



The Primrose Centre

Supporting those with breast cancer

Primrose News

Autumn 2017

Pink Ribbon Foundation



We were enormously grateful to hear our grant application to Pink Ribbon Foundation was successful and they had awarded the charity a grant of £6,000. In May this year we applied to Pink Ribbon for funding of manual lymphoedema drainage at the centre.

The grant ensures the charity being able to offer continuity of care.

Lymphoedema can become a problem for many who have had surgery for breast cancer and it is wonderful to be able to offer them some relief by specific massage and encouraging them to help themselves away from the centre.

Jonathan Prince a Pink Ribbon trustee visited the centre to present a cheque. It was so lovely to welcome him here and thank him in person. Our thanks go also to his fellow trustees.



pink ribbon foundation

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THE PRIMROSE CENTRE



Primrose News



Welcome to the Primrose News Autumn 2017

Dear Supporter

Not having enough space to write about what so many have been doing to raise funds for the charity is a wonderful problem to have! During the past three months our supporters have used so many different ways to help the charity fundraise and we are truly grateful to you all. Those featured have raised over £17,000.

We have just celebrated the 7th Birthday of the Primrose Centre, an amazing milestone which prompts one to look back and remember so many lovely visitors and their families. The centre does mainly help those going through treatment for breast cancer but sometimes, directly and indirectly, their families too – always a pleasure!

As we were going to press, it was so lovely to receive another £1,500 from a supporter who wishes to remain anonymous – a real bonus to our funds!

To everyone who helped to create the centre in 2007 and gave such personal support in opening our doors to our visitors in 2010 and since an enormous thank you – you are all so kind and generous.

My role at the charity and being part of so many of your lives is a huge privilege.

Kind regards,

Mary Spinks

Mary Spinks, Chief Executive

Fundraising

Redmayne-Bentley

We were delighted to have the support of **Redmayne-Bentley**, who chose the Primrose Centre as their charity of the year for 2017, raising a total of £1,200.

‘Over the past few months colleagues have taken part in a range of activities in the office including dress down days, bake sales and sweepstakes. Earlier in the year Steph and I signed up to join the Rough Runners Challenge in September – a 5K obstacle course including monkey bars, going over water and occasionally into the water, taking over an hour to complete. It was great fun and the weather was good! Our thanks to colleagues and friends for their support raising £655.46 for the Primrose Centre – a beautiful calm place helping so many people.’



– Anita and Steph

Marks & Spencer Nugent, Orpington

M&S Orpington adopted the Primrose Centre as its charity for the year April 2017-2018 and have been busy raising funds for the charity, whilst also supporting the national charities nominated by the business.

From raffles to cake bakes, and in-store exercise bike rides to sweets in the jar competitions, they have raised £1,790. Kevin Warn the Store Manager presented the cheque to Mary Spinks at their store in September. Such great support!

We take this opportunity to wish Kevin well in his move to the Eltham store. He and his staff have been so supportive of our cause.





Marks & Spencer Bromley Bag Packing

We had fantastic support from our wonderful volunteers, all thirty five of whom did an amazing job packing customers food shopping over eight hours on Bank Holiday weekend in August.

The event resulted in £1,240 being raised for the charity providing over fifty therapy sessions for our visitors who so appreciate being able to have this support at a difficult time in their lives.

The charity is so grateful to M&S Bromley and the individual staff for their welcome and for counting the money at the end of the day!

A wonderful event!



Ride London 2017

Tony Cook, husband of Karin, one of our visitors, rode in the 'Ride London 2017' event to support the Primrose Centre. He raised an amazing £1,810 from friends and family using BT MyDonate which ensures the charity receives the total amount raised plus any gift aid if applicable.

'Karin completed her breast cancer treatment, getting through the toughest time of her life. The Primrose Centre provided a whole host of therapies for her during this time and their amazing work Karin found invaluable, a real source of strength and support. So I got on my bike to ride 100 miles across London and Surrey to say a big thank you for all the Primrose Centre did for Karin.'

– Tony Cook

Sponsored Fun Walk – High Elms

Over forty supporters along with friends and family for company, took part in our sponsored fun walk around High Elms on 23rd and 24th September, many discovering this local gem for the first time!

Everyone enjoyed their time and the weather over the weekend was very kind.

Thanks to Jo and her helpers for assisting the walkers by placing Primrose tags along the route, although many didn't find them and took their own path walking more than the 5K (no names mentioned!)

The event raised £2,892 – well done and thank you to everyone who took part.



Waitrose Bromley North

The charity was delighted to receive £355 from **Waitrose Bromley North** store. As ever their donation and help raising awareness of what we do is invaluable. Thank you to everyone involved.

Pub Quiz

The Woodman at Farnborough held a Pub Quiz Night in October which had a wonderful turn out of regulars and charity volunteers. It was great fun and it raised £480 for the Centre.

Our thanks to Peter and his wonderful staff, for making us so welcome and to everyone who came and supported the charity.



Waitrose Biggin Hill

It was great to hear the Primrose Centre had been chosen in September as one of the charities for the Community Matters in-store green token scheme.

Customers dropping their tokens into the box with our name guaranteed we received £446 from them – how lovely! Thank you.



Primrose Centre Coffee Mornings

All welcome to our open-house coffee mornings at the centre at 11am on the following dates:

Thursday 14th December 2017

Thursday 11th January 2018

Thursday 8th February 2018

Local businesses who continue to support the Primrose Centre

BELMONT CLEANERS – Chislehurst

CLAUS HAIRDRESSERS – Bickley

COOLING'S NURSERY – Knockholt

eTraining Ltd – Bromley

LEA PRINTERS – Orpington

MARKS & SPENCER – Bromley

MARKS & SPENCER – Orpington

MARKS & SPENCER PLC

MMW – Bromley (bespoke furniture)

MPXAM – Website

REDMAYNE-BENTLEY – Stockbrokers

THACKRAY WILLIAMS LLP – Bromley

WAITROSE



Bromley Town Bowling Club

Carlo Azzopardi came to the centre to donate £1,030, raised through a Charity Bowls Day against Nuffield Health Club in August. We are truly grateful for the donation and the huge difference it makes.

Future Events

Bag Packing at M&S Bromley –
Friday 22nd December 2017.

Please contact us if you can help at all with a 2-hour packing slot.

Reiki

We are delighted that **Maria Cobo** has joined the therapists performing Reiki, which is popular with our visitors and being enjoyed every other week.

We Need Your Support

Each visitor we support through a series of therapies costs the charity £250 so we need the support of visitors, friends, families and organisations who appreciate what we do.

Donations can be made by cheque, cash or credit card through www.bt.com/mydonate



Contact Us

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