



The
Primrose
Centre

Primrose News

Spring 2015

A Walk Over the O2



Not quite a breeze in the Park! Lynda Costin a visitor to the Centre in 2013-2014 and colleagues from Barclays Bank walked over O2 in aid of the charity.

Their challenge is a huge inspiration to others, though not sure how many would reach such dizzy heights. They raised £1,270 with matched funding from their company Barclays Bank.

The centre is something for which Lynda had huge regard and this donation will guarantee an extra fifty plus treatments. Our thanks to Lynda and her colleagues at Barclays.

Inside
Primrose
News

PAGE 2 – WELCOME TO THE PRIMROSE NEWS • WALKING OVER HOT COALS! • MAE SWIMS FOR PRIMROSE
PAGE 3 – CAROL SINGING AT PETTS WOOD • PETTS WOOD EVENING TOWNSWOMEN'S GUILD • ELLIE THE ELEPHANT
• HEBE FUNDRAISING • MARKS & SPENCER BROMLEY • WAITROSE BROMLEY NORTH
PAGE 4 – WELCOME TO ALEX • NEW WEBSITE • PRIMROSE CENTRE COFFEE MORNINGS • WAYS TO HELP THE CHARITY
• LOCAL BUSINESSES WHO CONTINUE TO SUPPORT THE PRIMROSE CENTRE



Primrose News

Fundraising



Welcome to the Primrose News Spring 2015

Walking Over Hot Coals!

Susan Donovan, a past visitor to the Centre, signed up Bob her husband to walk over hot coals for the charity – what people do for us!

The event at The Woodman, Farnborough Village, raised £510.

Susan and Bob also arranged the Pub Quiz late last year so we owe them both a huge ‘thank you’.

Dear Supporter

Being officially in Spring makes one look forward to better weather and our garden to appreciate.

We are very much looking forward to the Easter Egg Hunt in the Primrose Centre garden for the children and grandchildren of our visitors. It is wonderful news that Maureen and Ted Williams are opening their fantastic garden in the summer for Cream Teas in the Garden and Primrose Proms in aid of the charity.

Over the past months so many have given their time to fundraise on our behalf.

Personally I cannot think of anything more daring than walking over the O2 stadium except perhaps walking on top of hot coals! All of these have been done by grateful visitors, their families and friends because they loved their time at the Centre. I want to say ‘thank you’ and try to insure the support they received at the Primrose Centre will be there for others going forward.

The Centre is increasingly busy and the Trustees are pleased to be able to help those who need our care but as we are not funded other than by charitable donations your generosity is as always hugely welcome.

Kind regards,

Mary Spinks

Mary Spinks, Chief Executive



Mae Swims for Primrose

Mae McCarthy swam at school for the charity raising £40 which is such lovely special support. Mae is the granddaughter of Pam our receptionist on Tuesdays.

Thank you Mae, so kind of you.





Carol Singing at Petts Wood 6th Petts Wood West Girl Guides

The Guides chose the Primrose Centre to benefit from their carol singing at Petts Wood station as they wanted a local charity to benefit and to support the great work the charity does.



The evening raised £255, double the amount of the previous year, which was helped by mild weather and the enormous effort they put into making posters etc. to attract attention of the commuters. – Susan Colligan

Petts Wood Evening Townswomen's Guild

The Petts Wood Evening Townswomen's Guild adopted the Primrose Centre as their charity during the past year; they were hugely successful raising £1,375.

Anne Carter presented Mary Spinks with a cheque for £1,375 at their January meeting.

As ever the charity is grateful for their support and very generous donation.



Ellie the Elephant

Our Ellie appeal raised £910 during January – a special little extra – thank you to those who supported her and us!!

Hebe Fundraising

Hebe del Rio did an amazing swimathon raising £380 for the Primrose Centre.

Hebe is a niece of Nicci del Rio, therapist at the Centre. It is always wonderful to see young people like Hebe getting involved raising charitable funds, cultivating concern for others at an early age.

Well done Hebe!

Marks & Spencer Bromley

What a truly busy Saturday before Christmas we had packing shopping at Marks & Spencer Bromley.

Dressed in the Primrose Centre T-shirts the volunteers packed non-stop between 9am and 5pm.



Shoppers were so generous supporting the charity. Volunteers gave two hours of their precious time so near Christmas to support the Centre.

The sum of £1,478 was raised which is wonderful. Thank you to everyone who helped and the store for allowing us another opportunity to fund-raise.

Waitrose Bromley North

The charity is very grateful to the Bromley North branch of Waitrose for choosing the Centre as one of 'The Community Matters' charities. To the person who suggested us thank you too.

£345 was raised – which is lovely!



Welcome to Alex

Alex Gurney joined the therapy staff as from the end of February. She brings a wealth of experience in therapies which we offer and visitors will enjoy. Already so many visitors have said how lovely she is and how they enjoyed their treatment. We wish her happy days with us.

New Website

Everyone has made favourable comments about our new web site.

It was fantastic to be able to incorporate a video which gives interested viewers an insight into what we do before they come here.

The photographic work done by Claire at Eden Productions www.eden-productions.co.uk truly captured the moment at the Centre.

Special thanks also to Mike Plumstead who built the website which his company continues to run on a pro bono basis, which is a huge contribution to the charity. Hope you find time to have a look – we will be reviewing it constantly to keep it in the present.

Future Events

Easter Egg Hunt at the Primrose Centre 1st April 11am
Cream Teas in the Garden at Keston 7th June
Primrose Proms at Keston 4th July

Primrose Centre Coffee Mornings

There will be a coffee morning at the Primrose Centre at 11am on:

Thursday April 9th
Thursday May 14th
Thursday June 11th
Thursday July 9th

Contact Us

The Primrose Centre
3 Prudence Lane, Farnborough, Kent BR6 8RE
info@primrosecentre.org.uk
Telephone: 01689 880218

Follow us on 

Ways to help the Charity

How to Donate:

- ★ By bank or CAF cheque send to:
Primrose Centre, 3 Prudence Lane,
Farnborough, Kent BR6 8RE
- ★ Click online at
www.btplc.com/mydonate 
The free fundraising service where every penny goes direct to charity.
- ★ Shopping online – sign up to:
www.givingabit.com/primrosecentre

How can you support the Primrose Centre?

- ★ Attending or organising an event
- ★ Volunteer to support the charity
- ★ Take up a challenge, a run, walk etc.
- ★ Get your workplace involved
- ★ Giving an ongoing donation by direct debit
- ★ Making the charity a beneficiary in your will

Local businesses who continue to support the Primrose Centre

BELMONT CLEANERS – Chislehurst
 CLAUS HAIRDRESSERS – Bickley
 COOLING'S NURSERY – Knockholt
 eTraining Ltd – Bromley
 HERBERT'S – Keston
 LEA PRINTERS – Orpington
 MARKS & SPENCER – Bromley
 MARKS & SPENCER – Orpington
 MARKS & SPENCER PLC
 MMW – Bromley (bespoke furniture)
 MPX – Orpington
 MPXAM – Website
 ROCKFIELD LANDSCAPE GARDNERS – Chelsfield
 SO CLEAN – Farnborough
 TALLY HO PUB – Knockholt
 THACKRAY WILLIAMS LLP – Bromley
 WAITROSE
 WISEBYTES – Green Street Green

