

PLEASE SUPPORT YOUR LOCAL NHS CHARITY!



CDDFT Charity Newsletter



JANUARY 2020

Welcome

A WARM welcome to the first edition of the CDDFT Charity Newsletter in 2020. Christmas may be a distant memory, but we hope you had a great festive period and are looking forward to the challenges of the New Year.

Obviously, it's a huge year for the charity as we focus on reaching our £1m target to build a Centre of Excellence in Cancer Care for chemotherapy patients at the University Hospital of North Durham.

As ever we are eternally grateful for the donations, gifts in kind, and volunteering commitments which support the dedicated members of #TeamCDDFT.

Our sincere thanks to everyone who is contributing, however big or small. Here's the latest round-up...

AIN'T NO MOUNTAIN HIGH ENOUGH...



WE love it when our staff aim high for the charity – and Mark Bradbury is the perfect example.

Mark, a Surgical First Assist in Trauma and Orthopaedics, is preparing to climb a mountain in the Himalayas and it doesn't come much more intrepid than that!

Just before Christmas, Mark attended a selection process with the Army to secure a place on an expedition to climb an unnamed peak in Nepal.

From an original field of 200, Mark was one of 50 chosen to go forward to the next stage and he is now training for the expedition in between his challenging role with the Trust.

Some of that training will be in the French Alps in June 2020 before another selection takes place, and a final team selection of 25 climbers heads for Nepal in 2021, aiming to be the first to ever conquer the peak.

Mark, pictured below, has elected to start his fundraising immediately for us at CDDFT Charity, helping to enhance patient care and wellbeing throughout the Trust.

We will, of course, be following Mark's journey as he continues to train and fundraise for this adventure of a lifetime. In the meantime, thank you, Mark – you really are "summit special".

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THE DYNAMIC DUO...

JANUARY 2020



LOTS of us make New Year resolutions to get fit and be more energetic.

Well, David Head and Kathryn Fox-Wright have shown the way with their magnificent efforts in the Kielder Off Road Duathlon on January 5.

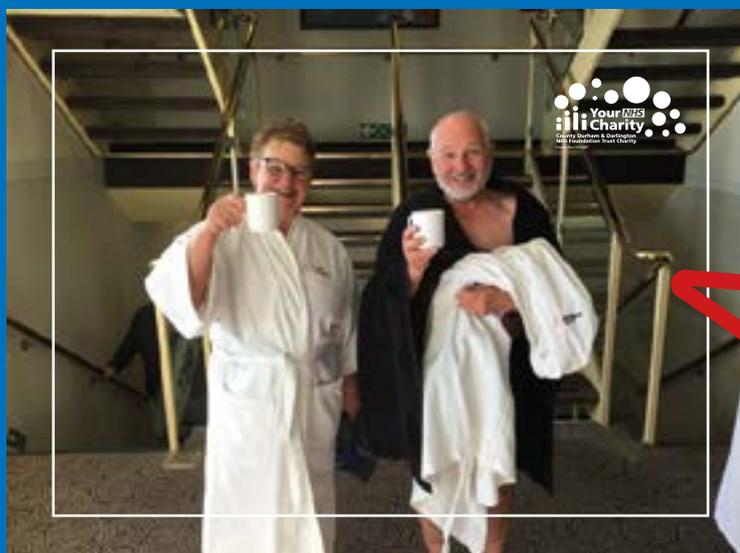
David was inspired by his wife Judith who has been a patient in our chemotherapy unit and knows at first-hand why the appeal to improve facilities is so important. He was joined at the exhausting event by his neighbour Kathryn. Kathryn led the way with an 8k off road run before handing the baton to David who cycled 20k. Then it was back to Kathryn for the final 7k run to the finish line.

Although they didn't finish at the top of the leaderboard, they were winners as far as we were concerned, raising a massive £1344 – and there's still more to come through gift aid.

What a great way to start the New Year and what an inspiration to others. Thank you so much David and Kathryn – we're proud of you.

Can you take the pledge too? Call us now on 01325 743781.

FROZEN ASSESTS!



Jenny and John, who live in Broompark, Durham, decided to brave the freezing temperatures during a holiday to Ushuaia in Argentina. From there, they joined a 10-day cruise expedition to the Antarctic, visiting islands by inflatable boats.

Jenny said: "I felt I needed to do something to show the way because cancer touches everyone and this is such an important appeal.

"I didn't want John to have the bragging rights after he abseiled off the Transporter Bridge for the charity last year, so I thought I'd do something more daring, only for him to decide he'd do it as well!

"It was a real challenge because I hate cold water, but they had a doctor and a defibrillator ready just in case. It was absolutely freezing but I'm glad I did it."

Jenny has already raised £670 but you can still make a contribution in recognition of her bravery by going to www.justgiving.com and searching for "Jennifer Flynn".

Jenny – you're a star.

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FABULOUS FREEMASONS...

JANUARY 2020



THREE groups of Freemasons have united to donate £3,000 to help County Durham and Darlington NHS FT Charity build a Centre of Excellence for Cancer Care in County Durham.

The donations of £1,000 each, came from Chapter of Vigilance (No.111), The St Cuthbert's Lodge (No. 3417), and the Benevolent Committee of The Province of Durham.

Professor Paul Keane OBE, Chair of County Durham & Darlington NHS Foundation Trust, said: "I am absolutely delighted to receive these cheques and have the opportunity to learn more about the work of the Freemasons and their wider charitable works. We are very grateful to everyone who contributed to raising these funds for us and want to say a huge thank you to all involved."

Claude Stewart, a member of The St Cuthbert Lodge and Vigilance Chapter, said: "We all know someone who has been touched by cancer. Indeed, some of our members are currently undergoing treatment, so it is very poignant that we choose this year to support our local NHS Charity and their campaign to improve cancer services in our area."

Pictured below, left to right: Edward Villiers, Andrew Leigh, Prof Paul Keane OBE, charity manager Pat Chambers, Claude Stewart, and Kevin Williams.

HONEST JOHN...



WE are eternally grateful to charity champion John Hilton – known fondly as 'Honest John' – who has come up trumps for us again.

John, who has run a bric-a-brac store in Newton Aycliffe for more than a decade, has supported our charity since 2017, donating £6,000 towards the MRI Scanner Appeal.

Now, he's stepped up again to support our current Chemotherapy Appeal. John signed a pledge to raise £1,000 as part of our "2,020 for 2020" campaign and has done even better by donating a cheque for £1,500 to Trust Chair, Professor Paul Keane OBE.

Professor Keane said: 'We are delighted to receive this wonderful support from Honest John and his customers. We hope this very generous donation will help to inspire other businesses to get behind this campaign and help us improve our cancer facilities within County Durham.'

Thank you so much, John. You're a diamond – honest!

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'2020 IN 2020' ROLL OF HONOUR...

JANUARY 2020

TOWARDS the end of last year, we launched the "2020 in 2020 initiative, aimed at signing up 2,020 companies to pledge £1,000 in 2020. It's a way of building more corporate support for the Excellence In Cancer Care appeal and we're delighted by the response.

One of the latest companies to sign up to the pledge is Sawmills Kitchens, at Low Willington. Owners Phil Clements, right, and Wes Atkins, left, are pictured below after committing to raise a minimum of £2000 between them.



Phil said: "Both of our families have been touched by cancer and we know the importance of everyone doing their bit to help ensure we seen a new cancer care facility in County Durham. I'm a cyclist and will take on the Hadrian's Wall Challenge and Wes has committed to the Great North Run - so we'll be competing to see who can raise the most for the appeal."

Boys – you are a sight for saw eyes!
Thank you.

AND here is the latest roll of honour of companies and organisations that have taken the pledge:

Sparta Group; Maguire's Country Parks, Frank's for Flooring; Latimer Hinks, Martin Lowes of Capital Radio, Kier Group; Vinci Construction; Sawmills Kitchens; Queen Elizabeth Sixth Form College; Kathryn Fox-Wright and David Head; Corstorphine & Wright (NE) Ltd. Ocreas Financial; The Gym Group; Sawmills Kitchens; Excelpoint Ltd, Go Swim Academy; BT for Business; Nando's; Alderson Funerals; Highgrove Mortgages; Fatso's x 2 locations; Civic Estates; Productive Plus; My Lock Up; Bliss Financial Solutions; Liane Pacewith; Jack Doyle, The Doyle Family; Snap Fitness, Councillor Mike Renton, Darlington Ward; Messy Hands Productions; Cleaning Angels; Ellie Jackson; Ann Coxon, Leggs Fashion; Brown's Hairdressers; Shotton Hall Academy; Nick and Sandy Wallis, The Mayor and Mayoress of Darlington; Freemen of Durham City; Shakespeare Temperance Trust; Castle Insurance; Sherry Fairbairn & Tony Clark, Ramside Golf; Freemason's Chapter of Vigilance, St Cuthbert's Lodge and Province of Durham and Honest John in Newton Aycliffe.

We are so grateful to everyone for their support and we hope it inspires others to join them.

If you or your business want to be a part of the 2020 Challenge - pledging to raise a minimum of £1000 for our charity appeal during 2020 please call us now on 01325 743781

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YET MORE THANK YOUS...

JANUARY 2020



THERE are all kinds of ways to develop ties to the charity, and big thanks to Rebecca Gilmore, a physiotherapist at University Hospital North Durham, who raised £334 by making Christmas lanyards.



THANK you also to everyone who volunteered with the charity at Sainsbury's in the Arnison Centre, Durham, and helped us raise more than £600 towards the chemotherapy appeal. The helpers included members of the Go Swim Academy, pictured below, who were great at encouraging shoppers to splash out!



LINTHORPE Beds have done us proud by having a toy donation station for the children's ward at Darlington Memorial Hospital. What another lovely way to support the community.



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YET MORE THANK YOUS...

JANUARY 2020

MEANWHILE, Virgin Money UK's Durham store also organised a toy donation station for our Treetops ward at the University Hospital of North Durham. The children will be overjoyed – thank you.



BIG thanks also to Martyn and the team at the Ralph Fitz Randel Wetherspoon's pub, in Richmond, for dropping off 200 selection boxes and loads of toys for our children's wards at Darlington Memorial Hospital. The young patients were so grateful.

WE'VE had another great result from supporters of Darlington Football Club who have netted us another £300. The Quakers donated the money towards Darlington Memorial Hospital from their Christmas draw. Rob Duncan, the club's Community and Media Officer, is pictured below, handing over the cheque to Charity Support Officer Philippa Parsons. Thank you to our local football club for their continued support and helping us to reach our financial goals.

IT'S so lovely that individuals as well as companies are making the "2020 for 2020" pledge. Sam Nicholson, below, has been supporting our charity for more than a year now and regularly volunteers for us. Sam wanted to set herself a personal challenge of raising at least £1000 for us and we wish her every success.



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EVENTS IN 2020...

JANUARY 2020

WE have some fantastic events coming up in 2020 to help the charity stay on target.

We'll have an update on our Burns Night event at Headlam Hall in next month's newsletter but, in the meantime, here are some more fun activities to tempt you.

The Chemotherapy Appeal Dinner takes place on March 27 at the Radisson Blu Hotel in Durham. It is in memory of the inspirational Anita Doyle, of Chester-le-Street, who lost her own battle with cancer but is creating a legacy to help others. Full details below:



Chemotherapy Appeal Dinner
In memory of Anita Doyle
27th March 2020

An evening filled with fun and entertainment, as we celebrate the memory of Anita Doyle. Although she sadly lost her own battle with cancer, this event creates a lasting legacy that will help many other people undergoing their cancer care within County Durham & Darlington.

3 Course Meal
Entertainment by Jason Issacs
Dress Code: Lounge Suits
Venue: Radisson Blu Hotel, Durham
Time: Drinks Reception 7 pm - Close Midnight

Auction/Silent Auction/Grand Prize Raffle

For more information or to get involved contact:
cddft.charity@nhs.net or 01325 743781
<https://www.justgiving.com/cddft>
uk.virginmoneygiving.com/charities/CDDFTCharity

DONATE / FUNDRAISE / VOLUNTEER

Tickets £50 pp

Your NHS Charity
County Durham & Darlington
NHS Foundation Trust Charity
@CDDFTCharity



Skydive Academy
Peterlee Parachute Centre

TANDEM SKYDIVE
Thousands of feet of amazing sky!

SKYDIVE FOR CHARITY
Do something incredible for a good cause!

£35 deposit and minimum sponsorship £395.00

To book your charity skydive contact
cddft.charity@nhs.net or call 01325 743781
<https://www.justgiving.com/cddft>

Spaces available Saturday 18th April 2020

To get involved email or call: cddft.charity@nhs.net or 01325 743781
<https://www.justgiving.com/cddft>
uk.virginmoneygiving.com/charities/CDDFTCharity

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IF you fancy something a bit more adventurous, how about jumping out of an aeroplane?

The Skydive Academy at Peterlee Parachute Centre has placed available on April 4 and 18 2020.



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EVENTS IN 2020...

JANUARY 2020



Book your team for CDDFT Charity Golf Day 2020
All proceeds raised support the Chemotherapy Appeal for the University Hospital of North Durham

HELP US FIGHT CANCER

join us on
2nd July 2020

RAMSIDE HALL
HOTEL • GOLF • SPA

Your NHS Charity
County Durham & Darlington
NHS Foundation Trust Charity
100419381

- Bacon Rolls/Tea or Coffee
- 2 Course Carvery Lunch
- 18 holes of golf
- Nearest the Pin/Longest Drive
- Prize Presentation

CDDFT Charity GOLF DAY 2020

Registration 9-9:30am

BOOK NOW

4 ball
£300

To book your place email or call:
cddft.charity@nhs.net or 01325 743781
<https://www.justgiving.com/cddft>
uk.virginmoneygiving.com/charities/CDDFTCharity

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@CDDFTCharity

FANCY taking part in a fundraising drive? Why not join in with our CDDFT charity Golf Day at beautiful Ramside Hall, near Durham, on July 2? We'd love to welcome you on the first tee.

IF cycling is your thing, we're looking for energetic fundraisers to be part of this year's CDDFT Charity Cycling Sportive over two days on July 25 and 26. The ride will take you to all hospitals in County Durham with some beautiful scenery along the way and wonderful camaraderie.

NO matter how you choose to help us in 2020, thank you so much for all your support. Together we can make a difference to so many lives.



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ADVENTURE

110 MILES

CDDFT Charity Cycling Sportive 2 day event

Your NHS Charity
County Durham & Darlington
NHS Foundation Trust Charity
100419381

25th & 26th July 2020
Starting 9am at UHND

£80 Entry
inc overnight accommodation

Visiting all the hospitals in County Durham and taking in some fantastic scenery.
Overnight accommodation included in entry fee.
Your fundraising will be helping us to improve and enhance facilities for local people undergoing cancer treatments in County Durham.

Entry £80 plus pledge to raise £250 through sponsorship for us!

To get involved email or call: cddft.charity@nhs.net or 01325 743781
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