

Welcome...

Thank you for all your continued support and enthusiasm for building our much needed Maggie's Centre for the people of the North East. We have a good start to 2010 with lots of fundraising events, which also have the advantage of creating awareness for everyone you ask to join in.

How will Maggie's North East help us?

Maggie's North East cancer caring centre, will be built at the Freeman Hospital in Newcastle, in very close proximity to the newly opened Northern Centre for Cancer Care.

Maggie's will be available to us all, irrespective of which hospital is delivering diagnosis or treatment. Free of charge and operating a drop-in policy, Maggie's is the missing link in cancer care in our region and will support people from the moment they receive the devastating news of their diagnosis of cancer, during their treatment and for as long as they feel the need.

The unique and innovative programme will offer practical information on cancers and treatments, emotional support relaxation techniques and stress management to people with cancer. People will be able to easily have one-to-one sessions with psychologists or join group therapy.

There will be nutrition classes, benefits advice will be available and a library of information to access. To help with stress, tai chi, relaxation and stress management classes will be included in the programme of support. Or perhaps people will just take the opportunity to feel less isolated and alone and have a cup of tea and talk with other people who are facing the same challenges a diagnosis of cancer brings. For a comprehensive overview, please [click here](#)

A big thank you...

To everyone who has organised an event or sent in a donation. Your enthusiasm and support are very appreciated to help us raise

those vital £'s to build our centre. To see our updated list of donors on the Chronicle Website [click here](#)

Maggie's Merry Messages

Ward Hadaway asked their employees to donate to Maggie's North East in lieu of sending each other Christmas Cards. Including Gift Aid, they raised an incredible £376.28.

Metro Centre Staff kindly agreed to use our Merry Messages poster and raised £110.17.

Northern Rock Savings Department donated £145 in lieu of sending each other Christmas Cards on Maggie's Merry Messages.

Cup & Cake, Gateshead customers donated £21.04.

NRG employees used Merry Messages to send their seasons greetings to each other and donated £25.

Hoults Removals staff sent £14.46 from Merry Messages.

N B Group staff have donated £48.77 wishing their colleagues a happy festive holiday.

National Probation Service, Byker elected Maggie's to send their donation of £30 in lieu of Christmas Cards.

Athol Stewart for organising the Burns Burns lunch at the Corner House, Jesmond on Sunday 31st January. This incredible lunch was supported by many of his Masonic Lodge friends based in Edinburgh.

Sarah Ross' annual Elvis Night raised £320.51 (including Gift Aid). Generous friends joined Sarah in memory of her much loved and missed Sister, Marion, whose favourite singer was Elvis. Marion, her Mum and Sarah visited Maggie's Edinburgh as a family after Marion's diagnosis of cancer and found the warm, homely environment a breath of fresh air.

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North East fundraising bulletin

Kevin Cole has raised a fabulous £665 from the 2009 Great North Run and has kindly promised to run for Maggie's North East in 2010.

Ellen's Cosmetics: Grace and her staff have been asking customers to donate their loose change to Maggie's North East and have raised £220. Ellen's Cosmetics understand only too well the heartbreak of cancer and help many patients by supplying eyebrow pencils, false lashes and soothing cosmetics specifically designed for the delicate, reddened skin often associated with Chemotherapy.

Bob Brabon and colleagues of St Hilda's Art Class in South Shields have raised a further £280 from selling pictures, taking their total to date £820.



Brampton, Cumbria Splitz Show 2009 chose Maggie's North East as the beneficiary of their 2009 show. Judith Irving teaches classes in both Hexham and Brampton and she explained that dance can be helpful to all fitness levels. She wanted to support Maggie's because she recognises the programme of relaxation and gentle exercise is very important to emotional wellbeing and will be of huge benefit to people as they face a diagnosis of cancer.

Pictures of your events?

Did you have a great time fundraising to build Maggie's North East? Did you take some photos you would like to share with everyone? [Click here](#) and up-load your photos onto ChronicleLive.

Forthcoming Events

Keep Up to Date on Maggie's North East Website

[Click here](#) to see the dates of our latest list of fundraising activities.

Monday 15th February **Coffee Morning 10am – noon, Waves Hairdressers, Albion Road, North Shields** (tel Jeannie Jewitt on 0191 2964243).

Friday 5th March 2010 (7pm) "**A Night for Maggie's**" featuring "The Happy Cats" Wardley Legion Club, Gateshead. Tickets £10. Please contact Neil on 0771 7777385 www.eventrite.co.uk

Saturday 6th March 2010 7.45pm St Andrew's Church, Corbridge. Music by Bach and Haydn **Join Members of The Sinfonia Chorus, Newcastle Bach Choir and Hexham Orpheus Choir, with an invited orchestra led by Julia Boulton and Conducted by Glenn Davis.** For tickets contact Janet Davies (01434 321063) or purchase from Forum Books, Corbridge or on the door on the night.

Friday 26th March: Our first ever "**Love Maggie's Day**"

Do something you love or do something for someone you love and raise money for **Love Maggie's Day**. This could be anything from a spring clean and then having a car boot sale or selling unwanted items on ebay, to holding a five asides match, hosting a tea party or simply sending a special card to a loved one or making a donation.

A Northumberland Street Collection has been organised for March 22nd/23rd/24th/25th. If you can volunteer for an hour, a day or days, your help would be very appreciated. Please ring Denise 0191 5438036

Please click into Facebook for further information

<http://www.facebook.com/event.php?eid=262732152313&ref=mf>

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North East fundraising bulletin

Saturday 24 April 2010, Putting on the Ritz
Wallsend Memorial Hall in Station Road for an evening of the Golden Age of Hollywood. Tickets are £25 and are available from [Shirley Smith](#) call 0191 2802377 or mobile 0798 1024843. *If you can help with donations for the raffle, Shirley would be delighted to hear from you.*

Sunday 25th April 2010: Virgin London Marathon 2010 - Own-Place Runners
Were you were lucky enough to secure your own place in the London Marathon 2010? Why not make your miles matter by running and fundraising for Maggie's. We would love to have you join our Maggie's Running Team and take on the challenge with us! Claire ran the London Marathon for Maggie's:

"Two days after the marathon I ached from head to toe and still didn't feel human, but wow what an experience! I am so pleased to have completed it and we could not have asked for the cheering staff from Maggie's to be better positioned, the thought of you being a few miles away kept us going!"

We'll provide support and advice on fundraising, training and preparation for the big day plus a training t-shirt and running vest. Maggie's Events Team will be there to cheer you along the route and congratulate you at the finish.

Please put your ballot place to good use and support Maggie's call Aisla on 0207 386 3506 or email aisla.cullen@maggiescentres.org

Sunday 6th June 2010 – Heritage Walk

Thursday 10 June 2010 - Skydive with the Red Devils for Maggie's North East



Do you want to jump out of a plane with the Red Devils to raise money for Maggie's North East? On 10 June 2010 we hope that 20 supporters will be able to do just that!

The Red Devils are the official parachute display team for both the Parachute Regiment and the British Army.

Bookings can be made on line by [clicking here](#)

Local Business Support

The support of our local business community and the nomination of Maggie's North East being the chosen charity is always appreciated.

Nisa-Today's or Costcutter independently owned supermarkets near you are running a scheme "Making A Difference – Locally" where the Store Owner, through the sale of certain products, receives a donation to give to a nominated charity of their choice. Could you promote Maggie's North East? To find out more details [Click here](#)

Join our Facebook page



Thanks to the help of our supporters, we now boast over 400 friends. Your help in

increasing this number is very important and appreciated to help us inform people about Maggie's North East and the fundraising our community is undertaking to make this happen.

Support Maggie's by signing up for our fundraising events

Monster Bike and Hike Saturday 1 and Sunday 2 May 2010

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North East fundraising bulletin

Leg hammering, heart pounding, breath catching ... if you think you're ready for a challenge, to have fun and take on the best charity adventure challenge in the Scottish Highlands, then Monster Bike and Hike is the one for you. Over 550 people are already registered for the event - will you join them [click here](#) .

NRG employees enjoyed Monster so much last year, 16 of them have signed up to take part in this year's event. We'll keep you up to date with their challenging training and fundraising schedule.



Team 1: **HELL'S BELLS** - Sarah Bell, Sam Wall, Paul Willard & Dawne Coulter.

Team 2: **NRG THUNDERCATS** - Liam Paddison, Lorna Madden, Megan Lara, Sam England, Adam Wright & Iain McCulloch.

Team 3: **WALLA WALLA WEASAL WACKERS**: Patrick Lonergan, Roger Burn, Natalie Floyd, Natalie Moyles, Chris Murray & Simon Critchley.

Maggie's Online Centre

If you know of someone who needs help to come to terms with a diagnosis of cancer, please pass on details of our on-line Maggie's Community. Patients, Family and friends can log into Maggie's Online Centre where they

will find a welcoming and supportive community which is:

- Free to join
- Open all day, every day
- Enables you to meet people and share experiences of living with cancer
- It provides a safe and accessible environment
- Download programme advice and get support on living with cancer

To visit the website please [click here](#).

The People's Postcode Lottery

The winning postcode for PPL this week is in Peterlee. To date The People's Post Code Lottery have donated over £74,000 towards Maggie's Centres.

If you would like to play they can visit www.postcodelottery.co.uk.

Chronicle Web-site

For a catch up on articles written by our campaign champions, the Newcastle Evening Chronicle, please [click here](#)

E: denise@maggiescentres.org.uk

Best wishes

Denise

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If any of your details are incorrect, if you have any comments on content or should you prefer not to receive this newsletter in future please [email me](#).