



The  
Primrose  
Centre

# Primrose News

Autumn/Winter 2012

## Breast Cancer Awareness Month by Nicky Mercer



As October was Breast Cancer Awareness month, I decided to have a tea party at home, in aid of the wonderful Primrose Centre. A year on from being told I had breast cancer, and here I am with family and friends I have met at the Primrose Centre, eating cake and having fun, yes 'FUN'. Who would have thought it, that one day the word fun would be part of saying I had breast cancer? That is what the Primrose Centre has done for me, it helped me along my journey

and I have made life long friends along the way. So how could I help the Primrose Centre and give something back? Whilst having chemo, I could not taste a thing. Now my taste buds were back I wanted to eat everything, it was like being a child! What better way of doing that than a tea party with lots of cakes and sweets, with family and friends, whilst raising funds for this wonderful charity which continues to help myself and others.

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## Primrose News



Welcome to the  
Primrose News  
Autumn/Winter 2012

### Dear Supporter

During the past three months the centre has seen an increase in visitors which is sad they have breast cancer but wonderful we can help them through it.

We have equally seen many return to work feeling the centre has made life a great deal easier for them, being there when they needed support.

The appreciation from those who have spent the past months visiting the Primrose Centre is evident in this edition, many turn out to shake rattle and roll on our behalf! Others have thought of wonderful ways to organise an event on behalf of the charity.

As we go to print we are making a DVD to be posted on our website, this will give a pictorial insight into who we are and what we do.

Thank you as always to those of you who have and do support the charity.

We recently celebrated our second anniversary of the centre opening – how time flies.

*Mary Spinks*  
Mary Spinks, Chief Executive

## Fundraising

### Womens Fellowship Temple Church

On the wettest of evenings it was still wonderful to be present at the meeting of ladies at the Temple Church, St Mary Cray, who have supported the Primrose Centre over several years. From a collection made at their monthly meeting they were able to donate £120. We are very grateful for their continued support.

### Waitrose Biggin Hill

During the month of July the Primrose Centre was one of three charities nominated for their Communities Matters scheme at Waitrose at Biggin Hill. The nomination had wonderful support and resulted in the the charity being given the largest proportion of the £1000 the branch donates under the scheme every month. It was with great pleasure and gratitude Mary Spinks accepted a cheque for £575 from Debbie Warn the scheme co coordinator. A big thank you to the customers and staff who supported the charity.



### Bucket Shake at Coolings

The charity was delighted to have another bucket shake at Coolings in October to boost our fundraising for October, breast cancer awareness month. The weather was wonderful and business was brisk!

The customers at Coolings are so generous, and the staff so welcoming. Over the two day weekend £648 was raised, allowing the charity the ability to give over thirty sessions of therapy which is our reason for existing.

To everyone who contributed to making the fundraising a success, volunteers who gave their time, staff who helped and customers who donated, a huge thank you.



## Shaun Rides Up Mont Ventoux

Shaun Padwick cycled up Mont Ventoux in Provence in aid of the Primrose Centre completing the ride in two hours.

Mont Ventoux is a magnet for cyclists from around the world achieving fame as a scene of great Tour de France dramas.

Shaun was delighted to raise £200 for the centre which supported his Mum through her recovery.



## Making Clicks Count

Between now and 6th January 2013 you can support the charity every time you shop on line, with over 400 retailers to choose from such as John Lewis and Marks and Spencer at no cost to you – how fantastic!

- Go on line
- Into the browser key in [www.charityclick.co.uk](http://www.charityclick.co.uk)
- Making Clicks Count page appears
- Choose the retailer from whom you wish to buy
- Continue to shop on line as normal
- When you have completed your shop you can leave your feed back



## Cake @ Downe

October being Breast Cancer Awareness Month Jill and Jayne very generously offered to sponsor another Charity Coffee Morning for the Centre. As ever the cakes and scones were fantastic. We are so grateful for the welcome given to all the friends who joined in the event. With a raffle and sale of Christmas cards and primrose fairies made by Geraldine Moody £322 was raised for the charity. A huge thank you to everyone especially Jill and Jayne. Google Cake@Downe and if you have not been there before hurry on down to Downe!



The charity receives a donation for each purchase made. Thank you for shopping and donating.

## Citi Supports Antje



Antje has been a visitor to the Centre since November last year and felt able to return to work in July. During her time having therapy she has been a great supporter of the charity, helping at external fundraising events.

It came as no surprise when back with her colleagues at Citi whom she found very supportive during her treatment she arranged some fundraising and raised £400 for the Centre.

Besides having a dress down Friday and people donating and wearing the primrose lapel pin, many spin off contributions were made.

The charity is hugely grateful and it was a pleasure supporting Antje through her recovery time.



## Lovely Grace is 92!

Everyone enjoys the Coffee Morning held on the second Thursday each month. It was especially nice when in September we celebrated with a birthday cake the 92nd birthday of Grace who has been a visitor here for the past few months. An amazing lady who catches the bus from home and back to have therapy and a little tlc. Grace has been an inspiration to us all at the Primrose Centre.



## Sponsorship of Primrose News



Every quarter we publish Primrose News, the newsletter of the charity, for which we seek sponsorship. This edition has been very generously sponsored by Ken Cooper of Claus in Bickley.

If you would like to sponsor the next edition due in February we would be delighted to hear from you.

## Sign up to Primrose Newsletter

If you would like to receive a copy of the Primrose Centre Newsletter send an email with your contact details to [info@primrosecentre.org.uk](mailto:info@primrosecentre.org.uk). It can also be read online.

## Ways to help the Charity

### How to Donate:

- By bank or CAF cheque send to Primrose Centre, 3 Prudence Lane, Farnborough, Kent BR6 8RE
- Credit or Debit card donation call 01689 880218
- Click online [www.mydonate.com](http://www.mydonate.com) and make a donation to Primrose Centre. The total donation and gift aid if applicable will be received by the Charity.

### 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
- DMR – Farnborough (web site)
- LEA PRINTERS – Orpington
- LUJON RESTAURANT – Keston
- MARKS & SPENCER – Bromley
- MARKS & SPENCER – Orpington
- MARKS & SPENCER PLC
- MMW – Bromley (bespoke furniture)
- ROCKFIELD LANDSCAPE GARDNERS – Chelsfield
- SO CLEAN – Farnborough
- TALLY HO PUB – Knockholt
- THACKRAY WILLIAMS LLP – Bromley
- WISEBYTES – Green Street Green



## Contact Us

If you would like to sponsor the next edition of Primrose News, please contact Mary Spinks:

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