

# Speen Supporters Group – Winners of the Chilterns Outstanding Achievement Award, 2008

*“Winning the award brings publicity to the hospices, the tremendous work they do, and how little funding they receive”*

The Speen WI nominated the Speen Supporters’ Group for a Chilterns Outstanding Achievement Award in recognition of the SSG’s vital activities in raising funds for 5 local hospices. The Award recognises people who make life in the Chilterns “even more special”, because they have “carried out work selflessly for their community.” The following stories tell us how the SSG earned its prize.



On 20<sup>th</sup> July Mary Craft, Jo Keatch and Shelley Jennings accepted the award on behalf of the SSG.

## Barn Dance raises £335 to add to SSG funds.

*Caribbean Carnival will take place Sept. 6 at Willots farm*

A big thank you to everyone who supported our Barn Dance. A great time was had by all. The dancing was energetic and lively and the limited space didn’t cramp anyone’s style! We made £335 profit to add to our funds to donate this year.

The Caribbean Festival will be held, thanks to the generosity of Grace and Barry, on 6<sup>th</sup> September in the Marquee at Willots Farm with a Steel Band and Pig Roast. Tickets are nearly sold out at press time. The Carnival starts at 7 p.m. for 7:30. Caribbean costumes are optional. (Ed. Note, although some costume must be worn...)

If you are not on the list and would like to be to get details of SSG and local events, please send me your e mail address to [edie@speenbucks.org](mailto:edie@speenbucks.org)

**Edie Radford , 488679**

### *Taking the bike – round two*

Well, if the boys can do it .....the girls can do it for longer!!!!

**The Challenge** - Cycling 500km across Vietnam and Cambodia

**The Challengers** – Two ladies of Speen who, by now, should probably know better:

- Shelley Jennings
- Christine Symondson

Now, read on...

# Two ladies of Speen go out of their way to raise money for Helen and Douglas House

## The Story

When we tell people what we are doing, everyone has a different reaction. Some are excited and encouraging with a “good for you” attitude, some are a little more reserved and reticent about our ability to



do it while others just laugh. However, one thing everyone is in agreement about is that the charity we are raising money for is an extremely worthwhile cause.

Many of you will be familiar with the work of Helen & Douglas House, a hospice for children and young adults in Oxford, as it is one of the five hospices we have supported over the last seven years

through our fundraising activities with Speen Supporters' Group.

Helen House was established in 1982 by Sister Frances Dominica and was the world's first children's hospice and became the blueprint for children's hospices around the world. In 2004 Douglas House was opened for teenagers and young adults.

Helen & Douglas House provide respite and palliative care and end of life care to children and young adults with life-shortening conditions, offering personal and practical support to their families. The care is modelled on that provided in the family home - living life to the full, whatever the circumstances. Even after many years of fundraising for the hospice, it is difficult to convey what a positive and supportive environment they provide for children and their families in the most difficult of circumstances.

For some time we had talked about taking on a personal challenge, so when we heard that Helen & Douglas House were organising a sponsored bike ride we just had to go for it.

### Shelley:

“In December 2007 I reached

the grand old/young age of 50 and decided that it was time to challenge myself in some way and if I could combine that challenge with the opportunity to raise some money for a charity I am personally involved with, so much better. So, when Christine phoned me and told me about the bike ride I think I shocked her when I said, without pause, ‘Let's go for it!!’

Of course, taking part in this bike ride will give us the opportunity to see some of the wonderful sights and scenery in Vietnam and Cambodia but it's going to be an uphill struggle. We will be cycling an average of 75km a day in hot and humid conditions with much of the route on dirt and gravel tracks. For those who have enjoyed a happy relationship with their bike this may not seem too onerous but I have to admit that, as a 50 year old, I have never owned a bike or done any cycling beyond the odd couple of miles along a towpath in France one year, so to call me a novice is an understatement - hence the personal challenge. Sometimes the largest commitments we make are made spontaneously because they involve something you know you have to do.

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