

Happy New Year

Happy New Year to you all. I hope you had a wonderful Christmas and enjoyed the companionship of friends and family. LINC is always grateful for raffle presents so if you have any unwanted Christmas gifts that would be suitable, please think of us. We would love to have them.

During the last few months we have had an unprecedented increase in requests from patients for financial help. I suppose this is a reflexion that many people are not so well off and there is always the unknown quantity of Brexit. Our coffers were pretty empty after paying £305,000 for the bathroom upgrade. We need your help more than ever now to ensure that we have sufficient funds to support our local blood cancer patients and to continue funding two clinical psychologists and a haematology research nurse.

As a charity we have a full diary of events planned for 2019 and we would be delighted if you could support some of these or arrange an event of your own. When we get older, or during illness, it is always advisable to have a Power of Attorney in place – someone you trust who can make decisions for you whilst you are unwell. BPE are offering a Power of Attorney month January in conjunction with LINC. There will be a fee but this will come to LINC – not to the solicitor. If you are interested in this service please email claire.charlton2@nhs.net.

We look forward to seeing you in 2019.



John Lewis and Partners

LINC was extremely proud to be chosen by John Lewis as one of the first charities that they would support when the new shop opened in October and we are so grateful.

As well as the green token scheme up and running in the restaurant, LINC has held a Wellness Day in the Discovery Room where customers were treated to mini massages, sold Christmas cards and enjoyed a full day of carol singing on 1st December where five choirs sang beautifully throughout the day, filling the shop with Christmas music.

Our thanks goes to Natasha from Holistic Hideout, Andy from Rapid Rehab, Mo and Beverley who kindly gave their time & expertise and to all the choirs who sang for us including the Churchdown Male Voice Choir. John Lewis will continue to have LINC as their charity until the end of January so please keep putting your tokens in the LINC box. These do lead to a donation to us.

Meet Juliet

Juliet is currently being treated in a side room on Rendcomb Ward. As a nurse herself, she is keen to promote the importance of the Stem Cell Register. If you're between 16 & 30 and in good health, you can sign up to the Antony Nolan register. They will send you a swab pack in the post. Whenever a patient with blood cancer or a blood disorder needs a lifesaving stem cell transplant, the register will be searched for someone who's a genetic match for that patient. 9 out of 10 people donate their stem cells via the bloodstream, in a straightforward process called peripheral blood stem cell collection.

To register or find out more information, please visit www.antohnolan.org



Christmas Sparkle

Thank you to Malmaison who kindly hosted and sponsored our Christmas Sparkle event. Guests were welcomed with mulled wine and mince pies and then enjoyed a floral demonstration by ladies from the Cheltenham Flower Club and a fashion show by Bodega. There was also a lovely selection of some of Cheltenham's finest independent boutiques including Lisa von Hallwyl millinery, Cotton and Gems, Imadjin Jewellery and The Big Bloom Room. **The afternoon raised £1,000 so we are grateful to everyone who supported us.**



“Believe in yourself. You are braver than you think, more talented than you know and capable of more than you imagine.”

Roy T Bennett



Cheltenham Half Marathon

LINC was a charity partner at this year's Cheltenham Half Marathon. Thank you to all of our runners, the Cheltenham Town Football Former Players, **Jerry Gill, Steven Gillespie & Gavin Garthwaite and Lauren-Jane Evans, Naomi Azevedo, Claire Salter and Jody Hung**. There were all magnificent, firstly running and then fundraising.

Prithvi Business Lunch

Jay and his wonderful team at Prithvi kindly held our second successful LINC Business Lunch for our corporate supporters. As usual, the food was sublime and we very much look forward to visiting the new premises in February.

Tewkesbury Wine Run

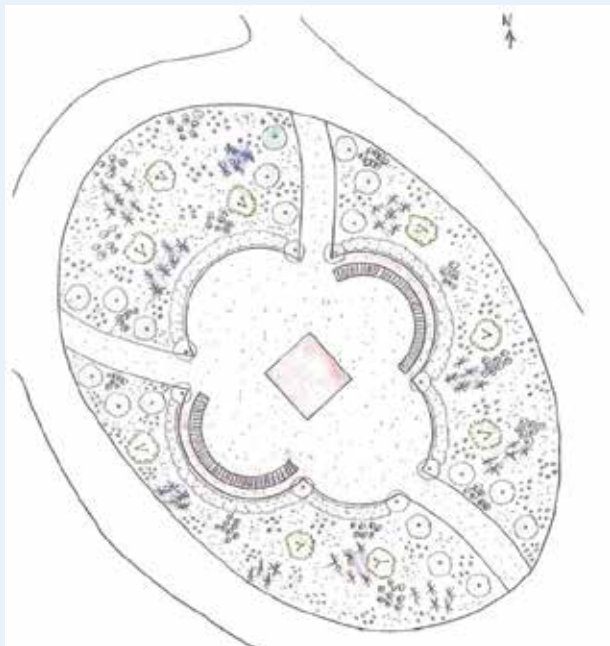
Claire Ashmore and her team have done a sterling job of organising another Tewkesbury Wine Run at Croft Farm. Huge numbers of runners turned up to enjoy several glasses of wine around each lap of the lake. We haven't received the grand total but we think that it is over £2,000.

Dedicate a Mile

The brilliant Cheryl is running the London Marathon for LINC again this year. After major surgery this year, she decided that this is just what she needed to spur on her running goals. She did an exceptional job of raising money last year and she has now come up with a new idea to assist her LINC fundraising. Cheryl would like to dedicate each of the 26 miles to a special person. For a donation, you can dedicate a mile of the marathon to a loved one. This could be in memory or just to mark a birthday or anniversary. For each mile, Cheryl will wear a LINC wristband with that person's name on. [Please get in touch with Claire if you would like to donate a mile.](#)

Sanctuary Garden

The plans are now completed and we are very excited to announce that this project will officially commence in January. LINC would like to thank Mark Sheldon from Cheltenham Borough Council who has kindly donated his time and love into drawing up the complicated design and planting lists for the garden. The foundations and new paths will be laid over the winter with planting happening in March. If you would like to see the detailed plans, make a donation or volunteer at a planting day, please get in touch. We very much hope to involve the local community and create a beautiful outdoor space for everyone to enjoy. There are also new possibilities for introducing public art and holding events within the garden.



Dates for your Diary

January	John Lewis Wellness Day
February	LADS FOR LINC
March	Flowers and Chocolates for Mother's Day
April	Fashion Show
May	Sanctuary Garden Opening
June	Golf Day and Cycle Ride and David Austin Roses Trip
July	Walk in the Footsteps of Romans – Chedworth Walk
September	Handbag Sale
October	Wine or Gin Tasting
November	Christmas Sparkle
December	Light Up a Life

Power of Attorney Month

A Power of Attorney is a legal document that allows someone to make decisions for you and act on your behalf. This could be just a temporary situation if you're in hospital, for example, and need help with everyday tasks such as paying bills. BPE Solicitors are supporting LINC during the month of January, by offering this rare opportunity to create your Power of Attorney, in return for a fixed donation for the charity.

Places in January will be limited and given on a first-come first-served basis. **To book your place please contact Claire on 0300 422 4422 or email claire.charlton2@nhs.**

Shower Refurbishment

We would like to thank everyone who donated to the Shower Room refurbishments. The ward reopened in September and has made such a remarkable difference to the patients who find themselves in isolation for weeks in one of the small rooms. The new bathrooms make it easy for a patient to sit in the shower if necessary or for a nurse to assist. New decorations bring the outside inside and the new chairs are being well received. Deborah Lee, the Chief Executive, kindly visited with some of the LINC trustees.



Leicester Marathon

Congratulations to Andy Phillips who ran the Leicester Marathon in October in memory of his father, Bruce. Bruce was a LINC patient and before he died, Andy promised him that he would do a Marathon to raise money for LINC. He raised £1,928.01.

He trained hard, completing the Forest of Dean Half Marathon and the Robin Hood Half Marathon to prepare. Andy commented,

"The rain was bad enough to swim parts of the route but I finished in 5 hours and 12 minutes. Thanks to LINC for their support. RIP, Dad."

Edinburgh Marathon

Ann Pritchard is running the Edinburgh Marathon in May in memory of the wonderful Alice Fowler who died this year on her 27th birthday. Ann writes, "Throughout her illness she remained positive and her courage and determination to fight cancer was an inspiration to all. During periods of remission and after recovering from treatment, Alice lived life to the full and enjoyed the precious times she had with her family and friends. I have chosen to run for LINC because they provided Alice and her family with incredible support throughout her treatment at Cheltenham.

You can donate at: www.justgiving.com/fundraising/ann-pritchard4



A big thank you to...

Volunteers LINC would like to thank all of our hard working volunteers who kindly donate their time to the charity throughout the year, whether it is in the shop, in the office or at events. You are really appreciated and are grateful for your support.

Lynda, a LINC shop volunteer, has done a marvellous job of collecting, restoring and selling jewellery in the shop. She raised a remarkable £1,939.98 from May to October 2018.

BMW Motorcycle Club Western Section has raised money in Monmouthshire in memory of LINC patient Graham Wiltshire.

Margaret Hart owns the local hairdressers in Huntley and collects Loose Change donations for LINC which have totalled £320 in 2018. She is also part of the local fundraising group, **Huntley Cancer Campaign**, who have very generously donated £5,000 towards the chairs for the newly refurbished Rendcomb side rooms in Cheltenham General Hospital. Thank you for your very generous support.

Julie Sharpe who has held numerous fundraising events for LINC.

Persimmon Homes awarded LINC £1000 for the Sanctuary Garden.

Martin Podd – Art Show £290.50

Jeff Ellis, who has been selling beautiful wooden objects for LINC £82.50
Our patron, PJ Crook, for holding her annual mulled wine, mince pies and miniature sale in December.

Jackie Thorogood has very kindly donated lots of knitted hedgehogs and pretty paper angel tree decorations. They sold like hot cakes and raised a fabulous £125.77

John Knight kindly donated £610.41 and **Karen Churchill**, £255.49.

David Lowman donated £5,000 in memory of his daughter. This money will be used to carve a stunning bench in the Sanctuary Garden.

Alison Lovett-Turner and Di Coates who regularly hold cake sales in the Oncology Dept for LINC and Focus and who raised a brilliant £1,000 in their Christmas raffle.

Tim Evans and the Wide Valley Singers raised £168.28 singing carols in the atrium.

Thank you to all of the local restaurants that have supported our monthly Lunch Club during 2018.



Photos L- R: Sanctuary Garden, Lynda Heywood, Jeff’s woodturning objects

Reply Slip

I would like to arrange a Power of Attorney

I would like to make a donation for The Sanctuary Garden

I would like to volunteer on a Garden Planting Day

I would like to make a donation

I would like to be added to the volunteers list

I enclose total payment of £

Return to: LINC, Cheltenham General Hospital, Sandford Road, Cheltenham. GL53 7AN

If you wish to unsubscribe from LINCLINES please tick here



I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I gave up to 5 April 2008 and will reclaim 25p of tax on every £1 that I give on or after 6 April 2008. Please tick the box