

# LOOK EAST - DEMENTIA UK



## SPRINT TRIATHLONS

### >>> VICTORY

Inspired by two of their regular users, a three-colleague team from the Victory Swim and Fitness Centre decided to take on their first Sprint Triathlon, held at sister site, The Reef, on 8 October.

The team of Jon Fowler, Will O'Leary and Lenny Minto, were so impressed by Christine, 59, and Frank, 77, who both participate in triathlon, that they decided to get in on the act themselves, fundraising for Dementia UK as they undertook the training.

Supported by regular social media posts, collection buckets and sponsor forms, the team headed over to The Reef for the event, comprised of a 300-metre pool swim, 10-mile cycle, and 2-mile run, which is aimed at newcomers to the sport.

The team raised £200 for charity and came away with successes all round. Lenny took 2nd in his age group, Will was 4th, and Jon 3rd (although he unfortunately got himself disqualified by putting on another competitor's trainers for the run!). *Ed top tip: thread a small piece of coloured electric tape through your laces so you can always spot your own shoes quickly in transition.*

## SPOOKY SESSIONS



The team at the Victory kept the fundraising rolling with a Halloween Pool Party on 28 October.

The sell-out event raised a further £250 for Dementia UK, with colleagues getting into the spirit of the event donning some scary costumes for extra entertainment.

The event was supported by a bake sale and colouring competition which raised another £50.



From left; Will O'Leary, Jon Fowler & Lenny Minto.



# WELCOME...

A big thank you to everyone who has contributed to this issue. There's a definite spooky feel, with plenty of Halloween themed fundraisers over the last month.

Thanks to your initiatives, the Everyone Active Dementia UK partnership is increasing its reach and helping the charity support the vital work of its Admiral nursing teams. Please keep sharing your fundraising stories and personal challenges.

## HALLOWEEN BAKES



Ashby Leisure Centre & Lido, and Whitwick and Coalville Leisure Centre hosted cake sale fundraisers on 30 October. Ashby raised £62.70, with Gill Hawkins "doing an amazing job on the cakes!" according to Duty Manager, Jonathan Fear. Whitwick and Coalville, raised £217.20, with 'star-baker'-thanks going to Jasmine Grainger, Laura Straw, Laura Cahill and Linda McCullam.

## FLITWICK ROUND-UP



Gemma Garner-Higgins, General Manager at Flitwick Leisure Centre reports their Dementia UK fundraising total has recently been boosted by £266.12 thanks to a raffle, inflatable party and finally a 'guess how many bees are in the jar' competition, which was held at the centre's open day on 30 September.



Debra Hunt (left) kindly led the Knitathon.

# SHARING A YARN!

## ➤➤➤ TIDDENFOOT

Bringing people together who perhaps wouldn't usually visit Tiddenfoot Leisure Centre was the goal of the fundraising team's recent Knitathon. Centre Dementia UK Champion and Sales Manager, Jeanette Gregory, takes up the story: "A friend of mine, Debra Hunt, runs a wool shop, and her dad has dementia. We were talking about fundraising ideas and came up with a community event to promote to all local 'knit and natter' groups, inviting people to come along for a get-together, with tea, coffee and cakes at the centre. "People brought the knitting they were currently working on, shared ideas, and Debra was on hand to help teach people to knit. A few people came along to learn, including a young boy."



The Tiddenfoot team.





# MEET THE MARATHONER



Ross Williams, General Manager, Uttoxeter Leisure Centre, is your second 2024 fundraising marathoner. You may recognise him from the recent East Staffs Ultra Marathon fundraiser. He secured a place in the London Marathon through the Dementia UK partnership ballot.

Ross had a very active background as a youngster, which he credits to his supportive family. He played hockey to regional level, between the ages of 12 to 17, and football to a semi-professional level.

“When I hit mid 20, I started getting the bug for different types for events such as the coast to coast of England, Scotland and Wales. I’ve also completed the world’s largest obstacle course organised by Rat Race - 20 miles and 200 obstacles. The London Marathon is a once in a lifetime opportunity and being able to run on behalf of Dementia UK is an honour.

“I’ve always been involved in team sports/events and taking on this challenge has been a massive change to my training and mindset. I’ve become much more determined as an individual and being provided with a marathon training plan by Dementia UK, is helping me stay focused and on track. I’ve previously dislocated my knee, broken both feet and ripped my meniscus but I’ve always completed my rehab with success and bounced back stronger.”



Members really got behind the event with some creative costumes.

## DRESSING UP FOR DEMENTIA!

### FAKENHAM

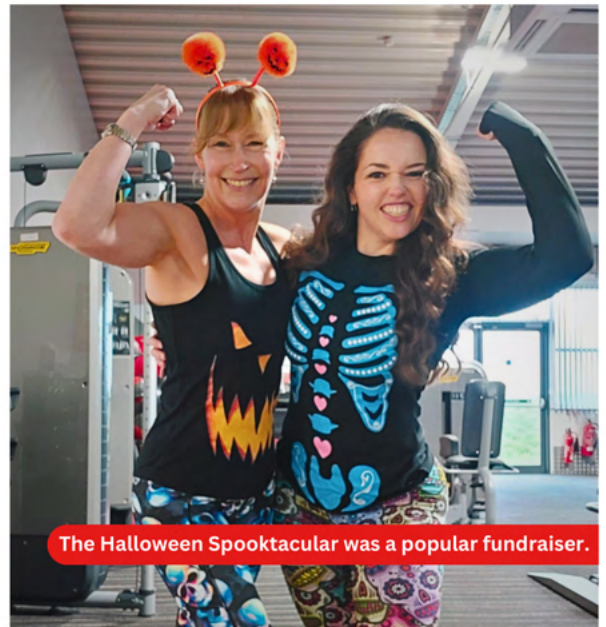
The team at Fakenham Sports and Fitness Centre boosted their monthly fundraising total with a Halloween Spooktacular.

Members donned costumes in exchange for a donation to Dementia UK, during workouts on 31 October, with prizes for the best dressed.

Rosie Farrow, Duty Manager, explains how supportive and enthusiastic members were in getting behind the fun event.

“All the participants kept their fancy dress on for their full class, including Wendy who came dressed as Hannibal Lecter in overalls and mask. Sarah, dressed in a full skeleton outfit, did two classes. Now that’s dedication!” she said.

The event helped take the team’s October fundraising total to £221.61.



The Halloween Spooktacular was a popular fundraiser.





# TUNNEL VISION FOR DEMENTIA UK

A team of eight Everyone Active colleagues recently tackled the Everyone Active Tunnel Vision, as a fundraiser for Dementia UK.

In conditions best described as 'challenging', the team made up of six runners from Lutterworth Sports Centre and two from Harborough Leisure Centre, braved the 5-mile night race on 2 November, organised by Race Harborough, which takes participants through the disused Oxendon Tunnel.

Half the team got themselves dried off, recovered, and were back out on course at 6.30am for the Tunnel Vision Dawn Run! The fundraising for this event continues throughout the rest of November.



The team braved the 5-mile night race...

## TRIO SWIM 10 MILES FOR CHARITY



Morgan Smith poolside.

The Tunnel Vision team challenge follows earlier fundraising efforts from Lutterworth Sports Centre's Eloise Pickard, Olivia Smith and Morgan Smith, who set themselves a personal fundraising swim challenge to cover 10.6 miles each throughout September, raising £200.

Olivia explained how the team came up with the challenge: "We feel very passionate about fundraising and we like to get involved. Eloise and I were already swimming about three times a week and thought it was a great way to raise awareness for the charity, whilst pushing ourselves."

"So we decided to swim 10.6 miles each – the length of Lake Windermere - over the month," Eloise added. This equates to around 682 lengths of a 25m pool!

"We did more swimming at the beginning of the month to make things feel easier," Morgan said, which meant by 26 September the trio had already covered eight of the ten miles. "The constant support from our customers and colleagues helped us to stay motivated," she added.

The centre also had a Big Raffle running throughout September, including a flight in a glider kindly donated by AeroSPARX. Other prizes included free membership, 60-minute personal training sessions, and private 1:1 swimming lessons.



# I SWAM THE CHANNEL!

## WATERLANE



Swim manager, Donna King, has swum 1,344 lengths of the Waterlane pool – the equivalent of the width of The Channel – to raise £100 for Dementia UK.

“I started swimming, when I was diagnosed as being prediabetic, to make positive changes to my lifestyle,” Donna explained. “My work colleagues suggested I do something for our charity partner – and that’s how the challenge came about.”

Donna swam five times a week, doing between 1,400 and 1,600 metres in each session. The challenge took her just over five weeks to complete.

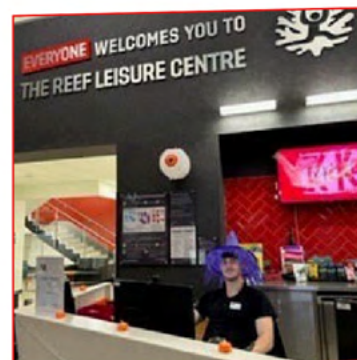
“On the way I have lost 1.5 stone (9.5kgs) and improved my health,” she added. “To others, I say: “Give it a go! I never imagined I would have completed this, but I feel great for doing it.””

# SPOOKY KIDS ART COMP!

## THE REEF


Children aged 5-10 got in on the October fundraising at The Reef thanks to a creative Halloween art competition. The grand prize, won by Elke Kirk, was an hour-long inflatable session for up to 40 people. The runner-up spot went to Hannah Gleave. There was even a small art station set up in reception for youngsters to use whilst visiting. The centre also hosted a Halloween Pool Party on 29 October with inflatables and splash pad.


Centre Dementia UK champion, Finlay Knowles said: “Our total income for October is a massive £322.09. We raised £250 from the pool party; which had 59 people booked in! The art competition received 24 entries which raised us another £72.09.”



## GREAT PEOPLE >>> GREAT THINGS!

Share your Dementia UK stories with Sarah

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Add your Dementia UK story to the next newsletter... email: [pr@spud-media.com](mailto:pr@spud-media.com)