

ABOVE & BEYOND

cancer foundation



NEWSLETTER

October 2021



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Social Media

If you haven't already, please engage with us on our social media sites: You can find us on Facebook (Above & Beyond Cancer Foundation), Instagram (abovebeyondcf) and Twitter (@ABBedfordshire)

Raffle Prizes

If anyone has any unwanted gifts or items they would like to donate as prizes, please contact:
Di Lack 07890 062917

Welcome to our Newsletter

Welcome to our third Newsletter. Here we are approaching the middle of October and Autumn is well and truly upon us. Let's hope we still get some beautiful sunny days before the nights draw in. We hope you have managed to enjoy some downtime over the Summer months and enjoyed the little things in life and spent time with family and friends.

We continue to be busy writing funding applications and grow our contacts in the charity sector.

We have been overcome by the local support we have received from the community in various guises. From coffee mornings (delicious cakes) to bike rides, 5k, 10k and marathon runs to charity sales. We feel very fortunate that you have chosen to support A&BCF. Every £1 really does help and goes back into the local community, supporting local people with their cancer diagnosis. In this edition, we would like to thank everyone that has raised funds for us over the last 3 months.

We continue to support patients from diagnosis, throughout treatment and beyond. Get in touch if we can help in any way.

"We are always eternally grateful when the local community comes together to raise funds for us"



Amanda & Richard Sanders

300km Cycle Challenge

Amanda and Richard decided to give themselves a huge challenge of cycling 300km in July raising funds for A&BCF. Amanda is a great friend and has supported the charity since its inception. They certainly picked some hot days to get their miles in.

They smashed their challenge and raised over £600 for A&BCF.

Thank you so much!





Clare Bonham and Friends

Run Forest Run 5K

Clare Bonham and her two friends, Alex and Susie, took part in the Bedford Running Festival and ran 5K for A&BCF.

In Clare's words "I am raising money for an amazing local charity, Above and Beyond Cancer foundation who are kind, thoughtful, supportive and positive. I cannot express how grateful I am for the support given to me throughout my treatment. So I thought it would be a great idea to do something I haven't done for a very long time to raise funds for them to support others the way they have supported me."

Thank you so much to this super trio, who we believe raised over £600 for A&BCF.



"We really enjoy raising funds for your foundation"



Diane Lilley *Coffee Mornings*

Diane holds the most amazing coffee mornings for charity. Just before Covid hit Diane had held two coffee mornings to raise funds for us and has held another 4 this year. There is always a raffle, cake, bric-a-brac table and it's always such an enjoyable event. These mornings raised funds in excess of £1,000. Thank you again Diane and we really are very grateful for everything you do for A&BCF.



Maureen & Dawn

Maureen and Dawn make and sell cards, books and peg bags with all proceeds given to us. How amazing is that. Thank you so much for continuing to support us. We are truly grateful.



Primark Pink Team

We would like to thank the team at Primark, who continue to support A&BCF. They will be holding a Pink Day at the end of October. They do this every year and currently they have raised £175. Good Luck. Have a day full of fun!

www.above-beyond.org.uk



Martin Chappell

Coast to Coast Cycle Ride

A group of 9 friends biked 100 miles over two days by taking the Devon Coast 2 Coast route from Ilfracombe to Plymouth to raise money for A&BCF. Martin Chappell, Harry Elkin, Stewart Haddow, Tony Lamb, David McCoy, David Elkin, Paul Smith, Paul Whitehead and Ben Smith-Ruddick make up the nifty 9.

Dawn, Martin's fiancée has received support from us throughout her treatment and Martin wanted to give something back – our charity has a special place in their hearts. What better way than to enlist 8 friends and give themselves a real challenge!

The Crown in Stotfold, The Wheatsheaf in Biggleswade, Arlesey Sports and Social Club and Caldecote Football Club have played their part in their event by kindly having a charity bucket in each of their premises. HBC Logistics, who provide a same day courier service anywhere in the UK, kindly transported their bikes to and from Devon for the event. So far they have raised over a whopping £7,500!



Brighton Marathon and 10K Runners

Team Taverner

Brighton Marathon

Team Taverner, brothers Martin and Chris decided to undertake their very first marathon at Brighton in September. They have both experienced first hand what support the charity offers through having family members supported by A&BCF. They completed their challenge in 4 hours 30 minutes – what a fantastic achievement! They have raised over £1,900 - thank you!!



Hannah Brown

Brighton Marathon

Hannah Brown (Sweet Peach Wellbeing & Coaching) also ran the marathon for us and smashed it in 3 hours 41! What a wonderful achievement! Hannah raised over £650.00!



Vanessa Fielding and Richard Clydesdale

Brighton 10K

Vanessa Fielding (Sandy Sports Massage Therapist) and Richard Clydesdale smashed their way through the Brighton 10k. Vanessa is a big supporter of our charity and helps at our Wellness & Holistic Days. They raised over £100!



London Virtual Marathon

Abigail and Stuart McKenzie

Virtual London Marathon

Abigail and Stuart MacKenzie took on the Virtual London Marathon on the 3rd October. Abigail raised funds for Above and Beyond Cancer Foundation, whilst Stuart was running to raise funds for the Fire Fighters Charity. What an incredible achievement given that they had no crowds to cheer them on - only a few local well-wishers. So far Abigail has raised nearly £600.00 - thank you!



**A MASSIVE THANK
YOU FOR ALL THOSE
WHO HAVE RAISED
MONIES FOR US!**



You are our heroes

