

# Newsletter



Annette Fox Leukaemia Research Fund

Registered Charity No. 516208

Autumn 2015

# Smokie



## 24<sup>th</sup> Gala Dinner Dance

**Friday 5th February 2016  
Cedar Court Hotel, Bradford**

*Come and join us for an amazing night out with one of Bradford's best loved bands and help raise funds for the Annette Fox Leukaemia Research Fund.*

*The evening starts at 7.00pm with a very special drinks reception, followed by a wonderful 3 course dinner at the Cedar Court Hotel, Bradford.*

*There will be a raffle and auction, both with fantastic prizes to be won and fun games with the opportunity to win big cash prizes. You can try your luck on the huge and ever popular tombola before Smokie take to the stage in a very special and unique performance playing many of their well known hits.*

*There will also be a DJ and dancing from midnight into the early hours of the morning.*

*Special discounted rates at the hotel are available for guests to take advantage of.*

*For further details or to request a booking form please contact Michelle in the Annette Fox Office on Ward 7 (01274 364168).*

**Tickets £50 each or table of 10 £450**

*We also have advertising opportunities available in the A4, full colour event programme. Contact Michelle for further details and prices.*

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### Pennies into Pounds

Collection Tins are available from the Annette Fox office on Ward 7. Perhaps you could ask your local shop, hairdressers or café to put one on the counter, or maybe you would like to collect your loose change at home.

Every penny really does count  
In 2014 we received £1,600.72  
from collection tins alone.

THANK YOU

To all those who already help the charity raise funds in this way.



FOLLOW US ON FACEBOOK

**POSTAGE STAMPS** With more and more people communicating electronically, via e-mail, text, social media etc., postage stamps are becoming rarer. Did you know the charity collects postage stamps which we sell on to stamp collectors as a part of our fundraising. If you would like to assist us with this, please ask your friends, family, colleagues to save their postage stamps, which can either be dropped off or sent into our office on Ward 7 (full address on page 4).

# How You Can Help

## Donations

Donations can be made directly to the Annette Fox Leukaemia Research Fund in person at our office on Ward 7 at Bradford Royal Infirmary or can be sent through the post to the address at the foot of page 4, please enclose a covering letter including your name and address.

Cheques should be made payable to Annette Fox Leukaemia Research Fund. Please DO NOT send cash through the post.

*giftaid it*

### **Making your donations go further**

Through Gift Aid you can help us make your donations go 25% further - and it won't cost you a penny!

#### **How does it work?**

As long as you are a UK taxpayer, Gift Aid enables you to boost the value of your donations by 25p for every £1 you give. So, for example, if you decide to give £10, we will be able to reclaim an extra £2.50 from HM Revenue & Customs. It might not sound like a lot, but every penny really does count!

#### **What do you need to do?**

To donate through Gift Aid, all you need to do is complete a simple declaration form (available from our office) confirming that you are a taxpayer and that you are happy for us to claim tax relief on your donation. Just one declaration can apply to all donations that you have made to us over the past 4 years and to any forthcoming gifts you make, until you notify us otherwise. It is that simple.

## JustGiving™

Many of our supporters now choose JustGiving as a way of raising funds. They can set up their own fundraising page which they then e-mail to all their friends and colleagues and can also share on facebook and twitter. Donations are then made online, the money is automatically gift aided (an extra 25% on top of the donation) and transferred to our bank account. Simple!

For step by step instructions on how to set up a fundraising page, to view other fundraisers pages and see the challenges they have set themselves, to make a donation or for further information go to [www.justgiving.com/aflr](http://www.justgiving.com/aflr)



An easy and quick way of making donations is to send a simple text message.

Text AFOX22 to 70070 and the amount you would like to donate, either £1, £2, £3, £4, £5 or £10. We receive 100% of your donation!



If you earn a salary, or if your pension is paid via PAYE, then giving this way is very easy. Give As You Earn is the UK's largest payroll giving scheme and Annette Fox Leukaemia Research Fund is registered to accept payments through this scheme via CAF (Charities Aid Foundation). You can give directly from your pre-tax salary, so money that would normally go to the taxman goes to charity instead. You decide how much you want to give each month and the donation comes out of your salary. If you're a basic rate taxpayer, a gift of £20 would only actually cost you £16.

You can find out more details and download a donation form at [www.cafonline.org](http://www.cafonline.org) or speak to your employer to find out if they run a Give As You Earn scheme – most employers do!

# Fundraisers

The Annette Fox Leukaemia Research Fund is extremely grateful to everyone who fundraises on our behalf or organises their own fundraising event. These are just a handful of our much valued supporters.

## CHARITY MUSIC QUIZ NIGHT



A big thank you to Tony Sutcliffe for organising, creating and comparing a Charity Music Quiz Night at Glyde House in Bradford on 16<sup>th</sup> September.

Everyone had great fun, there was a lot of competitive banter between the teams and some brilliant music was heard, not to mention the £260 raised for the Annette Fox Leukaemia Research Fund on the night.

Thank you Tony and thank you to everyone who supported the event.

## YORKSHIRE WARRIORS

Thank you to Sadie and Lee who both took part in the gruelling Yorkshire Warrior Event earlier this year.

Some of the punishing obstacles they encountered were an 800m dark tunnel, extreme ice bath, huge scaffolding structures plus tonnes of mud and some very murky water.



Well done Sadie and Lee on completing the challenge and raising funds for the Charity.

## CHEQUE PRESENTATION

Thank you to the Companions of Zetland Chapter No 603 who presented a cheque for £750 to the Annette Fox Leukaemia Research Fund. The cheque was accepted on behalf of the charity by two of our Trustees, Helen Johnson - Clinical Nurse Specialist and Dr Adrian Williams - Consultant Haematologist.

The donation was made following the illness of one of their members, in recognition of the treatment and care he received on Ward 7 and his subsequent recovery.



*L-R Helen Johnson, E Comp Michael Crawshaw, Dr Adrian Williams, E Comp Michael Hollings and E Comp Paul Hornby.*

## YORK 10K

Thank you to our team of runners who took part in the York 10k on Sunday 2<sup>nd</sup> August.

This was the 3<sup>rd</sup> year that a group of runners, along with friends and family to support them, have travelled from Bradford to take part in the race.

A very big thank you to Shirley, Kevin, Mike, Rachel, Nicole and Jennifer and to everyone who sponsored and supported them.

## CHALLENGES

- Thank you to John Carter who took part in the London Nightrider – a 100km night time bike ride through the iconic capital city. John raised £150 for the charity.
- Thank you to Helen Compton for taking part in her very first Triathlon in Skipton. Helen set up a Just Giving page to encourage friends and family to sponsor her and raised £618.
- Thank you to Kieran O'Prey for taking part in the Manchester 10k and raising £116 in sponsorship for the Annette Fox Fund.

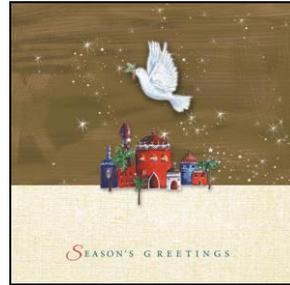
# 2015 Christmas Card Selection



Special Delivery



Little Robins



Festive Dove



Happy Snowman



Christmas Decorations



Reindeer Bauble



The Bright Star



Circle Village

## Sizes

All cards measure 160mm x 160mm  
and are finished with a high gloss varnish

## Message inside reads;

*"With best wishes for Christmas  
and the New Year"*



Winter Warmth



Stockings

## Christmas Cards are priced at just £2.99 per pack of 10

(Each pack contains one design)

Cards can be purchased from our office on Ward 7 (Monday, Wednesday, Thursday and Friday)

Orders can also be placed by telephone, please call Michelle on 01274 364168

Or e-mail [michelle.adam@bthft.nhs.uk](mailto:michelle.adam@bthft.nhs.uk)

# Contact Us

Our office on Ward 7 is open 4 days a week – Monday and Wednesday 9.00am – 2.30am and Thursday and Friday 9.00am – 4.00pm. You can telephone, e-mail or write to us at the address below.

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**Annette Fox Leukaemia Research Fund**  
**Ward 7, Bradford Royal Infirmary, Duckworth Lane, Bradford, BD9 6RJ**  
Tel/Fax: 01274 364168 e-mail: [annette.fox@bthft.nhs.uk](mailto:annette.fox@bthft.nhs.uk) [www.annettefox.co.uk](http://www.annettefox.co.uk)