or colleagues to take on a range of Olympic or Paralympic sports whilst raising money for **Maggie's**! You can participate on your own or as part of a team and choose to take on 5, 10, 20 or 30 sports such as Basketball, Gymnastics, Boxing, Tennis or Sailing. Completing a sport will involve either taking a training course (for beginners) or competing in a match/tournament (for the more experienced). Whatever your fitness level there are a range of sports and levels for you to get involved in, while raising vital funds for **Maggie's**.

Maggie's Cancer Caring Centres is a registered charity, no: SC024414

For more information, or to register, visit www.maggiescentres.org/goldchallenge.

Maggie's London Night

Hike... Beautiful buildings (including **Maggie's**) & hot tea & horse guards & gospel choirs & tired legs & wide eyes & hope. 2011 London Night Hike registration is now open:

www.maggiescentres.org/londonnighthike.



Our fabulous swim-a-thon team..

A big thank you to Maya, Karen, Roaya and everyone who was involved in the swim-a-thon that they organised. In total, the team swam over 58 miles and raised a massive £35,484.01. Below is a picture of some of the swimmers and supporters at **Maggie's London**. Thank you to everyone who took part – an amazing achievement! If you'd like to organise something similar, you can download our **Sport for Maggie's** fundraising pack by visiting www.maggiescentres.org/fundraiseformaggies.



maggie's

May 2011

Run the British 10k for Maggie's London..

We're looking for people to run the British 10k on **Sunday 10 July** to raise money for **Maggie's London**. Registration fee is £29.50 (£35.40 if you require a chip) and we ask runners to raise an additional £250 sponsorship for **Maggie's**. In return we'll give you lots of advice and support, a running vest and the chance to visit our centre and see just how much of a difference it makes to the lives of people affected by cancer. To register, visit www.thebritish10klondon.co.uk and then click on the 'Individual Event Race' tab.

adidas Women's 5k

Challenge... Ladies, why not sign up to the **women's 5K on Sunday 11 September 2011** for **Maggie's London**? Entry fee is **£15** (£5 of which you can choose to go towards **Maggie's**) and we can give you the support to help you raise even more money. To register your place, visit www.womenschallenge.co.uk/onlineentry/register/1/ **Maggie's** isn't on the list of charities but there is a section where you can fill in the details of charities that aren't in the main list. Simply put our contact details in: **Maggie's London**, Charing Cross Hospital, Fulham Palace Road, London, W6 8RF and the £5 will come to us. For more info, contact me on **020 7386 1753** or email me.

Maggie's Welcome Hour...

We hold regular one hour events at **Maggie's London** where there is a chance for people to hear about what we do, look around our centre and meet the team. For more information and to find out when the next events are, call **020 7386 1753** or email pippi.reader@maggiescentres.org.

A big thank you to:

- **Jennifer Jenks** for organising a Royal Wedding Street party and raising £1,215 for **Maggie's**
- **Dr Albert Wander Charitable Fund** for donating £4,475.
- **St Swithun's School** for raising £153 in their recent spring concert for **Maggie's**
- **Charity Kendo Championship** for raising £595.36

- **Bryn Thomas and William Baynes** for raising £6,500 in their marathon for **Maggie's**
- **The River Cafe** for raising £3,736.

Don't forget to:

- Join our **Maggie's London** Facebook group by visiting www.facebook.com/maggieslondon.
- Follow **Maggie's London** on Twitter: www.twitter.com/maggieslondon
- Make a regular gift to **Maggie's London** – visit <http://www.maggiescentres.org/donate/regular>
- Make a one-off donation to **Maggie's London** – visit www.maggiescentres.org/londonfundraising.
- Support **Maggie's** through the **People's Postcode Lottery** - www.postcodelottery.co.uk
- Exchange unwanted CDs or DVDs for cash for **Maggie's London**. Call **020 7386 1753** or email pippi.reader@maggiescentres.org.

Dates for your diary:

- **Monday 30 May** – Bupa London 10k. See above for more info.
- **Sunday 10 July**: British 10k. See above for more info.
- **Sunday 11 September 2011** – Adidas Women's 5K Challenge. Info above.
- **Sunday 18 September** – Bupa Great North Run.
- **Friday 16 September** – Maggie's London Night Hike. Info above.

And finally, please do get in touch..

Let us know what you've been up to, to get involved or to arrange a visit to the centre, my contact details are:

Pippi Reader, **Maggie's London**, Charing Cross Hospital, Fulham Palace Road, London, W6 8RF.

Tel: 020 7386 1753 (fundraising line)

Email: pippi.reader@maggiescentres.org

Facebook: www.facebook.com/maggieslondon

Twitter: www.twitter.com/maggieslondon

Best wishes,
Pippi

If any of your details are incorrect, if you would prefer not to receive this newsletter in future or if you would rather receive paper-copies, please let Pippi know. Your comments on content are also most welcome.