



AUTUMN 2024

# Linc Charity Newsletter

Registered charity number: 1078183

connections and supported more people to raise money, volunteer for Linc and help spread the word of the amazing work of this charity. All of these successes are only possible by the dedication and support of you all. Thank you to each and every one of you who volunteers, supports us, talks to people about us and visits our shops. All of these things make such a big impact to our patients and their families.

I would like to say a big welcome to our growing Linc Charity Retail Team. Angela, Paula and Lizzy have recently joined us and have made such a great start. They, along with Laura and James, have worked tirelessly to ensure that both our Bath Road shop and our new Winchcombe Street shop look amazing day in and day out for our customers. We are incredibly lucky to have such talent joining us! **Louise** – Linc CEO

## It's been a busy few months at Linc...

We have opened our new shop on Winchcombe Street, hosted our most successful Polo Event to date and raised more money than ever at our Golf Day in July. Most importantly we have made more

## Linc Shops

Our Bath Road Charity shop had its most successful year ever last year and since then we have been looking for the next spot to open an additional shop. We were very pleased to find an amazing space at 28 Winchcombe Street, right in the middle of Cheltenham Town Centre.

After a great deal of hard work, we opened our new shop on the 24th of July. We are incredibly grateful to everyone who made this possible. To BIGDUG for their generous donation of the racking and for installing it for us; to the volunteers from Ecclesiastical who worked tirelessly unpacking, steaming and hanging all of the donations and to our wonderful patrons Laurence and Jackie Llewelyn-Bowen for the cutting of the ribbon to make us **officially open!**

We have all the usual items you'd expect in a great Charity Shop but the amazing thing about our new shop is we have a super-sized book section and children's department upstairs. We also have the space upstairs to hold small gatherings in aid of Linc Charity, please get in touch if you have an idea for this space, it's open for all to use.

We are in need of **volunteers** for both our charity shops, we have opportunities for most interests! If you've ever fancied yourself as running a bookshop, there is a large book section upstairs! Contact both Charity shops on **linccharityshop@gmail.com** and specify which shop you are interested in volunteering in. There are always free refreshments and friendly chats to be had along with 25% discount in our shops!



Volunteers from Ecclesiastical



If you haven't yet shopped with us, we'd love to see you! We are open Mon-Sat 9am-5pm; Sunday and Bank Holidays 10am-4pm.

We always welcome donations, we accept them any time during opening hours, please see our website for details about the donations we can and can't accept, or give us a call on **01242 462260** (Winchcombe Street) or **01242 262112** (Bath Road).



Another great way to support us is to follow us on social media @linccharityretail and like and share our posts to spread the word using #lincpreloved.

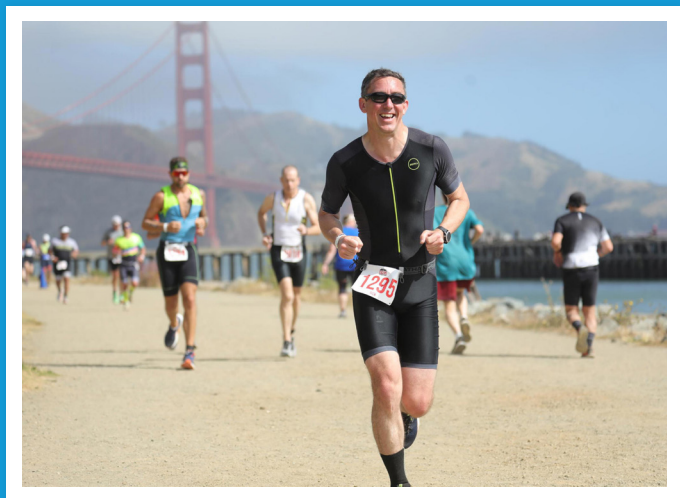
## Nick Phillips – ESCAPE FROM ALCATRAZ

After 15 years or so of visiting the Jenner Clinic, dad was almost part of the furniture. I have no doubt that without the fantastic treatment he received, that we'd have lost him many years before we did so I'll be forever grateful to everyone at the Jenner for giving dad that extra time with us.

As a keen runner, dad made me promise that I'd "run a marathon" to raise money to support those that had supported him after he was gone. We lost him in 2018 but I wanted to do something a bit special and "only" running a marathon didn't really cut it - it had to be a bigger challenge and it took a while to win a place at the perfect event. Dad had always been interested in true crime and so I found something that would have really met with his approval - The Escape From Alcatraz Triathlon. Often called the toughest triathlon in the world where you have to swim a mile and a half across the treacherous waters from Alcatraz Island back to the shores of San Francisco, avoiding sharks, the freezing water, strong currents and choppy waves on the way. But that's just the beginning - once you're out of the water, there's an 18 mile bike ride up the famous hills of San Francisco followed by an 8 mile run over more hills and thick sand.

For me this was a particularly tough challenge as I only had my first swimming lesson in February! Before that, I could just about muster a single length of doggy paddle so it was a literal case of going in at the deep end! Thanks to many 5am starts to get to the pool before work, my swimming improved day by day.

**"I AM SO PROUD TO HAVE COMPLETED THE CHALLENGE, PARTICULARLY THE SWIM, FINISHING AROUND THE TOP THIRD OF THE FIELD"**  
- NICK PHILLIPS



Thanks to my family and friends, I have raised £1,481 for Linc to continue to help people in need.

## Polo Day – Friday 31 May 2024

**After the success of our Polo Day last year we were keen to make it bigger and better, and that it was!**

With over 150 supporters it made it a day to remember raising over **£20,000** for Linc. Our patrons, Laurence & Jackie Llewelyn-Bowen, local business people and Linc charity supporters enjoyed a sparkling reception with live jazz and polo demonstrations, followed by a delicious 2 course lunch, live & silent auctions, a thrilling polo match and afternoon tea!

**A BIG THANK YOU TO EVERYONE WHO SUPPORTED US INCLUDING ALL OF OUR SPONSORS FOR THEIR GENEROSITY AND CONTRIBUTION IN MAKING IT SUCH A SUCCESSFUL DAY.**



## Golf Day – Friday 12 July 2024

**We held our annual Golf Day, in partnership with Brace Creative Agency this year and what a fabulous day it was raising the grand total of £5500!**

Thank you to everyone who supported it, our teams, sponsors, those who generously donated raffle and auction prizes and not forgetting our dedicated team of volunteers. Thanks also goes to the staff at Cotswold Hills Golf Club who always make us so very welcome.



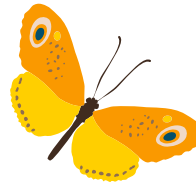
Winners - Higgys Heroes



# Linc Sanctuary Garden

**Have you visited our beautiful Sanctuary Garden recently? This amazing space, situated at the Keynsham Road end of Sandford Park, is open to all to take a moment out of their day to sit and pause for a while.**

It is maintained entirely by our wonderful Linc volunteers under the watchful eye of our head gardener and Linc supporter Mark Sheldon. On the last Friday of the month, between March and September Mark and our volunteers get their gardening gloves on and work hard to keep it weeded and in shape. We are very grateful for their hard work but we always need more helpers, so if you think you may like to join us, contact Louise on [l.adkins@nhs.net](mailto:l.adkins@nhs.net).



## Meet

# NIKKI



September 2022 I was tired all the time and not my usual self. After being referred for an MRI I was told it showed a brain tumour...Life imploded! I was sent for a repeat MRI, to then be told by the Surgeon in Bristol that another tumor had grown in the week since the first MRI and it was obviously very aggressive.

My husband asked the surgeon the very difficult question of how long I would have to live, to which we were told 9-14 Months. It was like being sat in path of a grenade. My poor husband was faced with being a widower with a five year old. This was all I could think about.

The following week we were asked to see the Neurosurgeon immediately and within a few days he called me to say that it was lymphoma, which meant I had a chance to have treatment and potentially more time with my family. Scary but a huge relief at potentially living longer.

From then it was rounds of inpatient chemotherapy with the aim for a stem cell transplant ultimately. I had been off work for the whole of this period and no longer being paid or able to have SSP, so money was an added juggle. The Lymphoma nurse specialist told me we could apply for a grant from Linc which I could use to pay for childcare for the summer holiday period. This was thankfully approved and my son went to a summer holiday club with some children he knew and the staff, who I knew would look after him if he was struggling with what was happening. The overwhelming sense of relief that hit when we were told this was approved is indescribable. Freeing me and my husband from one of many financial pressures, but importantly allowing me to attend daily treatment and my husband to continue working knowing both myself and my son were safe. This was a lifeline. It was the proverbial weight being lifted from our shoulders after one of the hardest times of our lives.

**The Linc fund is essential and people need to be made aware of its importance for people facing the ongoing financial struggles cancer brings. It's not just financial it's a lifeline to carrying on. The Linc clinical psychology team have also been wonderful in helping my husband come to terms and deal with what was a traumatic time for him, looking after me and our darling boy. My husband and I are eternally grateful to all the staff who treated me and the Linc fund for being an invaluable part of me completing treatment.**

**" I AM GRATEFUL FOR EACH MOMENT OF THIS LIFE THAT I AM BLESSED WITH."**

**- NIKKI**



## Caroline Wynn's AMAZING FUNDRAISING

In honour of her late father, David Wynn, Caroline was keen to give back by fundraising for Linc. She set herself three challenges across the summer. Firstly on the 19th June Caroline jumped out of a plane, which she said was amazing. Next on 23rd June, David's birthday, she set out on an 8 mile walk along the Jurassic coast, from Charmouth

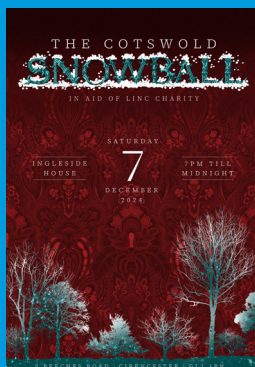
to West Bay supported by her family and friends. She saved the toughest challenge until last. On 31st August, Caroline took part in the Mont Blanc Circular Challenge trekking 86 miles in 4 days. When we spoke to Caroline about her experience, she said it was one of the best things she had ever done, tougher than she thought but she is keen to go back and visit the area again as the scenery was beautiful. She shared that knowing she was raising money for Linc was what motivated her and during the toughest of the climbs, memories of her dad spurred her on to complete it. Caroline has raised the amazing total of **£2000** for Linc.

## Date for your Diary

### The Cotswold Snowball

**Saturday 7th December**

Get in the mood for Christmas and get ready to dazzle at our Cotswold Snow Ball. The Llewelyn Bowen family invite you to dress up and join them for this very special evening, to raise money for Linc. Taking place at the beautiful Ingleside House Hotel, Cirencester, guests will have drinks on arrival, a gorgeous three course meal, opportunity to bag a fabulous prize at the auction and raffle and then dance the night away with a live band. This really will be a night to remember so please do **book your tickets now**.



## Get into the Festive mood

Start your Christmas shopping with a bottle of **Maximalist Linc Gin**. We are incredibly proud to be a part of the collaboration with Gloucester Brewery and Laurence Llewelyn-Bowen. This partnership showcases the power of creativity and community coming together to support the work of Linc Charity. Our wonderful patron, Laurence's stunning design work elevates this product, making it not just a premium gin but also a beautiful piece of art. The donation of £5 from each bottle sold is a significant contribution to our charity. Visit our website to secure yourself a bottle [www.linccharity.org](http://www.linccharity.org)



## Reply Slip

I would like to make a donation	<input type="checkbox"/>
I would like to become a Regular Giver	<input type="checkbox"/>
I have a fundraising idea I would like to share with you	<input type="checkbox"/>
I would like more information about volunteering	<input type="checkbox"/>
I wish to unsubscribe from the mailing list	<input type="checkbox"/>

Name
Address
Postcode
Email

Please return to:

Linc Charity, Linc Outpatients Dept, Cheltenham General Hospital, Sandford Road, Cheltenham. GL53 7AN  
Call the office on 0300 422 4422 or send an email to [ghn-tr.linccharity@nhs.net](mailto:ghn-tr.linccharity@nhs.net)

Save trees and sign up to receive your newsletter by email. Contact us at [ghn-tr.linccharity@nhs.net](mailto:ghn-tr.linccharity@nhs.net)