



LOOK EAST - DEMENTIA UK

MAKING A FUNDRAISING SPLASH!

➤➤➤ WEST LINDSEY LEISURE CENTRE

As part of West Lindsey Leisure Centre's 50th anniversary pool celebrations, the team organised a 3-hour Aquathon for Dementia UK on 17 September.

The watery fitness extravaganza, hosted by Amy Minnikin, Cat Higgy and Mandie Winstone, designed for participants to come and go throughout or stay for the whole challenge depending on personal ability, saw 25 people take on the whole 3-hour challenge with up to 35 in the pool at any one time.

The local community thoroughly embraced the event raising a massive £1,304 through sponsorship and donations. The minimum participation amount requested was 50p to reflect the 50th anniversary event, but participants obviously raised much more.

"The members really got behind the event for a cause close to their hearts," Amy explained.

"About half of the 25 completing the full challenge remember swimming at the pool as a child. Of those completing the full three hours, a special mention should go to member, Millie, who uses a support walker and wheelchair in day-to-day life. She was an absolute trooper throughout and managed to raise a lot of money doing the event!

I personally absolutely loved the event, and am very proud to have been able to work as part of the team which pulled the 50th celebrations together," she added.



50KM ULTRA FUNDRAISER

WELCOME...

We have a bumper issue this month as we catch up with some of your amazing fundraising activities. Keep the news coming!

Please be proud of everything you are achieving - whether it's personal and team challenges or fundraising events - you are doing awesome stuff! As Daisy explains below: Every penny helps in the campaign to support those with dementia.

And keep sharing the message about the importance of activity in lessening the risks of developing the condition.



➤➤➤ EAST STAFFS



Mark, Abi, Ross, Helen & Nick.

The East Staffs Ultra Marathon on 29 September raised over £1,300 for Dementia UK.

The 50km run or cycle between the contract's centres was supported by the whole community, with colleagues and members heading out to join the team as they made their way between Uttoxeter, Meadowside, Shobnall and back to Uttoxeter.

In conditions described as "verging on perfect" by Meadowside General Manager, Nick Fearnett, who initially came up with the challenge - the four runners - Nick, Ross, Abi and Mark - and six cyclists began their adventure at 9:30am precisely. They were supported by Heidi who ran 16km from the start to Tutbury, and Helen who completed the 12km from Draycott to the finish... *cont on P3...*



DEMENTIA UK SAYS

Daisy Wilson, Corporate Partnerships Lead at Dementia UK said: "There are around 944,000 people living with dementia in the UK. It is a huge and growing health crisis.

"We believe every family affected by dementia should have the support of a dementia specialist Admiral Nurse - but right now, we can't reach everyone who needs us.

"Through the dedicated fundraising efforts of the staff at Everyone Active, more families than ever will be able to access the life-changing support offered by our specialist nurses."

BIKE PUSH!



Max & Roz keeping the pedals turning in their challenge.

As the main run and cycle team set off from Uttoxeter, colleagues Max and Roz started the pedals turning on their stationary bikes set up in the reception of Meadowside. They stayed in the saddle for the duration, accumulating a massive 176km each, finishing just 30 minutes before the outdoor team to enable them to drive to Uttoxeter to welcome the run team home.

... cont from P2. "The excitement had gradually built in the preparations, but the event was more than we could have asked for in terms of community support from our East Staffs family," Nick said.

"It wasn't just out on the route but as we approached the sites, the teams at Meadowside and Shobnall had music playing, celebrating our arrival on microphones, it was just an amazing atmosphere," Ross added. "I unfortunately hit the wall big style at 30km. I think I got my nutrition wrong early in the run, and just had to dial the pace back to a plod.

"I told Nick and the others to go ahead. I knew waiting around for me could jeopardise their runs. But with 3km to go, I caught them up. Mark and Abi, who'd never run anywhere near this distance, were struggling at this point and so we all suffered through those last few kilometres to reach Uttoxeter together in a moving time of 5 hours and 55 minutes." The team finished the run accompanied by Ross and Nick's children, who'd been tracking the team's progress throughout the day.

The team have put together a video on social media showcasing their day's journey.



Meadowside colleague, Hayley, got involved in the 50km challenge by swimming 50km in 50 days. Logistics meant she finished a few days before the main event, but ended with an epic 3km swim to simulate the distance between Meadowside and Shobnall. As the 50 days also covered her holiday, she swam in the pool on a cruise ship while sightseeing in Norway!



HOW MANY?

Back in Wimbledon fortnight, Sunderland Aquatic Centre held a 'guess the number of balls' competition raising £88 for charity. Close guesses saw two members get within three balls of the correct number (169 balls), with the final decision being drawn out of the hat. Luis Fraga Brum was declared the winner, guessing 172 balls.

WALKING FOR CHARITY

»»» ENDERBY

Congratulations to Enderby Leisure and Golf Centre's, Mel Quinn, who completed Dementia UK's national 'Walk 30 miles in September' challenge, raising a massive £1,770 for the charity.

Mel explains: "We did a fundraising cake bake earlier in the year, and I kept trying to think of things which could be a personal challenge to me. So when the 'Walk 30 miles' came up on my social media feed, I thought that this would be ideal as it would take me out of my comfort zone as I didn't walk anywhere before!

"It was a really big thing for me going into the gym. I've worked here seven years and had maybe been into the gym twice! I was really nervous, but everyone has been so friendly, saying 'hello', and on the first day, the duty manager showed me how to work the treadmill and then stayed with me for the whole mile. Everyone - colleagues and members - have been very encouraging as it was hard for me to start with."

Mel completed every mile on the treadmill, before or after her shift, with her partner joining her sometimes. She's had a week off



Mel on the last day of her challenge and bossing the treadmill!

following the challenge, but will now be including walking in her every day life.

"To anyone thinking about doing a similar challenge, I would say, 'do it!' You will challenge yourself and you're raising funds for such a great cause. I didn't know that much about Dementia UK when I started this challenge, but during the course of the month I have read up about their work, and their amazing Admiral Nurses. Plus, activity is important for us all to help keep our minds and bodies healthy."



Some of the Saltburn team at the start of their 30-mile-month-long challenge.

MORE 30-DAY MILES

»»» SALT BURN

A 15-strong team of colleagues and members from Saltburn Leisure Centre also got in on the 'Walk 30 miles in September' event, raising £200.

Health and Fitness Manager, Kea Larder, takes up the story: "A few colleagues and I enjoy going for walks and thought it would be a great way to raise awareness and support Dementia UK.

"Also, some of us work behind a desk, so the challenge was a great opportunity to not only raise awareness but to increase activity levels within the centre.

"We ended our walks with a hike up Rosebury Topping. Some people want to make hiking a regular activity – which is brilliant!"



The team on Rosebury Topping.

PEDAL QUIZ POWER!

»»» WATERFIELD

MEET THE MARATHONER



Jake Flint, Commercial Support Manager, is your first 2024 fundraising marathoner. He'll be tackling Brighton, next April.

Moving from a mainly gym and strength training background, Jake has completed three half ironman triathlons over the last couple of years.

"My big goal is a full ironman next year and as the marathon is a big step up from the half distance I am used to, I want to know what it feels like before doing one after a long swim and bike!" he says. "Multi-sport/ triathlon has allowed me to stay injury free over the last two years. I love running but have only been running around three hours a week in my triathlon training. Total training time sits at around 12 to 16 hours, depending on where I am in training, with the swim and bike. I will have to shift my focus and up the miles to do as well as I'd like in the marathon."

Quizzing and cycling kicked off the fundraising at Waterfield Leisure Centre & Melton Sports Village.

The quiz organised by Michelle Partridge held at Thorpe Arnold Cricket Club raised £548, thanks to the generosity of Melton's small businesses, who very kindly donated some excellent raffle prizes.

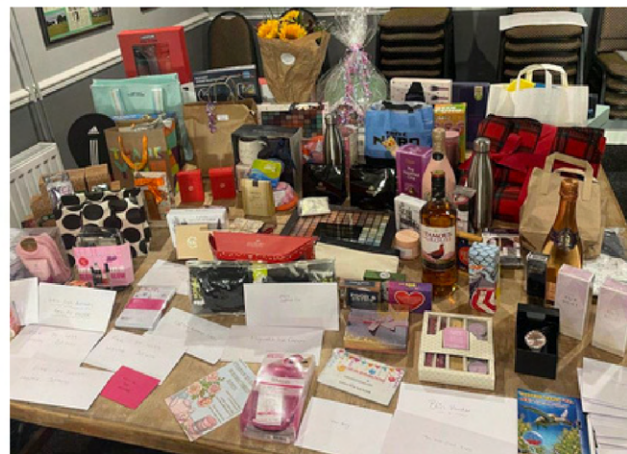
"Michelle and the team took letters to every shop in town to ask for donations. Some of the donations were amazing and we couldn't believe how generous companies were!" General Manager, Abigail Grewcock explained, who also came up the quiz questions.

The winning team of the 11 entered, was the 'Nomads' made up of centre receptionist, Jackie, and her family.

Fitness manager, Hattie Zareba, organised a 24-hour cycling event at the centre, which raised a whopping £875. Completing the full 24 hours herself, Hattie was joined by other instructors who'd come in teach, played bingo on the bike, watched films and did quizzes to help pass the time.

Hattie Zareba led the cycle.

The quiz proved popular.



BADMINTON SOCIAL

»»» RAINBOW



Rainbow Leisure Centre hosted a social badminton coffee morning as part of their Dementia UK fundraising efforts. Participants paid £6 for their game, and coffees and cake. The event raised around £150.

“We are also running a ‘blind card’ to win a year’s membership / block of swimming lessons,” said Angie Northway, General Manager, “There’s still a little way to go for us to reach 200 participants, but we are getting there.”

TRIATHLON? DONE IT!

»»» WATERLANE

The Waterlane Leisure Centre team successfully completed their self-organised 70.3 triathlon fundraiser on 10 September. On one of the hottest days of the year, the team of Georgia Thomson, Chloe Bagley, Rhys Ballard and Luka Oberstar kicked off their challenge with a 1.2-mile pool swim, before heading into transition and out on their cycles for a 56-mile ride. Finally lacing up their trainers and completing a 13.1-mile run around loops near to the centre.

“The event was a massive success,” Georgia said, “Everyone finished and the camaraderie from everyone involved was amazing! Not only was this a huge accomplishment, brought us all together as a team, but we raised money for an incredible charity.”



Success at the end of a long day.

PEAK PERFECT

ASHBY, WHITWICK AND COALVILLE



Best foot forward for the team!



The team on the summit of Wherside.

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A team from Ashby Leisure Centre & Lido and Whitwick and Coalville Leisure Centre successfully completed the 24-mile Yorkshire Three Peaks in under 11 hours, on 15 September, raising over £800.

The team of Adam Knight, Andy Clayfield, Olivia Garratt, Joe Cayless, Martin Oxford, Jordan Nagra and Tom Bodle endured fair weather for the challenge, which covers the peaks of Wherside, Ingleborough and Pen y Ghent, but rain over the previous week had made the route slippery with water running over the rocks in places.

In preparation for the event, the team made use of their gym's steppers and treadmills, using weighted backpacks to build endurance and strength. They also completed a 22-mile hike in the Peak District before the final challenge. During the event the team worked together as a single group, helping each other up the tough ascents and tricky downhill.

Adam Knight, General Manager, North West Leicestershire said: "As a team we stuck together and helped each other through it. We are all so pleased and proud we completed it and raised money for such an amazing charity. We are already discussing a few ideas for the next challenge!"



Adam, Olivia, Joe, Jordan, Andy & Martin.



The centre's Dementia UK fundraising team.

FAMILY FUN FOR DEMENTIA UK

»» WIGSTON

Family fitness was the theme for Wigston Pool and Fitness Centre's second Fun Day on 28 August. The event raised £259 for charity with many members tackling the fitness challenges, which included: 'How far can you row in one minute?' and 'How many press ups can you do in one minute?' Swim scheme members produced art for the event. And of course there was cake, which we're told 'tasted insane!'

Lucy Thorne, Fitness Manager said: "We had whole families taking part, the younger and older generations were really getting stuck in to the fitness challenges and giving it their best shot with Faye assisting them!"



Refreshing vital resuscitation skills.



Those 'insane tasting' cakes!



Faye's fitness challenge.

GROUP EXERCISE FOR DEMENTIA UK

MOULTON LEISURE CENTRE

Moulton Leisure Centre's Group Exercise Open Day raised over £300 for charity on 16 September.

Activities held throughout the event, which was attended by 65 participants, included a 3-hour spinathon, Pilates, Forever Fit and Zumba, giving members the option to donate to charity.

"We've hosted a spinathon before as a fundraiser and know how popular these are, bringing our members together and raising some money for charity," said Harriet Findlay, Operations Manager.

During the event, which also included a bake sale, the Everyone Active team handed out guests passes, and had 17 prospective new members try out the centre for the day.



FAMILY FUNDRAISER

HARBOROUGH

The charity fundraising team at Harborough Leisure Centre used the family fun swim session on 30 September as a charity fundraiser with tombola, biscuit decorating and a 'guess the name of the bunny' challenge.

Organised by Georgina Ansell, Catering Supervisor, and cafe Team Leader, Emma Shaw, the event raised £300 for Dementia UK.

"The activities were all popular, especially the tombola, as we had a real range of gifts kindly donated. It was nice to see the children's smiley faces!" Georgina said.


Watch this space to find out the bunny's name... there are still a few tickets up for grabs for those interested in guessing the name.




Biscuit decorating gets underway.

GREAT PEOPLE >>> GREAT THINGS!

Share your Dementia UK stories with Sarah

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