

It's been a busy summer in the LINC office and we are now looking forward to a host of exciting events as Autumn approaches. As the nights draw in and the days get colder, why not invite your friends over and ask them to donate the price of their meal. It's a good way to catch up with your friends whilst helping others.

The diagnosis of leukaemia can turn your life upside down so the part that the clinical psychologists play in a patient's treatment and recovery is invaluable. The annual commitment of fully funding this post is £50k. LINC funds this role, purely from donations from people like you. As we head towards Christmas, please keep a look at all our exciting fundraising events. We have an [exclusive shopping evening at John Lewis](#), a [Christmas Wreath workshop](#) and of course our [Light up a Life Service](#). We do hope that you will be able to support one of these events or hold one of your own. [Thank you for your continued support.](#)

Blood Cancer Awareness Month

September is Blood Cancer Awareness Month with the purpose of spreading awareness of the symptoms of Leukaemia. Do you know what some of the signs are? Unexplained bruising, unexplained weight loss, lumps or swellings and extreme fatigue are a few.

A diagnosis can simply turn your life upside down and life in isolation undergoing gruelling treatment is really tough. Not only do you feel so ill, you also are shut away from everyday life. Patients cannot leave their room, open the window or take a walk. This also impacts on families who try to maintain a balance of caring for their loved one in hospital whilst balancing the demands of the outside world.

LINC funds clinical psychologists that play a vital role in helping patients and their families cope with what is happening to them. The LUNCH FOR LINC scheme involves supporters entertaining their friends and asking for donations for the LINC charity. It's a great way to catch up with your friends whilst helping others. Please help us raise £10k towards funding this invaluable work.



LINC 100 Club

You have to be in it to win it!

We still have a few spare numbers for the LINC 100 club and would be delighted if you would like to join. It costs **only £3 per month per number** or you can pay for an annual subscription – whichever you would prefer.

Fifty per cent of the 100 Club income goes on prize money each month – the winning numbers are displayed on the website and the winners are notified by post with their winning cheque enclosed.

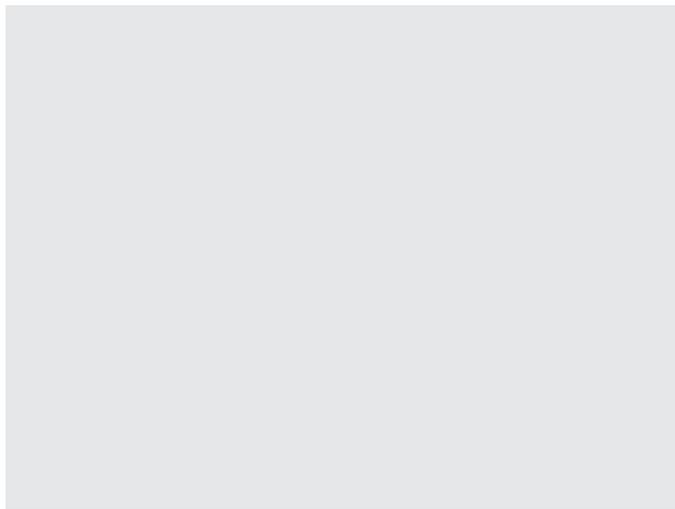
To join please contact the LINC office and we will send you a LINC 100 Club pack.

LINC Sanctuary Garden

Many thanks to the lovely volunteers who turned up to help at this month's garden maintenance morning. Having so many people really turned the morning into a social and fun few hours so please do come and join us on the last Friday of the month from 10am. Brewin Dolphin was extremely generous, not only providing a team of volunteers but also in supplying a collection of gardening tools to be used in the garden.

LINC nominated Cheltenham Borough Council in the local charity awards for all of their help in making this project happen and we are thrilled to have become finalists. The Awards Ceremony will be held on September 19 so we are remaining hopeful as the winner is given £1000 for the charity.

LINC is continuing to hold events in the Garden. The Finding Sanctuary in the Garden was a great success and we also held our first Tai Chi session. Look out for more yoga and wellness events again in the spring.



Patient News

Carl Hopkins has been a LINC patient for a number of years and a fabulous supporter of the charity. He has been instrumental in setting up the annual Fun Day at the Swallow Inn in Bishops Cleeve. We are so grateful to Jo Fowler who organised this year's event raising a remarkable £ 2,755.00 for us. **Thank you to everyone who went along and supported this day.**

Spread The Word

We are looking for people in different parts of Gloucestershire who would be prepared to display LINC fliers in their communities whether it is the village hall, sports clubs or coffee shops. It is a difficult challenge reach everyone with our news and event posters and your assistance would be a huge bonus. **Please contact the LINC office if you could help at gkn-tr.linc@nhs.net**

Milk Bottle Tops

LINC is now proudly collecting the plastic milk bottle tops and turning them into funds for our patients. All you have to do is wash the blue, red or green plastic lids and drop them off at the LINC office or shop. We also have some collecting posters so if you think that you could display one at work, please let us know. It's easy to do, helps our recycling drive and raises money! We are still collecting stamps so please keep those coming as well.



**SPREAD
THE WORD**



#TeamLINC

Our sporting heroes have been super busy, taking on challenges and raising money for us. We really appreciate the effort, pain, exhilaration and time that a personal challenge involves.

Anna Howard completed her first Tough Mudder raising over £320. Apparently she loved it so much, she can't wait to do another one!

Kathy Lewis took on the enormous challenge of Ride London. She said that it was an amazing day and wrote, "Thank you so much for the opportunity to do the ride, it's one I will never forget." She raised over £550.

Dr Adam Rye completed the Bosphorus Cross Continental Swim in Turkey. He said that the current was hard to negotiate as well as the jelly fish and sea urchins but he did manage to enjoy it! His swim has now raised £3,850.69 to date which is an incredible feat. Thank you so much to everyone who generously supported him and a huge well done to Dr Rye for completing such a remarkable swim.

Good Luck to **the Chapman family** competing in the Cheltenham Half, **Sue Low** running the Great North Run and **Alex Salter**, taking part in the Ironman Wales.



Cheltenham Triathlon

LINC is the charity partner of the Cheltenham Triathlon and our thanks goes to the team at the Lido for their brilliant organization of the day. For the first time there were two distances, the Sprint and Supersprint which was the fundraising wave. Thank you to everyone who took on the challenge for us.

Alex Charlton will be taking part in his first triathlon and we wish him good luck. He has trained hard and we are so proud of him. Please help him reach his target.

www.justgiving.com/fundraising/alex-charlton12



Happy Birthday, Tim!

Tim Evans has been fundraising for LINC for many years now. He regularly brings his lovely choir, The Wide Valley Singers, into Gloucestershire Royal Hospital to entertain patients and visitors alike as they pass through the main Atrium. They are always very well received and the bucket collection is bountiful.

Tim has celebrated a milestone birthday this year and was most adamant that he would like to receive donations to LINC in lieu of birthday presents. He held a party at Stoke Orchard Village Hall in the summer which was a wonderful evening with entertainment from the choir. Louise Adkins along with volunteer Linda Wakefield attended the evening and served the refreshments.

The donations from his birthday came to a fabulous £1245.00. That, together with his ongoing fundraising, comes to an amazing £7384.35. LINC would like to say a huge thank you for his continued support and to the members of The Wide Valley Singers who so generously give up their time.

Shop News

We'd like to thank all the generous people who have been donating their unwanted items to the shop. We have had some fabulous donations, mostly nearly new and some unworn. Hence the shop has been doing really well. We would now welcome evening wear, looking ahead to Christmas, as well as winter coats and jewellery, which always prove popular.

We are grateful to our customers who support us and the shop volunteers who are invaluable to the running of the shop and work so hard. We look forward to seeing you soon.

Upcoming Events

Charity Auction – Friday 25 October, 7.00pm

You are invited to an exclusive evening at The Wilson, Cheltenham. Enjoy drinks and canapes and then bid on a host of exciting prizes and one off experiences.

John Lewis Shopping Evening – Wednesday 13 November

Get ahead of your present list at this special evening. Enjoy shopping after the shop has closed to the public and enjoy a host of festive demonstrations to get you into the Christmas mood. Tickets £5

Singing Saturday – Saturday 7 December

Join us for Carol singing throughout the day in John Lewis or help us with the bucket collection.

Christmas Wreath and Candle Making Workshop – Sunday 8 December.

Enjoy a creative day at Cowley Manor. With expert guidance from The Big Bloom Room and Arc Candles you will have the opportunity to create a bespoke Christmas wreath and candle. A two course lunch is included in the ticket price of £98.

Light Up a Life – Sunday 15 December.

Our annual service remembering the life of a loved one.

Thank You...

Clare Biggs – Stanway Summer Gala was a great success. It was well attended and everyone had a marvellous evening in the sunshine. We are still awaiting the final total but thank you to Clare and her team for organising such a lovely event.

Sandra Hutton works tirelessly for the charity, holding sales in West Block and manning a stall at the Moreton Show. We would like to thank her for all of hard work.

The Finding Sanctuary in the Garden was a brilliant wellness morning in the Sanctuary Garden and we appreciate everyone who came and gave up their time to lend their expertise; **Katie Chapman** from Neal's Yard, **Natasha Greening** from The Holistic Hideout, **Jess Gunter** from Cheltenham Wellness Clinic, **Andy Hemming** from Rapid Rehab, **Chelsea** from Wildflower Yoga and **Mary Devereux** from Sixways Yoga who took the yoga session.

Fig Offices have chosen LINC as their charity of the year. They have kindly donated prizes for our auction.

All our volunteers who helped us at the Moreton Show and Cheltenham Triathlon. **Wide Valley Singers** who continue to provide wonderful mornings of music in the Gloucester Royal Hospital. **Cirencester Male Voice Choir** who held a concert in aid of LINC.

Tim Reynolds kindly mended the LINC shop window in his spare time.



L-R Jacqui Wells & Gavin Charlton, Mandy from Fig Offices, Clare Biggs and Katie Chapman

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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