



THE MARY HOW TRUST NEWSLETTER

Winter 2007

A twice yearly Newsletter for all the friends of The Mary How Trust

Stay healthy, take control

in this issue...

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We wish a Happy Christmas and a Healthy New Year to all our readers. We are now writing from our new clinic suite at Pulborough Medical Centre and have already settled into a busy routine; we do not seem to have lost anyone or anything in the course of the move in early August! Everyone is enjoying our new location & purpose-built clinic and building.

The Doctors of the Pulborough Medical Group are most supportive and provide much valued GP advice and input to our medical team.

The demand for our health screening services continues apace and we are proud that in our 20th year we find ourselves more relevant than ever, benefiting over a thousand people each year. We see ourselves as a valuable complementary resource to the National Health Service and rely so much on our supporters, fundraisers, and donors who enable us to continue this unique service.

Don't forget to tell your friends and family about our health screening and make a New Year resolution to make an appointment to call in for a Health MOT.

Stuart Trownson
General Manager

CHRISTMAS CARDS AND DIARIES ON SALE NOW!

This year we held a 'design a Christmas card' competition. As a local charity we were keen to involve the local community, and invited the Trefoil Guild and Brownies in Storrington and Sullington to design our fundraising Christmas card. The response was terrific and we hope you will agree that the three winning designs are lovely.

The cards cost £4 for a pack of 12 and are available at our clinic and charity shop as well as Cherilyn Newsagents, West Chiltington; and Just Jane and Headline 2 in Storrington. ❀

The Mary How Trust pocket diary has once again been generously sponsored by Guy Leonard & Co, and we are most grateful for their continuing support.

The 2008 diaries cost £2 and are available at our clinic and charity shop, and Cherilyn Newsagents.



Darcey Inman



Thelma Hilliard



Lydia Allam

OFFICIAL OPENING OF OUR SCREENING ROOMS

The Mary How Trust's president, Lady Emma Barnard, officially opened our new screening rooms at the Pulborough Primary Care Centre on 17 September, in the presence of our patrons and trustees.

This was a chance to celebrate our move, which brings the Trust into exactly the right environment – close to the doctors who have been loyal supporters of our work since the Trust was founded 20 years ago.



Lady Emma Barnard & Nick Herbert MP

Roger Paterson, chairman of Horsham District Council, attended the event, as did Gillian Darkes, Ladies' Captain at West Chiltington Golf Club.

Both have chosen the Mary How Trust as their charity of the year. Also present was a representative from each of the different areas of the Trust's activities; from our screening staff, charity shop, volunteer receptionists, and office staff. We were able to offer a guided tour of our mobile screening unit, which had been parked at the Pulborough Primary Care Centre for the occasion. ❀

WHAT'S ON

NEW! Our monthly bingo evening in Storrington was launched very successfully on Bonfire Night. The event raised funds and made details of our health screening programme available to a host of new supporters – and the fun will be repeated on the first Monday of every month.



Jenneth Moore, Janet Tatum & Janet Bates

We look forward to seeing you on Monday 3 December and Monday 7 January at 7.30pm at the Guide Hall on Browns Lane, Storrington. Entry only 50p! Raffle and refreshments... and lots of fun for everyone.

This event is only made possible by the help of a band of volunteers each month. If you'd like to lend a hand on one or more of our bingo evenings, please contact us. We promise you'll have a great evening whether you are playing bingo or lending a hand!

There's still time to book your table for our annual Bridge Drive on 2 January 2008. An afternoon of bridge at the prestigious West Sussex Golf Club is accompanied by a delicious tea, a grand raffle and a silent auction.

This annual event always sells out. For further information, please contact Stella Ellis on 01798-872234.



Mary How Trust supporter, Cindy Foster, has come up with a stylish fundraising initiative: raise money for the Mary How Trust when you buy children's clothes!

Captain Tortue is a brand of fabulous French children's clothes. If you host a Captain Tortue coffee morning with some friends, Cindy will kindly donate 10% of all sales to us.

Further details from:

sindyfoster@yahoo.co.uk ❀

Our events calendar is constantly being updated, and is available on our website and from our office.

CHARITY NIGHT! A 'CAPITOL' PANTOMIME FOR YOUNG AND OLD, A HERO, A CAT, AND STREETS PAVED WITH GOLD!



Many of you will have enjoyed the annual pantomime at Horsham's Capitol Theatre. This year the panto is Dick Whittington, starring Todd Carty (EastEnders, The Bill).

The Mary How Trust is proud to be the beneficiary of the Horsham District Council's Chairman's Charity Night on 15 December. The performance is at 7pm and all proceeds will come to us – so book your tickets now! Contact the Capitol Theatre's box office by phone on 01403-750220 or online at www.thecapitolhorsham.com ❧

SPARKLE BALL

Earlier this year we were one of three beneficiaries of the Sparkle Ball in Arundel, along with Home Start Arun and Vision Aid Overseas.



Courtesy of the West Sussex Gazette

This splendid event, held every two years, is always a sell-out success, due to the expertise and tireless enthusiasm of Sally Spanner and her team. We were delighted to be a beneficiary of the Ball, and in September we joined the other two charities in Arundel to receive the donation from the Sparkle Ball committee.

On behalf of the trustees and everyone at the Mary How Trust, we would like to thank Sally Spanner, Brian Raincock, David Cooper and the committee for their tremendous support. ❧

THANKS TO OUR DONORS AND FUNDRAISERS

We are truly grateful to everyone who helps us.

Perhaps you have organised a fundraising event, or perhaps you have bought a ticket to the event itself. You may have made a personal donation, or made a gift on behalf of a community group or organisation. Your support helps us to continue offering health screenings to over a thousand people every year.

Recent fundraising activities held in aid of the Mary How Trust have included a barn dance; a quiz night; a sale of cards and crafts; a sponsored swim; a therapy day for charities and a 24-hour snooker marathon. We are indebted to those involved for going that extra mile for the Mary How Trust – and to everyone who supported their fundraising activities.

Thank you!

WELCOME AND GOODBYE

Two new members of staff have joined us recently: we now have a healthcare assistant, Jeannette Dorrington, who carries out a number of tasks to assist with the smooth running of the clinics; she also researches and obtains current health information.

A new nurse, Sophie Tokatly, has also joined us. Sophie moved from London recently where she worked as a practice nurse. Sophie has a vast range of knowledge and experience which will be an asset to the nursing team.

We extend a very warm welcome to them both.

We said goodbye to Jane Jeffery, who retired at the end of August, after many years with the Trust. We are grateful to Jane for managing the relocation project to the Primary Care Centre ❧

AND THE WINNER WAS...

In our last newsletter, we invited readers to send us their email address and enter a draw to win a meal for two at the Spread Eagle in Midhurst. Many thanks to everyone who took part, and congratulations to Nelida Wheelwright, who won the prize and enjoyed a delicious meal.

WEBSITE

www.maryhowtrust.org

The Mary How Trust's new website is up and running!

The new site is already proving to be a useful resource for supporters and new visitors alike. We have received lots of positive feedback, and we hope you will enjoy visiting our website and making use of the information and tips we offer.

We are delighted to announce that the Linbury Trust has given us a grant to cover our website and donor database costs in full.

GET INVOLVED!

If you would like to organise or help with a fundraising event we'd be delighted to hear from you.

Please contact Roanne Moore-Loizides on 08452-410956 or at roanne.moore@maryhowtrust.org. Our website also has plenty of fundraising news and ideas.

We are extremely grateful to the Linbury Trust for such generous support.

A reminder about our fabulous competition: **WIN!** a return trip for two to New York on Virgin Atlantic! This competition will raise funds and publicise our health screening service.

Visit our website for a chance to win the trip to New York or one of the other great prizes! ❀

SIGN UP FOR AN E-NEWSLETTER

Email is a cost-effective way for us to communicate with you, and if you would like to receive our newsletter and information about other ways to support us by email, please send your personal email address to us at:

contact@maryhowtrust.org

We never give your information to other organisations. Your details will be used by the Mary How Trust only.

If you do not have an email address, or would prefer to continue receiving our communications by post, you don't need to do anything. We will be pleased to continue writing to you as we have always done. ❀

SPONSOR OUR NEWSLETTER

Thank you to Ted Hennings and Hennings Wine Merchants

This edition of our newsletter has been sponsored by Hennings Wine Merchants. We are most grateful for this generous support.

Our newsletter helps us to keep in touch with our supporters, and to reach wider audiences and spread the word about our important health screening service.

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