

The
Primrose
Centre

Supporting those with breast cancer

Donation from Annabel Allen

On her birthday – a year to the day since her diagnosis – Annabel's wonderful family donated £250 – what a wonderful way to celebrate! Thank you so much!



Primrose Centre Coffee Mornings

Our Christmas Raffle raised over £270 with lots of wonderful prizes donated to us by volunteers and local businesses. Coffee mornings continue this year on the second Thursday of the month at 11:00am – all welcome. No need to book, just turn up!

Local businesses who continue to support the Primrose Centre

ANDREW CROSS & CO – Accountants
BELMONT CLEANERS – Chislehurst
BRIDGE SECURITY
COOLINGS – Knockholt
eTraining Ltd – Bromley
LEA PRINTERS – Orpington
MARKS & SPENCER – Bromley
MARKS & SPENCER – Orpington
MOORGATE ACCOUNTANCY
MPXAM – Website
NICHOLAS JAMES – Locksbottom
OVEN LEGENDS – Sevenoaks
WAITROSE



Summerlands Cake Sale

We also received a wonderful donation of £300 from the ladies at Summerlands who held a cake sale to support the work we do at the Centre. We're so grateful to our fantastic neighbours!

Donation from Mel Crisps Yoga Classes



It was a lovely surprise to get a message from Mel in December to say her private classes had made donations to Primrose in the last week of term. The donation of £432 will help fund around 18 treatments for visitors this year. Thank you.

We Need Your Support

The charity depends totally on donations and charitable grants.

We welcome donations by cash, cheque, credit and debit card. Contactless donations can now be made at the centre. Run, walk, cycle on our behalf.

JustGiving Visit our Just Giving page at:
www.justgiving.com/primrosecentre



Sponsorship of Primrose News

Would you or your business like to sponsor the next edition of Primrose News? If so we would be delighted to hear from you. The cost is £275.



Remembering Mary Spinks, Founding CEO of The Primrose Centre – at the heart of who we are and what we do.

Contact Us

The Primrose Centre
3 Prudence Lane, Farnborough, Kent BR6 8RE
info@primrosecentre.org.uk
Telephone: 01689 880218
www.primrosecentre.org.uk
Registered Charity No. 1120931

Primrose News

Spring, 2024

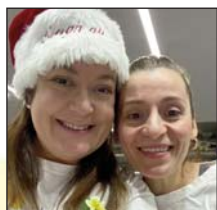
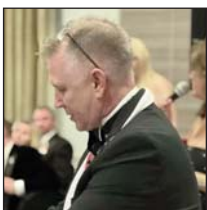
Primrose Centre Open Day



We held an Open day on Friday 29th September and welcomed our local MP Mr Gareth Bacon and the Mayor of Bromley. It was great for them to be able to spend some time looking round the Centre and talking to visitors, therapists, nurses from the Chartwell unit, and our volunteers. It was a beautiful day and we were able to serve tea, coffee & cakes in the garden. It was fabulous to see so many of you supporting such a special occasion.

Inside Primrose News

PAGE 2 – WELCOME TO THE PRIMROSE NEWS • ENZO'S CHARITY OLYMPIAD • KILIMANJARO CLIMB
PAGE 3 – JO'S 7TH CHARITY GALA NIGHT – MASQUERADE BALL • M&S BAG PACKING • QUIZ NIGHT
• LOTTERY COMMUNITY FUND • BETTY MEAH MEMORIAL DONATIONS
PAGE 4 – DONATION FROM ANNABEL ALLEN • SUMMERLANDS CAKE SALE • DONATION FROM MEL CRISPS YOGA CLASSES • SPONSORSHIP OF PRIMROSE NEWS • PRIMROSE CENTRE COFFEE MORNINGS
• LOCAL BUSINESSES WHO CONTINUE TO SUPPORT THE PRIMROSE CENTRE



Primrose News



Welcome to the
Primrose News
Spring, 2024

Dear Supporter

Happy New Year to you all! I can't believe we're in 2024 already – the past few months have flown by. It's been a super busy but a very rewarding time at the Centre.

We have welcomed two new receptionists to the team – Ness & Sharon – who share Wednesday at the Centre. We are so very grateful to them both for volunteering their time. We wish our lovely Pam a wonderful retirement and thank her for her commitment. We will miss you! We also welcome Melanie Cogan as our events co-ordinator – Melanie has been a visitor at Primrose for many years and understands how we work and how important it is to keep things running smoothly. We have also had some changes to our Trustees – we say thank you and goodbye to Sue Beecher who has been a Trustee since the Centre opened. We will miss her input and contribution to the running of the Centre over the years. We say hello to three new Trustees – Lisa Spinks, Nina Oakes & Jo Gallier – who join Maria Velasco on the team. The trustees are committed to working alongside our volunteers to continue the good work of the Centre. You can meet the whole Primrose Team on our website: www.primrosecentre.org.uk/meet-the-team.htm

Some of the events and fundraising we have seen since the summer are detailed in the following pages are nearly too many to mention! We are so very lucky to be supported by so many wonderful people.

The Centre is the heart of who we are and what we do. Your support is vital to us. If you have a business, a skill or a talent that we might be able to utilise, or even just a few spare hours you can offer us, please do let us know.

Much Love
Jo

Jo Gallier
& the Primrose Centre team

Fundraising

Enzo's Charity Olympiad

Kylie Humphrey's (whose great nan was Grace Newman) team won their company sports event and their teams chosen charity – Primrose of course – was given £1000. It looks like it was a fun day – thank you so much for supporting us and well done Enzo Tech White Team!



Kilimanjaro Climb

Brothers Dan & Tom Waldren went on an epic trip at the end of the summer and trekked up Kilimanjaro. It was a pleasure to show Daniel around the Centre on his return (once he'd had time to put his feet up!) and we are very appreciative of the money raised for us – over £600 in donations. Congratulations to you both!



Jo's 7th Charity Gala Night – Masquerade Ball



The annual gala held at the Mercure Brands Hatch Hotel is always a fantastic night! And this year was no exception. Over 120 guests partied into the small hours of the morning – raising over £5000 in the process. Donations from guests and local businesses allows us to raise money whilst keeping overheads to a minimum. We are so very grateful to everyone who supported us this year and made it one of the best events we have ever had!

M&S Bag Packing

M&S Bromley Food Hall have very kindly let us pack bags at their tills on three occasions this year. We are incredibly grateful for their support and of course to their customers for their generosity. Our amazing packing volunteers raised £1245 in October across two Saturdays during Breast Cancer Awareness month and another £800 was raised in December. Just fabulous!



Quiz Night

The Woodman held their annual charity Quiz in aid of Primrose on Tuesday 10th October. It was a sell out event hosted by the wonderful local pub and organised by Bob and Sue Donovan. Lots of you attended a great night. We thank everyone involved for supporting us during Breast Cancer Awareness month and for donating £800.



Lottery Community Fund

We are extremely fortunate to have received approval for our 'Yoga for All' project for 2024. The National Lottery Community Fund has given us a grant to run classes with Mel, our specialist in yoga for cancer. It allows us to open up classes on Tuesday afternoon and Wednesday evening to all our visitors, without having any costs to cover. It's an exciting project to be able to run this year and we hope that many of you will come and enjoy the benefit of Mel's expertise.

Betty Meah Memorial Donations

We were very saddened to hear of the passing of our dear friend and long term visitor, Betty Meah. Betty was a regular visitor at Primrose and she will be much missed. We would like to thank her family and friends, in particular her son Jonny, for thinking of us and for the simply incredible donations made in her memory – over £2,500 has been received from the Much Loved page.

