

## The Cycle of Life

**A HUGE THANKS AND CONGRATULATIONS to Steve Bolton, Rhys Bowen, Joe Clarke, Ollie Houston and Robert Scoltock, who succeeded in cycling the length of the British Isles from 22nd April to 1st May 2011. The challenge they undertook brought them all the way from John O’Groats to Lands End, averaging 90 miles a day, all in aid of RAFT and Childhope.**

The team encountered many adventures along the way, and we think their trip statistics chart below is great proof of all the fun that they had!

Even though they missed the momentous Royal Wedding, they managed to make up for this during their challenge through several achievements of their own, including covering 102.3 miles on the first day, reaching a top speed of 42.8mph and finally celebrating at the finishing point with champagne, Kinder Eggs, cola and pasta!



RAFT is immensely proud of all 5 fundraisers for their incredible efforts – their accomplishment was definitely not for the faint hearted! They raised a gigantic and incredibly impressive **£8,356.66** (inc. Gift Aid) which has been split between RAFT and Childhope.

Name	Punctures	Energy Drinks	Falls	Car Horns	Other
Joe	5	36	-	27	1 x lasagne thrown at him
Steve	1	24	1	50	1 x tyre blow out
Ollie	2	35	-	17	2 x fake puncture calls
Rhys	1	32	1	20	1 x gear cassette broke 1 x gear broke
Rob	2	15	8	14	-

# New Partnerships

## Music to our ears!

We're piloting a new scheme to help you convert your unwanted CDs & DVDs into cash for RAFT.

Text  
**RAFT01**

£2 / £5 / £10 to 70070  
eg RAFT01 £5

**Just Text Giving**  
by **vodafone**

### Just Text Giving

Support us with a text!

Help out RAFT by texting a donation. Simply text **RAFT01 £5** and send to **70070** to make a £5 donation.

## RAISE MONEY FOR YOUR CHARITY

by recycling your unwanted  
**CD albums & DVDs**



If you're interested in supporting your charity, please contact us on **08702 957 930**

**START YOUR COLLECTION TODAY**

### It's so easy to get involved:

1. Phone **08702 957 930** and ask for a **FREE collection box**
2. Collect as many CDs & DVDs as you can
3. Arrange for a **FREE courier** to pick up your collection
4. musicMagpie will pay **50p** for every CD album & DVD re-cycled

CD Albums & DVDs only please, unfortunately we can't accept the following items

- Computer/video games
- CD Singles
- Copied CDs
- Promo CDs from newspapers & magazines etc
- Must have a barcode
- No more than 6 copies of the same CD/DVD

**musicMagpie**

**08702 957 930**



## Old banger you want to scrap?

Do you own a banger that's merely gathering dust in the garage? Then you can do your bit for RAFT!

Giveacar are a fundraising organisation who specialise in donating unwanted and scrap cars to charitable causes.

They provide a completely **FREE** service which is available throughout the UK - arranging the collection of the vehicle

which they then either send for safe disposal and recycling at an Authorised Treatment Facility, or to a salvage auction, so that all you have to do is supply your vehicle!

This means that a majority of the proceeds are donated to a nominated charity of the vehicle owner's choice!

To arrange a collection of a car, visit [www.giveacar.co.uk](http://www.giveacar.co.uk) or call **020 0011 1664**, quoting RAFT as your preferred charity.

## Lucy's Big Brighton Run

This year on 20th February, just four days before her 30th birthday, Lucy Carter took on the admirable challenge of the Brighton Half Marathon to raise funds for RAFT.

RAFT is a charity very close to her heart, as her very dear cousin Jemma was involved in a horrific accident back in May 2008 which left her very badly burnt over her face and body.

Lucy says: "Without the amazing treatment she received and charities like RAFT she may not have healed and recovered from her accident so quickly."

Lucy's fantastic efforts raised a superb **£231.10** for RAFT and she is even thinking of running the 2012 London Marathon as a result of this great achievement.



## Classy Glass raises cash for RAFT

Late last year, a wonderful Glass and Jewellery party was held by two lovely friends of Marylin Smith, a loyal and longstanding volunteer of RAFT.

Hilary and Miranda Swift sold beautifully crafted, hand-made pieces of jewellery and glass items to their friends and family. Their amazing bespoke objects were highly sought after and were snapped up quickly, resulting in **£205.00** being generously donated to RAFT.

It was such a great success that Hilary and Miranda hope to hold a similar event later this year.



## Treasurer brings Treasure to RAFT

David Turner, recently appointed RAFT Treasurer, competed in the Edinburgh

Marathon this May and crossed the finishing line in an outstanding 3 hours 44 minutes. Although the day was met with some unwelcome drizzle and wind, David really enjoyed the experience and was thrilled to be able to support RAFT by raising **£1,235.00**. The RAFT team is so grateful to David for his accounting expertise and for donating such a fantastic sum.





## Taste of the Vine Event

Early March this year saw RAFT's first fundraising event with company Taste of the Vine. It was a small, intimate wine tasting evening held at the fabulous Flemings Mayfair Hotel who so generously sponsored the venue.

Our guests were treated to an informative evening of learning how to identify grapes, countries and years without even looking at the wine label. The Taste of the Vine wine expert Rich was both entertaining and knowledgeable.

We received very positive feedback from the 33 guests that attended, who are all keen to come to another similar event in the future. We were delighted that the event raised **£755** towards RAFT's vital research.

## Fire-fighters tackle Trans Pennine Trail Challenge

Four courageous fire-fighters — Mick Cain, Jeff Richardson, Ged Sheridan and Neil Thompson — embarked on a challenging cycling trail this July passing through historical towns and cities of North England all in aid of RAFT. Michael Thompson, Neil's son also joined the team!

The Trans Pennine Trail is a multi-user route across the North of England from Southport to Hornsea, with north-south route from Leeds to Chesterfield, plus a spur to York.

The team cycled from Hull to Liverpool at a distance of 170 miles, over a period of only three days. A great achievement and lots of funny moments along the way, including having to stop on route to wait while a herd of cows were walked across a road to be taken for milking!

The team were really touched, as were RAFT, that managers Chris and Lesley of The Downe Arms pub where the team stayed on their first night, put on a wonderful buffet, and had collection boxes out to help with the fundraising efforts for RAFT.



It seems from the messages we received from the team that Mike is a bit of a secret singer as well as a topless waiter!! At The Downe Arms he helped to raise money for RAFT by playing waiter to some drinks orders which he served topless after being egged on by his team and punters... thanks Mike, what a great fundraiser you are!

We are so thrilled that the event at The Downe Arms pub raised a superb **£150** for RAFT which was added to the teams own individual fundraising efforts which to date means over **£800** has been raised in on-line sponsorship alone.

## Marvellous Marathon

RAFT is so very proud of all of our fabulous 2011 runners who did amazingly well at the Virgin London Marathon on April 17th, together raising a staggering **£23,794.41** with funds still coming in!

Amanda and Laura, two of RAFT's Fundraisers were delighted to be invited to Poplar Water Station to help the London Fire Brigade hand out much needed water supplies to the 35,000+ runners.

Our thanks to all our runners – Andrew, Angela and Rob who have run for RAFT before, you all did a stellar job. Nick and Sarah, father and daughter team, we all know how proud Laila would be of your achievements as you ran in her memory. Algy, Caroline, Charlie and Mark of RumDemCrew Running Club, your competitive streak was admirable.

Eric and Steve, the newest supporters of our marathon team, RAFT is so pleased to have you on board. Chris, who due to injury couldn't run last year, proved that he is now back to his best with an excellent running time. Our fire-fighter Andy, who chose to run for RAFT this year on a London Fire Brigade ballot place, thanks so much for selecting RAFT as your chosen charity. Last, but by no means least a special thank you to Raina, RAFT Surgical Research Fellow and her brother Kris, our sibling team for spreading the word of RAFT.

The RAFT runner's race times are shown right and prove that hard work and dedication really do pay off:



Nick and Sarah Bull after the Virgin London Marathon.

Algy Batten	<b>03:41:56</b>
Andrew Birt	<b>03:55:26</b>
Nick Bull	<b>05:25:17</b>
Sarah Bull	<b>05:03:45</b>
Charlie Dark	<b>04:08:16</b>
Mark Gurney	<b>03:27:56</b>
Andy Hearn	<b>03:59:35</b>
Eric Ho	<b>05:05:03</b>
Rob Jenkins	<b>04:29:35</b>
Chris Lopez	<b>04:12:47</b>
Caroline Moorhouse	<b>03:48:27</b>
Steve Peart	<b>04:30:28</b>
Angela Seymour	<b>04:30:29</b>
Kris Zarb Adami	<b>05:08:08</b>
Raina Zarb Adami	<b>05:08:08</b>



From left to right – Tom Miles, Martin Bacon, Sarah Tam-Im, Tom Hill and Stuart Hamilton.

## Parachute IT take to the skies!

As this edition of our newsletter goes to print six brave staff of Parachute IT will be nervously looking forward to each jumping 10,000 feet from a plane in aid of RAFT's research.

Martin Bacon, managing director of RAFT's outsourced IT company, Parachute IT and five of his loyal staff, Stuart Hamilton, Tom Hill, Sarah Matthews, Tom Miles and Sarah Tam-Im will be taking part in tandem skydives at Hinton Skydiving Centre on 10th September. They decided to challenge themselves in this way to promote the company's re-brand and to help raise funds for RAFT, their chosen charity.

Martin Bacon explains: "With our new range of services being delivered from the Cloud, we couldn't think of a much better way to raise

money for RAFT, it's what we are all about and where we come from! We are out there to prove that it's not scary taking the plunge, especially with a Parachute!"

Laura Ripley, Community Fundraiser at RAFT says; "Parachute IT is a fantastic company, who meet the IT needs of the RAFT team and who go that extra mile to support our vital research. Parachuting was of course the obvious choice when looking at a way to both fundraise for RAFT and promote their re-brand. We cannot wait to go to Hinton Skydiving Centre to watch them take on their challenge."

As we go to print the team have already raised **£1,535**, smashing their £1,000 target and with donations still coming in!

## Gift Aid

Between August 2010 and August 2011 an extra **£9,971.64** has been donated by the taxman at no extra cost to our supporters through Gift Aid. Our wonderful supporters who have kindly gift aided their donations are the reason why we have raised this truly wonderful sum of money.



# Christmas is coming...

## Sending Charity Cheer this Christmas

Did you know that every day in the UK 47 cards are sold every second?

According to a recent report, 1 in 5 people try to buy charity cards whenever they can, so we decided to open our own online greeting card shop.

The RAFT card shop is now open for business, so we hope all our readers will buy their Christmas cards from us this year! Simply visit <http://charitycards.raft.ac.uk/>, where there is a huge variety of cards to choose from.

## Christmas presents that help RAFT!



As Christmas fast approaches, we know everyone is starting to think about what to get their loved ones as gifts. Buying presents on-line is now really popular and if you are one of the many that orders gifts on-line, you could be helping RAFT at the same time without it costing you a single penny!

Simply sign up to <http://www.easyfundraising.org.uk/causes/raft> a FREE service where you can shop with your favourite online stores and at no extra cost raise funds for RAFT. You still shop directly with each retailer as you would normally, but simply by using the links from this site first, each purchase you make will generate a cash back donation to RAFT, instantly raising money for us!

We already have 19 kind supporters who have together raised **£96.03**.

**easyfundraising**  
.org.uk



## DofE Time!

Do you know anyone currently working towards or considering starting their Duke of Edinburgh's Award?

Did you know that DofE participants can achieve the Volunteering section of their award by fundraising independently for RAFT?

It's really simple to sign up - just check out our website [www.raftdofe.com](http://www.raftdofe.com) to apply online or email [dofe@raft.ac.uk](mailto:dofe@raft.ac.uk) for further information.

# Support our Research Today!

## REGULAR DONATION

Yes I would like to give a regular donation to RAFT of £ ..... monthly/quarterly/annually (delete as appropriate).

If you are a UK tax payer, may RAFT Gift Aid your donation?  Yes  No *giftaid it*

I understand that I must pay an amount of Income Tax/Capital Gains Tax at least equal to the amount RAFT reclaims on my donation in the appropriate tax year.

Name .....

Address .....

..... Postcode .....

Tel ..... Email .....

## STANDING ORDER

To the manager (*please insert bank name*) .....

Address .....

.....

Postcode .....

Please pay: RAFT the amount of £ ..... until further notice.

If you are a UK tax payer, may RAFT Gift Aid your donation?  Yes  No *giftaid it*

I understand that I must pay an amount of Income Tax/Capital Gains Tax at least equal to the amount RAFT reclaims on my donation in the appropriate tax year.

My account number .....

Bank sort code .....

Starting on (at least 1 month from today) .....

## LEGACY PLEDGE

In my will I wish to leave a legacy to RAFT. This legacy will be:

- A sum of money                       An object, or item or property  
 A residual part of my estate       A conditional bequest.

Name .....

Address .....

.....

Postcode ..... Tel .....

Email .....

## ONE-OFF DONATION

I would like to make a one-off payment and enclose a cheque made payable to RAFT.

If you are a UK tax payer, may RAFT Gift Aid your donation?  Yes  No *giftaid it*

I understand that I must pay an amount of Income Tax/Capital Gains Tax at least equal to the amount RAFT reclaims on my donation in the appropriate tax year.

Name .....

Address .....

.....

Postcode ..... Tel .....

Email .....

Please send me more information on RAFT.

To make a donation please complete and return this form to **RAFT** @ Leopold Muller Building, Mount Vernon Hospital, Northwood, Middlesex, HA6 2RN. Charity No 299811

