

Kath's Mighty Marathon Success

Our very own member and former Trustee, Kathryn Lock, completed the London Marathon in an amazing 5hrs 40mins on Sunday 21st April 2013. Kathryn, who is one of the original founders of the Nicola Corry Support Foundation has run the Bristol Half Marathon 3 times but fancied a bigger challenge this year!

Kathryn followed the strict training guidance provided by the Marathon organisers and built up her strength and stamina in 4 months, which meant she was able to complete the gruelling course, Kathryn says “I had a fantastic day, great experience and I am extremely grateful for everyone’s support and sponsorship. NCSF and BAKPA are two amazing local charities helping relieve a little stress from people when they are already experiencing a difficult time” Kath has raised an outstanding amount of £2700 so far, which will be split between the Nicola Corry Support Foundation and The Bristol Area Kidney Patient Association, in memory of her Dad, who sadly passed away 1 ½ years ago.

Kath’s sister Shona adds “I was standing at the 25 mile mark, with my Mum and Kath’s husband, so Kath had just one mile to go, we spotted her through the mass of runners and she came over to give us hugs, I was beaming with pride, she looked as if she had just been for a walk in the park, it was such an honour to see my little sister complete the Marathon, my Dad and Nic would be so proud of her”. You can still donate money for Kath’s almighty achievement by logging on to <http://www.justgiving.com/KathrynLock>.



Kath at the finish, showing off her well deserved Medal

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Partying Hard in Portishead



On Saturday 16 March, Portishead premiered a very successful music gig, raising a brilliant £915 for NCSF. Held in the Workman's in Portishead who kindly donated their facilities free of charge, three different local acts took to the floor, entertaining over 150 guests ranging from ages 10 through to 80!

To kick off the evening Grace Martinson and Abbie Taylor (also on her acoustic guitar), both only 16 years of age, sang a variety of numbers, some written by themselves, ending with a perfect rendition of "I dreamed a dream".

This was followed by 'Taking Chances', a three piece pop punk band, all of whom are currently students at Gordano School.

Finally, 'Fake Republic' got everyone singing and dancing to their covers spanning five decades!

Huge thanks must go to all these artists who performed free of charge; and massive thanks to Charlotte and Ian Joyner for organising the whole event. Thank you too to all who donated raffle prizes. A fun night was had by all!



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‘Helping Parents Cope with Cancer’

Registered Charity No: 1114679

Fundraising in 2013

We have had lots of fun events already this year, a massive thank you goes out to everyone that has helped and come along to join in! Look out for upcoming events on our website; www.ncsf.org.uk

A Night out at the Races

We are delighted to announce that the Bristol County Conservative Club has chosen us as its charity of the year for 2013.

On Friday 19th April the Club in Bishopston, Bristol, held its first event on behalf of the NCSF; a Race Night! It was a very successful and enjoyable evening, a great way to start off the fundraising!

Over 100 people visited the charity race night where they enjoyed an evening of fun, food and investment! A buffet was provided by Dalton's butchers, and the club's master of ceremony ensured the evening ran smoothly.



Eager Punters, queuing up to place their bets.....

The club employed a professional firm to organise the tote and eight races. After the races there was a raffle raising over £400 which on the night contributed to an encouraging total of £1,492. Needless to say, this amount will go towards an ever growing total the club wishes to raise throughout 2013.

Alan E. Gunter, the Chairman of the Bristol County Conservative Club wishes to thank those who generously contributed to a very successful evening and hope they will be able to attend and enjoy the next charity function which will be held during the summer.



Cream Tea Crazy

The sun was shining again for the Kelly Girls at their Cream Tea, which was held on the green in the Chipping, Kingswood, Wotton Under Edge on Saturday 1st June 2013.

Many people turned up for the scrummy cream teas, wonderful home made cakes and a go on the raffle. £270 was raised.....Thank you to everyone who helped, baked and ate!

Contact us for information so you can hold one of your very own Tea parties next year!



SWISHING

Our swishing events are still proving to be popular, we have raised over £500 so far this year. You take along unwanted items to swap with other people's whilst enjoying good company, sipping on tea and munching on cake!!

We are planning to organise a larger event next year which will focus on Children's clothes and toys as these items are generally recycled on a more regular basis. Further information to follow soon.....

Where the money goes...

Your kind support and fund raising enables us to offer grants to families coping with cancer. We have outlined below just a handful of the grant applications we receive, how we were able to help and thank-you letters from the families.....as you can see, we can make life a little easier for people going through this extremely hard battle.

Circumstances;	Provision granted;
<p><u>Family A</u> A lady with Hodgkins disease requires a bone marrow transplant and requires help with child care for her 5 year old son.</p>	<p>After School Club £32.50 a week, holiday club £92.00 a week for September 2012—July 2013.</p>
<p><u>Family B</u> A young mother with breast cancer with a daughter aged 31/2 years old.</p>	<p>£7.60 for 2 hours a week child care while she receives treatment for 15 weeks.</p>
<p><u>Family C</u> Mum has stage 3 Hodgkin's lymphoma and requires child care for her 2 year old son.</p>	<p>4 x 2.5 hours @ £35 a week for 6 months.</p>
<p><u>Family D</u> A lady with a rare aggressive cancer, who is still on maternity leave, with her son who is now 8 months old. Needing child safety equipment.</p>	<p>£250 towards car seat, stair gates etc..</p>

From June 2012—May 2013 we were able to give an amazing sum of £10,704.00 of grants to families.

Thank you's...



"I wanted to write to thank you for the assistance that you provided recently for my family.

My husband has Mantle Cell Lymphoma and had to go to Derriford hospital from our home in Cornwall for a week for a stem cell transplant.

Your kind grant meant that my five month old daughter and myself could stay at the lodge a few minutes away from the hospital, and spend time with my husband during this horrifically stressful time.

It is not only the financial support that helped, but the knowledge that someone out there feels for our situation and is willing to help".

Generous Donations

£1000

received from the Bristol Brunel Lions



We would like to give a huge thanks to the Bristol Brunel Lion's Club who presented us with a cheque for £1000, this was due to them choosing us as charity of the year! Fab result- thanks to Wendy Gunter for putting us forward and to those that helped with the Christmas float collection!

£2000

received, from a family we supported, they enclosed the following letter;

Please find enclosed a donation for the Nicola Cory foundation from Bristol Adult Leukaemia Support.

I was diagnosed with Acute Lymphoblastic Leukaemia October 2008 at that time my two boys were aged 2 and 4. I under went chemotherapy and other treatment for over a year. During that time the Nicola Cory foundation helped me and the boys significantly by providing some money so that my youngest son could attend nursery more whilst I had my treatment. This meant I had one less thing to worry about, at what was a very awful time in all our lives.

Since my remission I have been involved in the Bristol Adult Leukemia Support Group. This was set up to help young people(age 20-40) with leukemia in terms of both practical help and emotional support. The group managed to raise some money through sponsored events and support of Bristol Rotary. We are now in a position to send some of the funds to your foundation as a way of saying thank – you for all the work and help you provide.

How Can you 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 price.**

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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