

Y:ACTIVE

CHANGE FOR CHANGE

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

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

Regional Hqs:
 Yorkshire Hqs: The Ryburn, 6133 77340
 Midlands Hqs: Watnall Road, 4199 84242
 London Hqs: 100 Broadwater, 20 700 0000
 South East Hqs: 100 Broadwater, 20 700 0000
 South West Hqs: 100 Broadwater, 20 700 0000
 Wales Hqs: 100 Broadwater, 20 700 0000
 Northern Hqs: Victoria Road, 6133 81444
 Eastern Hqs: 100 Broadwater, 20 700 0000
 London Hqs: 100 Broadwater, 20 700 0000
 South East Hqs: 100 Broadwater, 20 700 0000

Partners: YMCA, wyre, Xtreme, 4Life

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^{am} start!

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

Register now at stelenahospice.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

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

LEUKAEMIA RESEARCH

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 7865 5143 or email beefy25@trt.org.uk

KNOWING SOMEONE IS ALWAYS THERE GIVES ME HOPE

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SAMARITANS

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

As a Samaritan volunteer, there are lots of ways you can reach out to others going through difficult times. You can support our helpline, keep our fundraising events, help with publicity, shoulder some of the admin. You'll get so much back. Skills, insight, experience. A feeling that what you're doing really matters.

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

SAMARITANS

SAMARITANS LET ME SAY IT MY WAY

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SAMARITANS

**I FEEL LIKE *!*!*
OR IF YOU'D RATHER NOT LET EVERYONE KNOW, TALK TOW.**

WHATEVER YOU'RE GOING THROUGH WHETHER YOU THINK IT'S BIG OR SMALL, DON'T BOTTLE IT UP AT SAMARITANS WE KEEP CONFIDENTIAL, NON-JUDGEMENTAL SUPPORT TO YOUR HOME

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

SAMARITANS

SAMARITANS HELPED ME WHEN NOBODY ELSE WAS UP

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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

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

ovarian cancer action **naillacare**

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 Carvery
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

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

ISLAND TO ISLAND MUD RUN 27TH AUGUST 2016
Camber through thick mud in the beautiful location of Old Leigh. Choice of two routes, so fun for all the family!
Contact: Sue on 01702 220557 or email sm@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, wetsuit or non-wetsuit events with a Seal Swim for the youngsters.
Contact: Judy 01702 220524 or email jgrocott@havenshospices.org.uk

HAVENS TO HAVENS WALK
It's time to raise a glass! 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 hospices to hospices.
Call Jane on 01702 221668
jog@havenshospices.org.uk

RUN SANTA RUN 4TH DECEMBER 2016
Put your paws and Santa suits for our festive 5k fun run around West Tyler Country Park. Please.
Call Sue on 01702 220557 or email sm@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**

TOGETHER WE CAN AT

SWLICAN

VOLUNTEERING
WELFARE RIGHTS
CLAIMING BENEFITS
DISABILITY LIVING ALLOWANCE
DEBT ADVICE
EMPLOYMENT LAW
TRAINING COURSES
MONEY MANAGEMENT
DLA, PIP, AA & ESA

South West Lancashire Independent Community Advice Network

FREE INDEPENDENT ADVICE SERVICE

The Ecumenical Centre, Northway, Skelmersdale, WN8 6PN

CALL TODAY ON: **01695 726 269**

Registered Charity Number 1110649

TOUCH LOOK CHECK **BREAST CANCER NOW**

KNOW THE SIGNS AND SYMPTOMS OF BREAST CANCER

SHOW YOUR BREASTS SOME TLC. TOUCH, LOOK, CHECK.

Scan the QR code to learn more about the signs and symptoms of breast cancer.

We provide free breast cancer information and support when you need it most. **BREASTCANCERNOW.ORG**

Breast Cancer Now is a charity registered in England and Wales (103453), Scotland (SC039263), and the Isle of Man (103453)

mind freedom

IT'S OK TO NOT FEEL OK.

Are you struggling with depression, anxiety, loneliness or any other mental health issue?

DON'T SUFFER IN SILENCE

PRIVATE ONLINE THERAPY AVAILABLE

CALL NOW: 01455 242 797

MINDFREEDOM.CO.UK

TOUCH LOOK CHECK **BREAST CANCER NOW**

WHAT'S YOUR NORMAL?

Anyone can get breast cancer. Get to know your normal by checking your breasts regularly.

Learn the signs and symptoms of breast cancer

Please visit breastcancer.org/TLC or scan the QR code today

TOUCH LOOK CHECK

Is someone in your life living with dementia?

How is it affecting you?

If you're struggling to cope, we're here for you with our FREE* phone and text support

Phone us Monday-Friday 9am-5pm
0800 652 1102

Or, if you're feeling overwhelmed or not quite yourself:
text CARE to 85258

DEMENTIA CARERS COUNT www.dementiacarers.org.uk

INDEPENDENT DIABETES TRUST

Diabetes?

"When I was first diagnosed I felt scared, isolated, & lonely."

Lina, 45, Type 2 Diabetes

You are not alone. We are here to help.

Need support? Contact us today
www.iddt.org - 01604 622837

DEMENTIA CARERS COUNT Supporting Family Carers

Support at your fingertips

Do you know someone looking after a family member or friend with dementia?

Help is at hand. Visit our website for advice on the everyday challenges of being a carer:

- Book free online learning sessions
- Access clear information and useful resources
- Find out about other carers' experiences

"It's really comforting to know that there's that help there, and I can access it when I need to."

Find out more at dementiacarers.org.uk
020 3096 7895

TOUCH LOOK CHECK **BREAST CANCER NOW**

WHAT'S YOUR NORMAL?

Anyone can get breast cancer. Get to know your normal by checking your breasts regularly.

Learn the signs and symptoms of breast cancer

Please visit breastcancer.org/TLC or scan the QR code today

TOUCH LOOK CHECK

MAYBE IT'S NOT JUST A BAD PERIOD

Early diagnosis is key!

The Endometriosis Foundation

#endometriosisawareness

Testimonials

"Great firm who supported our charity campaign"

Tom Murtagh, Community and Events Manager for Richard House Children's Hospice

"I have definitely been impressed with the service received from you and Simon and rate that as a 5!"

Fiona Day, Lottery Development Fundraiser, Wakefield Hospice

"...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 Childrens Society

"Hi Simon, I've just seen our ads up 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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www.A1postersites.co.uk www.washroomadvertising.co.uk www.gymadvertising.co.uk