

## Cherie Conquers the Cotswolds

Cherie Franklin, a friend of one of the families NCSF have been able to help, decided she wanted to raise money for us by challenging herself to walk the rugged terrain of the beautiful Cotswold way. In May Cherie completed the 5 day experiences and shares her story with us;

“The idea started when a dear friend of mine needed support and help from the Nicola Corry Support Foundation during a tough time for her and her family. Giving something back seemed to be the best thing to do. Raise awareness and money at the same time.

On 1st of May I set off from Chipping Campden in the Cotswolds on the start of my 105 mile challenge. Walking poles in hand and supplies in my backpack, I headed up the high street slightly anxious about the long days ahead. My OS map became my bible and good footwear, my saviour.

The Cotswolds are very hilly and spectacular. With views across Gloucestershire and Bath including Cleve Hill, Birdlip, Coopers Hill (the cheese rolling one) Stinchcombe and Landsdown. Each day ended with stretches, ice bath, cold cider and a quick leg massage. Good Job I'm a sports therapist.

*Enjoying a well deserved break, taking in the glorious view*



Highlights included a fried egg roll in roadside diner near the Air Balloon Inn, a pick pocketing horse in Winchcombe and woodland treasures such as blue bells and cowslip.

What an amazing 5 day adventure"

Cherie has raised an outstanding **£1843** so far, we can't thank Cherie enough, what a truly inspirational lady! **THANK YOU!!!**



*Cherie raring to go....*

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Has Cherie inspired you? Do you want to get fit in the New Year? If so, why don't you raise some money for an amazing cause at the same time and sign up to a challenge and raise money for NCSF! Email [admin@ncsf.org.uk](mailto:admin@ncsf.org.uk) for a fund raising pack.

Donate securely with



### Awards from Adobe

A **MASSIVE** thank you goes to Tori Lavery for putting us forward to Adobe for their funds match scheme. In 2013, NCSF were awarded a place on Adobe's charity fund matching scheme and so far NCSF have received an incredible **£3912** from Adobe who have matched what we have raised during our events.

**THANK YOU!!!**

‘Helping Parents Cope with Cancer’

# Summer Sporting Success

An increasing number of people are choosing NCSF to raise money for during their sporting challenges, fund raising events and lifetime achievements, thank you to everyone that has selected us as their charity.....

## Big Al's Tour de France

On 26th July Alan Otieno set off on his push bike from Kingswood Bristol heading towards the channel to France.

Alan's epic journey was a total of 314 miles from Bristol to London, Dover, Calais, Boulogne, Abbeville, Rouen, Trouville, Bayeux, Caen, Portsmouth and back to Bristol on 1st August! Alan endured a number of different terrains and survived a tough time on day 2, when the cog on his bike broke and he was forced to get a taxi back to Rouen to get it fixed.

Unfazed, Al continued on his journey and successfully completed his trip with big smiles, even though he had a slightly sore backside!

Well done Al, what an amazing achievement and a huge thank you for raising a colossal amount of **£900** in sponsorship.



Alan leaving home on his gallant trip

## Bristol 10K



On 11th May, Julie-Anne Demase and two of her work colleagues at Nisbets, Vicky and Andy ran the Bristol 10k.

It was a miserable day, but they all ran the course with ease in fantastic times and raised a great amount of £609 for NCSF. THANK YOU!!!

If you are a member of a running club, or an individual runner, we would be very grateful if you would consider selecting NCSF as your chosen charity when competing in local events.

Thank you for all the things you have done,  
You have helped us quite a lot.  
Because if we didn't have you,  
We would have lost the plot.

Your support is a great help to us,  
and that we appreciate.

Thank you all so very much.  
You are really great!

Thank you for all the joy,  
That you ~~are~~ given our family.  
Thank you for everything,  
Now we are really happy.

But most of all just thank you,  
For plainly being there.

You all are awesome.  
To you there is no  
compare.



## Where the money goes

The money raised at these amazing fund raising events, through corporate awards and kind donations, goes to young families coping with cancer.

NCSF are able to help families through monetary grants so they can forget the everyday struggles and focus on getting better.

We received this gorgeous poem from a girl whose mum has been diagnosed with cancer and is currently undergoing treatment.

We were able to help them with money for Christmas, childcare and general bills, which has helped them focus on their battle with cancer.

We also received a beautiful letter from the girls mum, thanking NCSF for their help. We wish them all our love and best wishes during this difficult time.

If your family is facing the same battle or if you know of any family that are coping with cancer and can benefit from our help, please visit our website; [www.ncsf.org.uk](http://www.ncsf.org.uk) for an application form.

# Cream Tea Craziness

NCSF continued with their renowned Cream Teas this summer, why not join in the fun next year or even host your own, email [admin@ncsf.org.uk](mailto:admin@ncsf.org.uk) for further information.



## Cream Tea at Carole's

Carole hosted another successful Cream Tea at her house this summer, fun was had by all whilst consuming scummy cream teas and other homemade goodies.

They raised **£164** and promoted NCSF to a number of new neighbours and friends.

## Portishead Party on the Green

On Saturday 26th July, Claire and Kate organised an amazing event on the green in Wren Gardens, Portishead. It was an extremely warm day and loads of people ascended on the green to enjoy a cream tea, elderflower cordial, cakes and bakes sale, children's games, face paints and tattoos plus lots more. Whilst the event was taking place the NCSF football team were playing a friendly and came back to join the party which ended with a delicious Hog Roast. It was an amazing day and the events collectively raised an enormous **£1065—WELL DONE** to everyone involved.



## Cream Teas on the Lake

On Sunday 3rd August, the Kelly Girls held a Cream Tea at Tortworth Lake.

This beautiful setting plus great weather attracted a huge crowd who enjoyed the scrumptious home cooked delights.

They raised a fabulous amount of **£757**, well done for all your hard work and thank you to everyone that helped and came along on the day.



# Come and join us, in the Fundraising Fun!

There are lots of ways you can help us raise money, see below for upcoming events and fundraising ideas.....



Use TheGivingMachine for your online Christmas shopping - see below ....



Keep an eye out for events in 2015, will be announced at [www.ncsf.org.uk](http://www.ncsf.org.uk) soon...



Share your creative skills with us; 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; marathon, walks, sky diving etc.



Choose NCSF as your charity of the year



Join our Pontoon for just £5 a month....

Our Pontoon runs all year, so you can join at any time. Each game gives you a chance to win up to £300!



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.

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



Costs nothing! **PLEASE** sign up at [www.thegivingmachine.co.uk](http://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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