

LOOK EAST - DEMENTIA UK



Jeanette Gregory & Hope Duncan

WELCOME...

Thank you to everyone who has contributed to this newsletter. It's a brief round-up of your recent fundraising activities supporting the Everyone Active Dementia UK campaign. Please do get in touch and share your success in future issues.

Martin Bishop, Director of Fundraising and Engagement at Dementia UK, has sent you the following message of support. He writes:

"We are so grateful to everyone that has taken part in raising crucial funds for Dementia UK.

"One in two of us will be affected by dementia in our lifetime. It can be exhausting and overwhelming, not only for the person with dementia, but also for the people caring for them.

"Thanks to the continued hard work of the amazing fundraisers at Everyone Active, more families than ever will be able to access the life-changing support offered by our dementia specialist Admiral Nurses."

BAKES & INFLATABLES!

»»» TIDDENFOOT

Tiddenfoot Leisure Centre boosted their Dementia UK fundraising activities by £450 with a Bake Sale and Inflatable Session. Centre Dementia Champion, Jeanette Gregory said: "The Bake Sale on 21 July was a great team effort with 11 members contributing to the making of the cakes. Our Inflatable Session on 24 July was full with 30 kids getting involved."

215-MILES ACROSS SCOTLAND

Over six months training is drawing to a close for Craig Allen, Regional Commercial Manager. At 6am on Saturday, 12 August, he will start the epic 215-mile Race Across Scotland along the Southern Upland Way for Dementia UK. Craig is hoping to complete this single-stage ultra-running event in around 60 hours.



Craig Allen

SINGING FOR DEMENTIA UK

LOFTUS LEISURE CENTRE

Loftus Leisure Centre hosted the Prestonwood Student Worship Choir from the United States as part of its Family Fun day for Dementia UK on 15 July.

The event, attended by around 200 people, raised £540 for the charity. Featuring the gospel choir, from Dallas, Texas, which was touring the north of England and Scotland as part of its King's Project 2023, the day also included kid's activities, free refreshments, and a small charity stand.

Stephen Falconer, General Manager, said: "We were approached by the local church requesting the use of our outside space for a performance by the choir. This was easily approved and we agreed the event would support our Dementia UK fundraising activities.

"The choir provided their own sound system and promoted the performance. The day came together very quickly.

"Loftus is a small place but everyone came along. It was fabulous to see the community supporting the choir, dancing and singing along. The organizers commented that they had one of their largest turnouts of the tour at Loftus!"



Joanne Lavan (right) with one of the singers

PURPLE, SPARKLES AND SPINNING FOR DEMENTIA UK

FAKENHAM SPORTS AND FITNESS CENTRE

COLOUR THEME

The Fakenham team kicked off their July fundraising with a purple and sparkle themed event, which coincided with the launch of Les Mills Balance at the centre. Rosie Farrow, Duty Manager explained: "Members and colleagues made a donation to take part. We also held a tombola. Our members are very supportive of our fundraising, many of them have witnessed the effects of dementia and it's very motivating hearing their stories."



SUPERMARKET SPIN

The beginning of August took the team and a spin bike to their local Morrisons supermarket. Rosie was joined by Ellie and Alex for a 7-hour fundraising spinathon outside the store, in the rain!

Without music to pedal along to the team started singing. "It made the customers laugh and some even joined in," Rosie said. "Whichever members of the team weren't on the bike, were interacting with the customers. We also had a fun challenge to guess how far we'd cycle during the day." The event raised an incredible £603.90 for the ongoing campaign.



Rosie Farrow (pictured on the bike above). The purple and sparkles team pose for a photo



"...if I'm going to do something as difficult again, then other people are doing it with me!"

COULD YOU RUN FOR CHARITY?

Colleagues are invited to join in and support Nick Fearnett, Ross Williams, Neil Brown and Daniel Mclean (pictured above), as they tackle the East Staffs Ultra Marathon fundraiser on Friday, 29 September.

Leaving Uttoxeter Leisure Centre at 9.30am, the 30-mile running loop will take in Meadowside Leisure Centre and Shobnall Leisure Complex, with the finish line back at Uttoxeter.

The route is the brainchild of Nick, General Manager, Meadowside. "I'm the guy to blame," he said. "I previously did the 100 burpees for 100 days challenge for charity. That was a solo challenge and I thought that if I'm going to do something as difficult again, then other people are doing it with me!"

Ross, General Manager, Uttoxeter agreed to join him and then Neil, General Manager, Shobnall offered to come along as cycle support. Dan, Contract Manager, East Staffs, will cycle half the route.

Primarily an ultra running challenge, the route is divided into 5km and 10km sections, which means there's the option for colleagues and customers to join in and cover shorter distances.

Meadowside visitors will also get to enjoy watching colleagues sweating it out on two static bikes in the reception area. The team will be trying to keep the bikes' pedals moving for as long as the runners are pounding the pavement.

If you would like to get involved please contact 01283 372980 (Uttoxeter Centre) or 01283 372960 (Meadowside Centre) and sign up.

Coming up in the next issue:

Lammas Leisure Centre's Tommy Fairweather and Thomas Spalding take on the National 3 Peaks Challenge, plus the Yorkshire 3 Peaks, within 48-hours.

Plus: Much more of your fundraising news and activities. Let us know what you have planned - we want it all - email now with the details and your photos and we'll share your stories.

SKYDIVING FOR HER NAN!



KIRKBY



Jade Haseldine, Membership Consultant, Kirkby Leisure Centre, will be skydiving to raise funds for Dementia UK on 26 August at Skydive Langar, Notts.

Jade, who sadly lost her nan to dementia in February wants to help raise awareness for the condition and push her own limits.

"I'm the person who gets wobbly knees going up a ladder," she said. "I've never done anything like this, but I promised my Nan that I would do something positive to raise funds for the charity and challenge my limits. I think I'll burst into tears when I land, as I know my Nan would have been so proud of me."

Jade has raised nearly £400 for the charity so far, with most sponsorship coming in over the last few months as the event nears.

"My Everyone Active colleagues have been really supportive. I originally worked at Lammas, moving to Kirkby when it first opened. All my colleagues have been telling our customers about my skydive and the Dementia UK campaign. I'm really grateful to them," Jade added.



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