

Yes I would like to give a regular donation to **RAFT** of £

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

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

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

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

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

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



Staff Profile

**Mary Pearmain
(Accountant)**



The Whitethorn Morris dance group formed together about 30 years ago, but I have only been with them for about 5 years. I've enjoyed watching Morris dancing since I was little; it was often common to see them performing outside pubs at Christmas. I found out about Whitethorn Morris through chatting to an acquaintance and knew I would like to do something that is part of my heritage, plus it's fun and good exercise.

We usually do two different types of events; charity and festivals, and perform at about 10 events a year. Usually, the Morris dancing at festivals takes place in country towns such as Winchester and Aylesbury. We have performed in Aylesbury for St George's day as our dresses are red, white and blue which reflect the colours of the English flag. Our dresses are based on the attire of traditional cotton mill workers.

We also perform every October in Watford in aid of Lupus, as one of our members suffers from Lupus and is no longer able to perform- these performances are particularly special. We've also done a fun day at Westminster Abbey and have managed to collect £73.50 for RAFT which was also a memorable event.



Pippa's Story

Work Experience Student

Pippa joined RAFT this summer for 3 weeks of work experience with our researchers and scientists and we are delighted to have received such positive feedback from her about the time she has spent at our laboratories.

"Having read about all the incredible work that RAFT does, I was really excited to start my work experience placement, if not a little apprehensive! However from the minute I arrived I was made to feel welcome and all my questions were answered with patience and enthusiasm. I was able to observe and take part in a huge range of tasks from histology to the production of the Smart Matrix and learnt practical skills which will definitely prove useful when I reach university. The dedication and kindness of everyone at RAFT, alongside the amazing work they carry out is so inspiring and has reinforced my desire to study medicine. Thank you!"

Charlotte's TriCityAthlon Challenge



**The first ever
3 countries/1 day Triathlon**

Charlotte Stovell campaigned throughout June and obtained the public vote as well as the judge's vote in order to be one of only 20 people to represent the UK in this new challenge.

Here is her story:

I saw an ad on the Eurostar website for a triathlon and had to give it a shot: the first ever three country, three city, one day triathlon. This meant that in September 20 people from the UK, 20 from France and 20 from Belgium would do a 1.5km swim in Paris, a 40km bike ride in Brussels and a 10km run in London. Only 50 people got through to the judging panel. After I got to this stage I later discovered that I'd been selected for the Eurostar TriCityAthlon team! I can't help but feel that my 'story' got me through - I am no elite tri-athlete! When I was nine, our family boat's petrol tank exploded on a summer's day. I was close to it and was thrown by the force of the flames and left with 27 degree burns to the legs and arm. Immediate treatment involved skin grafts using my own and donor skin and physiotherapy. Two months on, consultants tried to improve the healing of the scars. I wore pressure garments 24/7 for 18 months then started a series of annual operations. What the consultants did at the Roehampton Burn's Unit and East Grinstead Hospital amazes me. Thinking back to when I managed to walk around the burns ward, having gained the strength and flexibility to re-use my legs, I feel fortunate to be able to swim, bike and run. This is my chance to thank those who make breakthrough discoveries in the treatment of skin traumas by fundraising for RAFT.

We really cannot thank you enough, Charlotte, for your fundraising efforts. If you would like to sponsor Charlotte please visit <http://www.justgiving.com/Charlotte-Stovell> Your donation would be greatly appreciated.



Raising funds in memory of Laila

Laila Mason lost her battle against skin cancer in January this year, aged 47. Since then, her family and friends led by husband, Brent, and brother Nick, have been fundraising for RAFT's research into skin cancer.

Brent chose to support RAFT through his captaincy at Headingley Golf Club in 2009. He has also persuaded this year's captain to support RAFT too.

Nick is an established player at North Leeds Cricket Club. The Club decided to hold the first match of this year's season in memory of Laila. According to Nick, 'Laila was always the good looking sister who came down to watch, so was often around the Club, so the match was a fantastic tribute to this wonderful lady.' It was certainly a family occasion as, not only did Nick play, but their father, Denys, umpired the match.

A HUGE thank you to Laila's family and friends who, to date, have raised £2870 for RAFT's research into skin cancer.



RAFT is now on Twitter! Do hope you will follow our tweets @ http://twitter.com/raft_ceo

RAFT's Chief Executive has now become a Blogger! Read RAFT blogs @ <http://raftcharity.tumblr.com/>



RAFT is now an Approved Activity provider for the Duke of Edinburgh's Award

RAFT is one of a very small number of charities in the UK who are partnered with the Duke of Edinburgh's Award. We've only just launched our brand new Duke of Edinburgh's Award website (www.raftdofe.com) which is packed with information for young people wanting to raise money for us. You just have to be aged between 14 and 24, and want to get involved with helping people while gaining some valuable skills at the same time. Whether you want to achieve an award through the DofE programme or support our work, you're guaranteed a memorable and rewarding experience.

Choosing to do your Duke of Edinburgh's Award with RAFT couldn't be easier- we've produced an A-Z fundraising guide and we promise to be there if you need any help. All you have to do is give us a call or email the fundraising team on dofe@raft.ac.uk

Our work is very important, and some of our previous volunteers have written why they found RAFT important to fundraise for. Have a read through our volunteer stories on the website, and you'll realise that you too can help RAFT and make an impact.

The research we do is expensive and we rely on the fundraising efforts of our supporters. Without them, we wouldn't be able to carry out our valuable research, and that's why we'd love for young people participating in the DofE to get involved in any way they can. All you need to do is check out our website and apply online. Don't forget to tell your friends and family members- it's an opportunity not to be missed!

Marathon

What an amazing atmosphere at this year's Virgin London Marathon, with so much support being shown to all the 2010 runners.

We think all those taking part in the race this year must have conducted a mass rain dance on the Saturday night, and their prayers were answered. The rain cooled down the predicted weather forecast of a hot 22 degrees, giving them much better running conditions.

We are so grateful, proud and truly inspired by RAFT's 2010 runners. The dedication to your training and fundraising has been superb and your running times for the event reflect this.

Readers, if you have your own ballot place for the 2011 London Marathon or any other running event, why not do so in aid of RAFT. With your own ballot place there is no minimum sponsorship required, any amount you could raise for our research would be fantastic and much valued.

Matthew Aldridge	04:04:03
Laura Barnes	04:55:11
Andrew Birt	03:28:22
Billy Carter	04:18:55
Simon Frost	03:49:50
Luke Groves	04:13:30
Bob Jenkins	05:09:17
Rob Jenkins	04:21:14
Gavin Jones	04:04:36
John Lines	04:46:36
Tom Madders	04:03:40
Gary Thackham	04:25:04
Michael Welch	03:24:54



Tom Madders – Quiz Night Held 19th June

"I ran the London Marathon for RAFT earlier this year but didn't quite manage to raise the amount I'd set out to achieve through sponsorship and world cup sweepstakes. I know how important it is for small charities, like RAFT, to have people raising money for them so decided to organise a local quiz night to continue to support them. I managed to sell over 50 tickets and included a fish and

chip supper half way through the evening. There were 10 rounds of questions and the teams brought various levels of expertise and knowledge to their tables! I also gave a short presentation about the work that RAFT does and the difference their research makes to many people's lives. The quiz itself seemed to go down very well and there were still 3 teams in contention going into the last round. Everybody had a thoroughly enjoyable evening all in the name of a good cause."