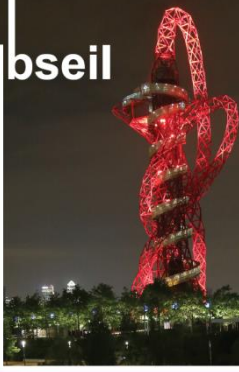


Abseil

SUN 26 APR 2015



ArcelorMittal
ORBIT 350 FOOT ABSEIL
Queen Elizabeth Olympic Park

FOR INFO:
01323 404066
steve.saunders@myaware.org
myaware.org/news-events

I OPENED UP SINCE I KNEW IT WOULD STAY BETWEEN US



Talk to us – if things are getting to you.
We're always here – round the clock, every single day of the year.
A safe place – as volunteers we're ordinary people who keep what you say between us.
Be yourself – whoever you are, however you feel, whatever life's done to you.
We're a charity – it's the public's kind donations that keep our helpline open.

08457 90 90 90^{UK}
01924 377011^{Local}
jo@samaritans.org
www.samaritans.org

SAMARITANS

St Helena Hospice
Midnight Walk 2015

Saturday 23rd May 2015
New 10.30^{pm} start!



Ladies, don't stay in... register today for Colchester's best girls' night out!

Register now at sthelenahospice.org.uk/midnightwalk15
For more information contact the events team on 01206 931468

St Helena Hospice
your time... your hospice

Gazette

FOR ONCE, I COULD BE MYSELF



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SAMARITANS

CHANGE FOR CHANGE

1 DAY FREE TRIAL!
Full Membership from £3.65 per month!

LIFESTYLE CHANGE FOR POCKET CHANGE
JOIN YMCA NOW: Y-Active Membership Sale Ends 30.09.13

YMCA
The Exchange, 11-13 The Quadrant, London E1 6AN
Garrison, 100-102, Victoria Road, London SE18 2JL
Manning, 100-102, Victoria Road, London SE18 2JL
Larkin, 100-102, Victoria Road, London SE18 2JL
Thames, 100-102, Victoria Road, London SE18 2JL
Weymouth, 100-102, Victoria Road, London SE18 2JL
Wymondley, 100-102, Victoria Road, London SE18 2JL

WYRE
Wymondley, 100-102, Victoria Road, London SE18 2JL

Pydio
Wymondley, 100-102, Victoria Road, London SE18 2JL

4Life
Wymondley, 100-102, Victoria Road, London SE18 2JL

LEUKAEMIA RESEARCH
Research • Support • Action


BEEFY'S GREAT FORGET-ME-NOT WALK

WALK WITH BEEFY

Join Sir Ian Botham on his 25th anniversary charity walk and help him beat childhood leukaemia

15 APRIL 2010
EPSOM RACECOURSE, EPSOM

SIGN UP AND START FUNDRAISING
WWW.BEEFY25.COM
Call 020 7985 5143 or email beefy25@lrf.org.uk



KNOWING SOMEONE IS ALWAYS THERE GIVES ME HOPE

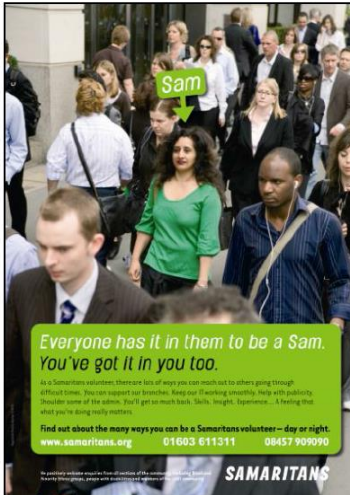


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jo@samaritans.org
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SAMARITANS

Everyone has it in them to be a Sam. You've got it in you too.



As a Samaritans volunteer there are lots of ways you can reach out to others going through difficult times. You can support our branches, keep our listening country, help with publicity, provide some of the advice. You'll get so much back. Skills, insights, experience... A feeling that what you're doing really matters.

Find out about the many ways you can be a Samaritans volunteer – day or night
www.samaritans.org 01603 611311 08457 909090

SAMARITANS

SAMARITANS LET ME SAY IT MY WAY



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01924 377011^{Local}
jo@samaritans.org
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SAMARITANS

IF I FEEL LIKE ***

OR IF YOU'D RATHER NOT LET EVERYONE KNOW, TALK TO US.

WHETHER YOU'RE GOING THROUGH WHETHER YOU THINK IT'S BIG OR SMALL, DON'T BOTTLE IT UP. AT SAMARITANS WE KEEP CONFIDENTIAL, NON-JUDGMENTAL, SUPPORT BY USING A DIAL.

01603 611311 08457 909090
08467 90 91 92
jo@samaritans.org
www.samaritans.org

SAMARITANS

SAMARITANS HELPED ME WHEN NOBODY ELSE WAS UP

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jo@samaritans.org
www.samaritans.org

SAMARITANS

Pennies, Pounds & Plastic

WEETU Money management for young women in Norfolk.

Supported by **BARCLAYS**

Are you aged 16 to 25?
Do you wonder where your money goes?
Would you like to gain control of your finances?

WEETU has a **FREE** workshop designed just for you!

- Learn how to monitor your spending
- Understand the true cost of borrowing
- Make effective choices about spending and saving
- Be empowered by creating tools for spending and saving
- Know where to go for further help and advice.

Each workshop is 3 hours long and you will take away a Spending Diary, calculator and a pack of support materials. All the information provided is completely independent.

Ring **WEETU** on **01603 230625** for more information and to book a place on our next workshop.

I want to buy a mobility scooter but I don't know where to start!

I'm disabled. Where can I find out about driving?

I got a parking ticket even though I was displaying my Blue Badge. I need help!

I want to help stamp out disabled parking bay abuse!

I need a disabled parking space outside my house. Where can I get advice?

Mobilise can help
For a free monthly magazine, information, advice and discounts join Mobilise

Call 01508 489449 or visit www.mobilise.info

mobilise
The charity run BY Disabled People FOR Disabled People

Helping women take control of their economic lives

WEETU full circle
An award-winning business start-up programme designed to support women into self-employment

FULL CIRCLE WORKSHOPS

- I Want my Own Website
- Selling Online
- Marketing Skills
- Sales Skills
- Business Planning & Contingency
- Costing & Pricing
- Practical Bookkeeping for Small Business
- Cashflow & Final Accounts

FREE places available

Is Enterprise for Me?
Thinking about becoming self-employed but not sure where to start?
This level 2 accredited course covers setting business goals, market research, start-up costs, business positioning, risk and more.

WEETU is supported by **go for it!**

WEETU t. 01603 230625
e. admin@weetu.org w. www.weetu.org

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jo@samaritans.org
www.samaritans.org

SAMARITANS

ovarian cancer action

natracare

Weeing more often?

Stomach pain?

Struggling to eat?

Bloating?

Don't ignore these symptoms.
If you're experiencing any of these symptoms of ovarian cancer on most days, talk to your GP.

For more information talk to **Ovarian Cancer Action** today
Call **0300 456 4700**
or email info@ovarian.org.uk
www.ovarian.org.uk

HAVENS HOSPICES WILLS MONTH JUNE 2016

HAVE YOU MADE YOUR WILL?

Write or update your Will in return for a reduced cost, donated to Havens Hospices. You can meet with a solicitor to discuss your needs.

The sessions are:
7th June - Holiday Inn, Southend Airport
16th June - Oysterfleet Quay
17th June - Havens Hospices, Westcliff

Appointments also available at solicitor offices across south Essex.

To book an appointment please call 01702 221660 or visit www.havenshospices.org.uk/wills

Havens Hospices

EVERY WILL MAKING EVERY DAY COUNT

TRY ONE OF OUR EVENTS

SOUTHEAST HALF MARATHON 12TH JUNE 2016
Off road, traffic free, 2 lap half marathon featuring scenic coastal route along Southend seafront.
Contact: Julie on 01702 221668 or email julie@havenshospices.org.uk

ISLAND TO ISLAND MUD RUN 27TH AUGUST 2016
Challenge through thick mud in the beautiful location of Old Leigh. Choice of two routes, so fun for all the family!
Contact: Julie on 01702 219724 or email julie@havenshospices.org.uk

GREAT PIER SWIM 31ST JULY 2016
This exciting Swim is back for the 9th year and remains one of the most unique Open Water Swims. 3.3k wet suit or non wet suit events with a Seal Swim for the youngsters.
Contact: Julie 01702 220324 or email julie@havenshospices.org.uk

HAVENS TO HAVENS WALK
WALK TO REMEMBER A LOVED ONE, walk to keep fit or walk for a fun family day out on our 5 or 10 mile route from hospice to hospice.
Call Julie on 01702 221668
julie@havenshospices.org.uk

RUN SANTA RUN 4TH DECEMBER 2016
Put on your festive and Santa suits for our festive 5k fun run around West Tyler Country Park, Plessey.
Call Julie 01702 220324 or email julie@havenshospices.org.uk

These are just a few of the great fundraising events that Havens Hospices organise. Why not visit our website for more information on all our events and challenges.
www.havenshospices.org.uk

You can register for all these events and more at www.havenshospices.org.uk/events

Havens Hospices

EVERY EVENT MAKING EVERY DAY COUNT

Testimonials

"Hi Simon, I've just seen our ads up in Chapelfield Mall, and they were right by the lift queues exactly as we had hoped! Thank you very much they look great!"

Heather Griffin, Publicity Officer, Samaritans (Norwich)

"...my experience of dealing with your company thus far has been excellent. We very much look forward to monitoring the campaign and its effectiveness."

Liz Jackson, Secretary to the Directors, St. Francis Children's Society

"Thank you for this – they are looking great :O) "

Jen Hogan, Haven Hospices

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EVERY WILL MAKING EVERY DAY COUNT

Haven Hospices

Haven Hospices incorporates Fair Haven Hospice and Little Haven Hospice
Registered Charity Number 1027119

TRY ONE OF OUR EVENTS

SOUTHEND HALF MARATHON 12TH JUNE 2016
Off road, traffic free, 2 lap half marathon featuring scenic coastal route along Southend seafront.
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HAVENS TO HAVENS WALK 18TH SEPT 2016
Walk to remember a loved one, walk to keep fit or walk for a family day out on our 5 or 10 mile route from hospice to hospice.
Call Jane on 01702 221658 or email jhopkins@havenshospices.org.uk

RUN SANTA RUN 4TH DECEMBER 2016
Put on your beards and Santa suits for our festive 5k fun run around Wat Tyler Country Park, Pitsea.
Call Sue 01702 220357 or email smay@havenshospices.org.uk

EVERY EVENT MAKING EVERY DAY COUNT