



AUGUST 2017 NEWSLETTER

CIRCULATE & EXERCISE PROGRAMME

The Circulation Foundation were successful in 2 grant applications from the Garfield Weston Trust Foundation and James Tudor for our Circulate & Exercise programme - creating community support and exercise groups for patients with peripheral arterial disease.

Peripheral arterial disease (PAD) is a condition in which the arteries carrying blood to the limbs are narrowed or blocked by the build-up of fatty deposits. Around 20% of over 60s in England – 2.3 million people – suffer from PAD, and nearly 600,000 suffer significant leg pain (known as intermittent claudication) on exercise.

We are looking to create and sustain a country-wide network of community centres providing support, education and exercise classes for PAD patients and their partners/carers/families. To do this we have identified 5 pilot areas (London, Coventry, Wolverhampton, Hull and Oxford) where NHS Vascular Units are already providing or planning supervised, hospital-based exercise classes where we could trial different approaches to extending this provision into the community; broadening their activities into education, self-management and peer support; and engaging patients themselves in running the centres and fundraising to ensure their sustainability. Things are well in hand and classes should be starting soon.

SHOP

We have commissioned some logo'd running vests, t-shirts and cycle tops for our recent and upcoming events. We have a small surplus of each item so if anyone would like to buy one for their own purposes and help advertise the CF in the process then these are available for purchase. Please keep an eye on our website as details will be available there soon or contact info@circulationfoundation.org.uk

THE LAWRENCE FAMILY

We would like to thank Chris Lawrence and his family and friends. They were prolific in their fundraising in 2016 on behalf of the Circulation Foundation after the sad loss of Chris's daughter, Zoe, to an aneurism in childbirth. They have now set up their own Charity but have vowed to support us wherever possible.



Thank you from everyone at the Circulation Foundation!!

2016 FUNDRAISING EVENTS

In June 2016 there were several events including the 5k Run-Pool Feast run by Sue Leggett, The Big Heart Africa Big Ride with Steve Cavanagh, a Charity Football Match organised by Andy Black and Martin's Little Big Adventure which involved Martin Davies.

In August 2016 Bob Primmer took part in Solent Rocks.

In September Kevin and Sue Varty participated in the London to Paris Bike Ride (their JustGiving page was one of the most successful of 2016 and was in the top 3% of fundraisers for 2016) and Ed and Tom Low took part in the Rat-race Scotland Coast to Coast race.

Fantastic sums of money were raised from all these events and more details of each one can be found on the Circulation Foundation website www.circulationfoundation.org.uk under past events.

2017 FUNDRAISING EVENTS

London Marathon 2017 23rd April 2017

This year's Virgin Money London Marathon was held on Sunday 23rd April 2017. We had 8 brave runners raising funds on behalf of the Circulation Foundation. These were Catherine Cameron, Lewis Smart, Matt Popplewell, Michael Davis, Chelsey Foster, James McDonald, Stu McDonald and Florin Simion. Between them they raised over £11,000 which was an outstanding achievement!!



A huge thank you to all of them

Pro-Am Golf Team Day Friday 2nd June 2017

This was held at Hart Common Golf Club and was run by Andy Picton and his team. This follows on from the same event that Andy ran last year which was very successful and raised over £1400 for the Circulation Foundation despite some inclement weather.

Thanks to Andy and his team

Sponsored Haircut – June 2017

Laura Grayson recently had her 28inch hair cut into a short bob for charity. Her hair was donated to the Little Princess Trust and Laura split her sponsors between the Circulation Foundation and Diabetes UK. She kindly donated £289 to CF.

Thanks Laura and hope you are enjoying your new hair style.

Prudential Ride London-Surrey 100 Sunday 30th July 2017

Celebrating the legacy for cycling created by the London 2012 Olympic and Paralympic Games, Prudential RideLondon-Surrey 100 started at 06:00 in Queen Elizabeth Olympic Park, then followed a 100-mile route on closed roads through the capital and into Surrey's stunning countryside. With leg-testing climbs and a route made famous by the world's best cyclists at the London 2012 Olympics, it's a truly spectacular event for all involved. The Prudential RideLondon-Surrey 100 finished on The

Mall in central London, shortly before 150 professional cyclists raced in the Prudential RideLondon-Surrey Classic on a similar route.

James McCaslin and Alex Coupland and Mark McCarthy completed this and to date have raised over a £1000 for the Circulation Foundation.

Great Work Gents

Great Scottish Run Half Marathon – 1st October 2017

The Bank of Scotland Great Scottish Run half marathon welcomes thousands of runners to the city of Glasgow every year and Mandi Baxter is this year running this on behalf of the Circulation Foundation. The course starts in the centre of the city, in George Square, and from there takes runners past a selection of Glasgow's finest venues and buildings. As well as crossing over the River Clyde, runners will take a trip through Pollok Park and Bellahouston Park, before heading back for the grandstand finish on Glasgow Green.

Thanks Mandi and hope it stays dry

Great North Run Sunday 10th September 2017

Starting in Newcastle upon Tyne the 13.1 mile route takes runners through the city centre towards the River Tyne where thousands of people will cross over the iconic Tyne Bridge, where if the runners are lucky, they might get a glimpse of the Red Arrows passing overhead.

From there runners will travel through Gateshead while being entertained by Bands on the Run. The route, lined by thousands of supporters, leads runners to South Shields where at the top of Prince Edward Road the view of the sea is one of the most welcoming sights along the whole course.

From that point there is just over a mile to go and the crowds get louder as runners make their way down the final straight towards the finish gantry.

Simon Patel and Trevor Foster are running in this on our behalf.

Good Luck Guys

We would like to thank each and every one who raised funds on our behalf in 2016 and 2017

2018 FUNDRAISING EVENTS

Prudential Ride London-Surrey 100 Sunday 29th July 2018

The Circulation Foundation has some charity places available for this event. If you would be interested in raising funds for us please contact Carron on 02072057151 or email us at

info@circulationfoundation.org.uk

If you would be interested in raising funds for us but are unsure of what you would like to do we have listed some ideas below:

- **Coffee Morning or Cake Sale** - a perfect way to enjoy 'elevenses' and a good catch-up
- **Instant Funds** - pick a day and ask all your colleagues to bring a pound to work
- **Recycle** your old unwatched films and un-played games at a bring and buy sale
- **Car Boot Sale** - sell all your unwanted and unused items
- **University Challenge** – organise a quiz at your local school
- **Lunch Money** - ask colleagues to bring in homemade lunches & donate the money saved
- **Auction of Promises** - ask people to donate a gift, or promise of their time for auction
- **Theme Day / Night** - lighten up the winter months and hold a themed event
- **Involve your local schools** with a treasure hunt or Easter egg hunt

- **Open Day** - if you've got a colourful garden, open it for people to admire for a donation
- **Night In** - stay in on a Saturday night and donate the money you save
- **Fancy Dress** - any event involving dressing-up is a great way to raise much needed funds
- **Organise a Charity Golf Day**
- **Utilise the talents of family and friends** to come up with a unique fundraising idea
- **No Smoking** - get friends and colleagues to sponsor you for giving up cigarettes
- **Dress Down Day** - your colleagues can come to work in jeans for a small donation
- **All Day Event** - ask a local pub or venue to hold a sponsored event like darts or bridge
- **Tombola** - get some raffle tickets and persuade friends and colleagues to donate prizes
- **Invite** - an 'expert' or local wine dealer to do a tasting and collect donations from drinkers
- **Of course** you can always do a sponsored run, swim, bike ride or skydive etc!
- **No Drinking** - feel great by giving up booze for a few weeks & ask people to sponsor you

VASCULAR AWARENESS MONTH

Please see the website further information on September's Vascular Awareness Month.