

Your Guide to Events in 2010

events

from **St Nicholas Hospice Care**
your *local* charity

*every penny
makes a
difference*

St Nicholas
Hospice Care

A Registered Charity No. 287773

Hospice events this way...

This booklet contains a host of **BRILLIANT EVENTS** being held in support of St Nicholas Hospice Care.

We have events for all the family, for sporty people who like a challenge, for ladies who like wandering through Bury in their PJs, for daredevils looking for adrenaline rushes, for fashionistas, for garden lovers, for businesses and for those who like to kickback and have a good time. We have something for everyone! So get involved.

Another way to support us is to organise your own fundraising event. The Hospice Fundraising and Marketing Team will support you all the way. There is nothing more satisfying than pulling together a successful event knowing that it will provide valuable funds to support our work.

*every penny
makes a
difference*

We care for over 2,000 local people and their families to live with terminal illnesses every year. A terminal illness is non-discriminatory - it affects young and old, rich or poor, black or white. The only certainty is the Hospice will be there to support you.

At the back of this booklet you'll find a request form. All you need to do is list the event codes that you want to know more about and we'll send you extra information *These are what you need to look out for* **event code 1**

Thanks in advance for your support, we know you care and we are grateful for every minute and every penny you give to us.

We hope to see you soon.

Yasmin Jeffery
Marketing and PR Manager

St Nicholas Hospice Care



The Deloitte True Grit Challenge in aid of St Nicholas Hospice Care and Arthur Rank Hospice Charity

Sunday 21 March

Venture 4x4 Course, Wisbech

Cancelled due to treacherous weather in January, this endurance event has risen once again to test the brave and fearless among you. The challenge is a 3.2 mile off road run, up and down challenging inclines through mud and water, following the course normally used by 4x4s. It will be a tough and physical course but tremendous fun! Registration will close shortly so contact **Jenny Baskett** on **01284 747614** or email **jenny.baskett@stnh.org.uk** asap.

event code **1**

Hospice shops
Spring season
changeover

March

Visit one of our shops to grab a bargain and get the best of our pre-owned spring clothes. Go to **www.stnicholashospice.org.uk/shops** to find out where your nearest Hospice shop is located.



visit **www.stnicholashospice.org.uk**

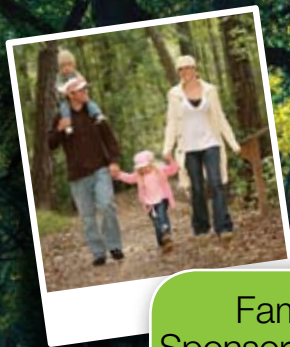
Midsummer Lottery Draw

**Tickets available
from April**

This very popular summer draw offers a top prize of £1000 up for grabs. Plus five prizes of £100 and 12 prizes of £25. The draw will take place at noon on 21 June. To purchase your tickets contact **01284 755000**.

*what would
you do with
£1,000?*

event code **2**



Family Sponsored Walk

Sunday 18 April

West Stow

Enjoy a woodland walk with the family, choosing either a four or ten mile route. Event organised by Mildenhall Rotary Club.

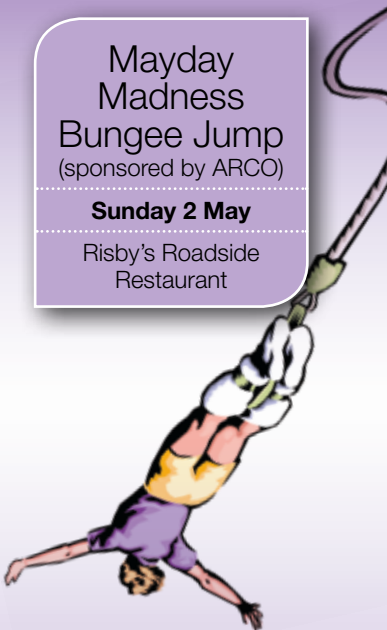
Contact
01284 747624 or
fundraising@stnh.org.uk for further
information.

event code **6**

Mayday
Madness
Bungee Jump
(sponsored by ARCO)

Sunday 2 May

Risby's Roadside
Restaurant



Raise a minimum of £100 in sponsorship and bungee 160ft for free! Anyone raising over £125 will also receive a free 'Mayday Madness' t-shirt. To register, call **01284 747614** or email **jenny.baskett@stnh.org.uk** for your event pack.

event code **12**

The Great
Wine Tasting
Challenge 2010

Friday 7 May

Unitarian Meeting House
Churchgate Street
Bury St Edmunds
from 6.30pm

The 11th Wine Tasting Challenge organised by the Beckett Group. £180 per team (up to four people) including a two course meal. For tickets call Stephanie Swales on **01284 773769** or email **stephanie.swales@beckettinvest.com**



event code **13**

visit www.stnicholashospice.org.uk

Man's best friend gets the chance to have a fun day out with dog shows, competitions, demonstrations and stalls available. Contact **01284 747624** or **fundraising@stnh.org.uk** for further information.

Paws in the Park

Saturday 8 May

Brandon Country Park

event code **14**

St Nicholas Hospice Care Charity Race Night

Thursday 13 May

Rowley Mile Racecourse, Newmarket

Following on from the success of our Silver Jubilee Race Night in 2009, we are pleased to be able to invite you to another special race night. The six races of the evening have all been sponsored by local people or businesses including Orbital Foods, Guardian Direct, taxfreemoney.com and Homestore/Safepac. Tickets are available in advance at a reduced rate from Newmarket Racecourses by calling **0844 579 3010** or visit **<https://salesportal.jockeyclubracecourses.com/EventSeatBlockOption.aspx>** Tickets are also available to buy on the evening.

event code **15**

Hospice Care **for our local community**



Wills Weeks

The whole of June

West Suffolk
and Thetford

Local solicitors are again supporting the Hospice by offering their services for free. In exchange for a donation to us you can have a Will drawn up or amended. Throughout June simply telephone one of the participating firms and ask to take part in St Nicholas Hospice Care's 'Wills Weeks'. There will be a donation form to complete at their office. We will shortly be publishing the list of participating solicitors on our website, so keep your eye out. Contact Margaret Lee, Legacy Officer, on **01284 755000** or email **margaret.lee@stnh.org.uk** for more information.

event code **17**



St Nicholas
Hospice Care

The Towergate Accumulator Challenge

supported by the
Mercury and
East Anglian Daily Times

June to September

West Suffolk
and Thetford

Businesses across West Suffolk and Thetford are being challenged to turn a crisp £50 note into as much profit as they possibly can to donate to St Nicholas Hospice Care. Prizes up for grabs include the Top Fundraiser and most Innovative Idea.

Contact Abby Hunt, Corporate Fundraiser on **01284 747615** or email **abby.hunt@stnh.org.uk** for details about how your business can get involved.

event code **18**

visit www.stnicholashospice.org.uk



Rural Pastimes

Sunday 13 June

Euston Park

Join in the fun at this traditional family country fair. Gates open 10am, entry £6 per adult, under 12s £1 and under 5s free.
www.eustonruralpastimes.org.uk

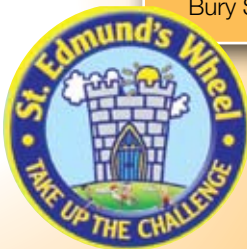
event code **20**

Sign up to take part in this annual sponsored cycle ride. Other activities also taking place include a fun run and historic walks. Contact **01284 761837** or www.onesuffolk.co.uk/StEdmundsWheelTrust

St Edmunds Wheel Cycle Ride

Sunday 13 June

Bury St Edmunds



event code **22**

Hospice Care **for our local community**



Suffolk Magazine Fashion Show in aid of St Nicholas Hospice Care

Wednesday 23 June

West Wing at Ickworth

This high profile fashion event is a sell out every year and a must for the fashionistas among you. The evening will feature collections from top retailers and an auction, plus a two course meal, drinks reception and coffee and mints. Suffolk Magazine and the EADT Saturday Magazine will shortly be appealing for models for the evening for the different age categories. Keep an eye out in the press for details. Ticket sales will be handled by the Suffolk Magazine but for more details please contact Abby Hunt, Corporate Fundraiser on **01284 747615** or email **abby.hunt@stnh.org.uk**

event code **24**

The Summer Sizzle

sponsored by
Premier Foods

Over the summer

Your own back garden!

Help St Nicholas Hospice Care by holding a Summer Sizzle with family and friends! We will provide the posters, invites and balloons – you provide the fun! For your fundraising party pack contact **01284 747624** or **fundraising@stnh.org.uk**



event code **25**

visit www.stnicholashospice.org.uk

Hospice Shops Autumn/Winter changeover

September

Visit one of our eight retail shops to grab a bargain and get the best of our pre-owned autumn/winter clothes.

Go to www.stnicholashospice.org.uk/shops to find out where your nearest Hospice shop is located.



Man's best friend gets the chance to have a fun day out with dog shows, competitions, demonstrations and stalls available. Including the World (unofficial) Dog Sausage Catching Competition! Contact **01284 747624** or fundraising@stnh.org.uk for further information.

Paws in the Park

Sunday 12 September

Pear Tree Farm, Hartest



event code **29**

A Girls Night Out

Saturday 18 September

Bury St Edmunds



Ladies, you are hereby invited to put on your pyjamas, wigs, hats or anything else you fancy, and take part in our 11 mile sponsored walk around Bury St Edmunds! In 2009, 350 ladies took to the streets and raised in excess of £60,000, making it the most successful fundraising event ever arranged by the Hospice. So guess what, we're doing it again and this year we want to make it even bigger and better! To reserve your place on this Girls Night Out to remember contact **Jenny Baskett** on **01284 747614** or email **jenny.baskett@stnh.org.uk**

event code **30**

Clay Pigeon Shoot

Thursday 23 September

Lakenheath Clay Target
Centre, Brandon

Bury Developments Charity
Clay Pigeon Shoot, at
Lakenheath Clay Target Centre,
Brandon. Teams of three at £60 per
head to include food afterwards. For
further details contact **enquiries@
burydevelopments.co.uk**

pull...!

event code **31**

visit www.stnicholashospice.org.uk

Would you like
to Do Jordan?

6 to 13 November

Jordan!

Trek for five days across stunning desert landscapes, sleeping overnight in communal Bedouin tents. Float in the Dead Sea, the lowest point on Earth, and then make your way to the magnificent Red Rose City of Petra. Minimum sponsorship required.



*Cuthbert the camel
giving Jenny Baskett a cuddle!*

Contact **Jenny Baskett** on **01284 747614** or email **jenny.baskett@stnh.org.uk** for further details.

event code **35**

'In the Mood'

**Sunday 14 November
2010 at 6.30pm**

Theatre Royal

Dust off your khakis, unfurl the Union Jack and enjoy the big band sound of music of the war years at this very special evening. Tickets £40 per person to include interval 'rations'. Available from the Theatre Royal Box Office **01284 769505** **booking@theatreroyal.org** or St Nicholas Hospice Care, Hardwick Lane, Bury St Edmunds IP33 2QY **01284 766133** or **fundraising@stnh.org.uk**

Your Hospice Needs You!

event code **36**

Hospice Care **for our local community**

NEW EVENTS are being added throughout the year plus there are opportunities for **skydiving** and a whole host of UK and overseas **challenge events**.

Contact the Fundraising Team on **01284 747624**, check out www.stnicholashospice.org.uk or email fundraising@stnh.org.uk for further information on all of above.



If you would like to join our Facebook page and be the first to hear about our new events go to www.facebook.com enter St Nicholas Hospice Care in the search bar and then click the 'join in' tab.



EXTRA, EXTRA, read all about **The Hospice Newspaper Appeals**

- Orchard Day Hospice and Mercury £10k Appeal – Bi-monthly in the Bury and Sudbury Mercury. Read all about Orchard Day Hospice and our appeal to raise £10k.
- Thetford and Brandon Times Community Nurse Appeal - every month read about the wonderful fundraising activity in the Thetford and Brandon area in support of our £25k community nurse appeal target.
- The Hospice monthly news page. Every month catch up with our latest stories in the Bury and Sudbury Mercury.

visit www.stnicholashospice.org.uk

event code

Quick look event calendar:

- 1** 21 March
March **The Deloitte True Grit Challenge**
Hospice shops Spring season changeover
- 2** April Tickets available from April for the **Midsummer Lottery Draw**
- 3** 10 April **A charity bed push** from Kings Road to Ram Meadow, the home of Bury Town FC. Contact Sue Long on **01284 747612** or **susan.long@stnh.org.uk**
- 4** 16 April **Mildenhall Street Collection**
- 5** 17&18 April **Sudbury Open Gardens.** Contact Ian Norris on **01284 747613** or **ian.norris@stnh.org.uk**
- 6** 18 April **Family sponsored walk** at West Stow
- 7** 24 April **Disco in memory of Teresa Ward** at Mildenhall Social Club. Tickets £5. Contact Sue Long on **01284 747612** or **susan.long@stnh.org.uk**
- 8** 25 April **The Virgin London Marathon.** Cheer on Team St Nicholas Hospice Care as our brave runners take on this exciting but exhausting challenge!
- 9** 29 April **Sporting Dinner** at The Cedars Hotel, Stowmarket. Hosted by the Rotary Club of Stowmarket Gipping Valley. Guest speaker is James Clark OBE, BEM and former Chair of the London Marathon. Tickets £20 per head. Contact Sue Long on **01284 747612** or **susan.long@stnh.org.uk**
- 10** 1 May **Bury St Edmunds Street Collection**
- 11** 1 May **Meatloaf with a Twist.** A tribute night at Pakenham Village Hall. Tickets £7 available in advance from The Fox pub on 01359 230347 or £10 on the night.
- 12** 2 May **160ft Bungee Jump** at Risby's Roadside Restaurant
- 13** 7 May **Becketts Wine Tasting Event**
- 14** 8 May **Paws in the Park,** Brandon Country Park. Entry fee £3 per dog (humans free!), includes a doggy bag, family pet show, competitions and prizes.
- 15** 13 May **St Nicholas Hospice Care Charity Race Night** at The Rowley Mile, Newmarket
- 16** 15 May **A Ladies Luncheon** at Bury St Edmunds Rugby Club. All proceeds to St Nicholas Hospice Care (except bar sales). Tickets £20 per person to include champagne reception. Contact **thehemingwaypad@talktalk.net**, Sue Long on **01284 747612** or **susan.long@stnh.org.uk**

Hospice Care **for our local community**

event code

- 17 June** **Wills Weeks**
- 18 June–Sept** **The Towergate Accumulator Challenge**
- 19 5 June** **Sudbury Street Collection**
- 20 13 June** **Rural Pastimes**
- 21 13 June** **Thetford Open Gardens.** organised by the Thetford Friends of St Nicholas Hospice Care. Contact Sue Long on **01284 747612** or **susan.long@stnh.org.uk**
- 22 13 June** **St Edmunds Wheel Cycle Ride**
- 23 20 June** **Hidden Gardens of Bury St Edmunds.** This lovely event delights visitors young and old year after year. Tickets available in advance from the Tourist Information Office or on the day from Angel Hill.
- 24 23 June** **Suffolk Magazine Fashion Show**
- 25 Summer** **The Summer Sizzle** sponsored by Premier Foods
- 26 27 June** **Brandon Open Gardens.** Contact Sue Long on **01284 747612** or **susan.long@stnh.org.uk**
- September** **Hospice Shops Autumn/Winter changeover**
- 27 2 Sept** **Charity Golf Day** at Thetford Golf Club, organised by the Thetford Friends of St Nicholas Hospice Care. Contact Sue Long on **01284 747612** or **susan.long@stnh.org.uk**
- 28 4 Sept** **Cavendish Village Fete.** Contact Ian Norris on **01284 747613** or **ian.norris@stnh.org.uk**
- 29 12 Sept** **Paws in the Park,** Pear Tree Farm, Hartest. Entry fee £4 per dog (humans free). Including the World (unofficial) Dog Sausage Catching Competition!
- 30 18 Sept** **A Girls Night Out**
- 31 23 Sept** **Clay Pigeon Shoot**
- 32 16 Oct** **The Bury St Edmunds Male Voice Choir** perform at St John's Church. Contact Ian Norris on **01284 747613** or **ian.norris@stnh.org.uk**
- 33 22 Oct** **R.A.H.O.F. Quiz Night**
- 34 6 Nov** **The Edmund Octect Concert,** Unitarian Meeting House, BSE
- 35 6–13 Nov** **Charity Trek to Jordan**
- 36 14 Nov** **'In the Mood'** tickets from Theatre Royal Box Office **01284 769505** **booking@theatreroyal.org** or **01284 766133 fundraising@stnh.org.uk**
- 37 27 Nov** **Bury St Edmunds Street Collection**
- 38 4 Dec** **Sudbury Street Collection**
- 39 December** **Light up a Life Events**

visit www.stnicholashospice.org.uk

Get involved...

*and support
St Nicholas
Hospice Care*



*every penny
makes a
difference*

St Nicholas
Hospice Care

A Registered Charity No. 287773

Want to join in?

Please list the codes of the events you are interested in:

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Title:

First name:

Last name:

Address:

Postcode:

Telephone:

Mobile:

Email:

Where did you receive a copy of this booklet?

If you would like to receive the information by email please tick here

We would like to keep you up to date with news and fundraising activities.
If you would prefer not to receive this information, please tick here

**Detach this page from the booklet, pop it into an envelope and send to
Events, St Nicholas Hospice Care, Hardwick Lane, Bury St Edmunds,
Suffolk IP33 2QY - thank you.**

St Nicholas Hospice Care,

Hardwick Lane, Bury St Edmunds,
Suffolk IP33 2QY

Telephone: **+44 (0)1284 766133**

Facsimile: +44 (0)1284 715599

Email: **enquiries@stnh.org.uk**

Web: **www.stnicholashospice.org.uk**

St Nicholas Hospice (Suffolk) Ltd.

A Registered Charity No 287773

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difference*

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