



The  
Primrose  
Centre

# Primrose News

Spring 2012

## Bucket Shake at Cooling's Nursery



*Anna, a visitor to the Primrose Centre and her family came to support the Charity – never too young to start!!*

Saturday the 24th and Sunday 25th March brought wonderful weather – and how lucky were we to have been allocated the weekend for our Bucket Shake at Cooling's Nursery in Knockholt. With twelve volunteers lined up to shake for Primrose, everything was on our side!

Over the two days £690 was raised for the Centre. Several of the volunteers taking part on the day are, or have been, visitors to the Centre. We really appreciate the time given by all the volunteers. The Primrose Centre needs you!

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## Primrose News



## Welcome to the Primrose News Spring 2012 edition

### Dear Supporter

Spring is in the air so we are led to believe!

We planted our 'Sandra tree' which we planned when last we wrote; it is a Snow Goose as you would imagine it is white and full of blossom. A wonderful reminder of Sandra Gratwick's support for the Primrose Centre.

Planting the tree brought home to me the story behind the garden's development. From first seeing the site it was clear to me as lovely as the old chapel was the garden would make the project complete.

The ten new trees were sponsored by individuals and are maturing nicely. The wonderful holly hedge, original pre-2006, is a natural habitat for birds and insects.

The garden makes a stunning entrance, so many visitors have said . . . it tempts one to look inside. It is important the garden is maintained as a thing of beauty between April and October by Michael and Adam at Rockfield Landscapes; besides also popping in to put lights on the Christmas Tree and take them off in January.

If you would like to sponsor the garden for a week or a month it would be lovely to hear from you.

Our first need of course is support for the cost of therapies but the garden is very important for our visitors.

Thank you to everyone who has given so much generous support. We try to feature local giving in the Primrose News, and always believe in thanking all donors large and small.

*Mary Spinks*  
Mary Spinks, Director

## Fundraising

### M&S Bromley

We are hugely grateful to Marks & Spencer Bromley for their continued support for the charity.

Nobody who shops within store can miss our primrose yellow containers on every till!, and thankfully many shoppers are generously donating making it possible for the business to pass another £300 to the charity in April.



We look forward to welcoming Jessica the store General Manager and her team to the centre shortly to let them see the wonderful place her staff and customers support.

### Sainsbury's Locksbottom

Sainsbury's Locksbottom store has been supporting the charity having chosen the Primrose Centre as their staff charity for 2011-12. To date nearly £3,000 has been raised. Thank you for this wonderful ongoing fund raising.



### Rotary Club Crofton

It was wonderful to be offered supper at The Change of Horses Farnborough on 23rd January. Sadly I had to decline the supper but arrived in time to speak on the progress of the Primrose Centre. What a night to get a tickly cough! – but the Rotarians were very sympathetic. There was a real feeling of support, interest and admiration for what had been achieved.

The President presented Mary Spinks with a cheque for £250 for the charity. We are most grateful for this their second donation.

### Sponsorship

The charity is hugely grateful to our printers, LeA Printers Orpington for sponsoring the Spring edition of Primrose News.

This is a very generous donation to the Charity.





## 180 Motor Cyclists ride for Primrose

Rob Williams organises various track days for motorcycle enthusiasts throughout the UK through his non-profit organisation 'Riders4research'.



When his Mum Denise Williams died in November 2010 having had breast cancer over seven years, Rob wanted to give something back to those who support breast cancer sufferers.

In September 2011 Rob organised one of his events at Snetterton in Norfolk; with more than 180 riders raising over £1,000 for the Primrose Centre.

Although Denise never visited the new wonderful facilities at the Centre, on a recent visit Rob was able to see the support available to breast cancer sufferers. He passed over a cheque knowing the monies raised would be put to good use.



## Future Events

### Tally Ho in Knockholt to Sagres in Portugal

#### A Preview for the Fun Run from Tally Ho to Sagres

On Sunday 13th May a Fun Day is being held at the Tally Ho Knockholt with the cars in all their glory ready for their run leaving on Saturday 19th May.

Starting at 1pm refreshments will be available, should you wish to eat at the Tally Ho do book in advance.

Many local companies have generously placed an advertisement on the cars so they are truly representative of the community. The charity is so grateful to all the drivers who have given up their time and the personal cost to support the Primrose Centre.

Join us on the 13th to support everyone who has done so much to make the trip a success especially Andy and Marie not forgetting AJ.

To sponsor the drive go to: [www.mydonate.com](http://www.mydonate.com)

### Cake at Downe

Jill and Jayne invite you to join them for a Charity Coffee Morning on Friday 18th May from 10.00 a.m. – 12.30 p.m. Do pop in, bring a friend, and enjoy tea, coffee and a slice of Jill and Jayne's delicious cakes.

All being held at: Cake, 7 High Street, Downe, in aid of the Primrose Centre.

### Cream Teas and Primrose Proms

Maureen and Ted Williams have very generously agreed to host their Cream Teas in the Garden on Sunday 10th June and the Primrose Proms on Saturday 7th July.

For more information see our web site: [www.primrosecentre.org.uk](http://www.primrosecentre.org.uk). These two events are very popular so early booking is advised. Please contact Maureen on 01959 573997 or [maureenwilliams01@btinternet.com](mailto:maureenwilliams01@btinternet.com). Ticket application forms are also available at the Primrose Centre.



### Big Lunch

On the weekend of June 3rd/4th the Centre welcomes support through the Big Lunch event in aid of the Primrose Centre. To coincide with the Diamond Jubilee celebrations the charity is inviting supporters to have a lunch in aid of the Primrose Centre.

For more information: [www.biglunch.com](http://www.biglunch.com)



## Added Services

### Listening

To help those diagnosed with breast cancer we have added a Listening Therapy.

You want to talk to someone? On Wednesday mornings you can do just that. You will need to book an appointment by phone or email – come and see if it is helpful.

## Coffee Morning

Since February we have held a coffee morning on the second Thursday of the month for all visitors to the Primrose Centre. This was a suggestion from one visitor and we are delighted the idea has been well supported. It gives an opportunity for everyone to meet up and support one another.

## Reflexology

Reflexology is hugely popular with visitors, we now offer it on three days a week.



Anne Edwards, a Primrose Centre reflexologist, treating a visitor

## Staff News

Nicky Baird has joined us on Wednesdays as a reflexologist. Nicky comes to us from an intensive cardiac care nursing background and also practises as a reflexologist at a hospice in Sussex. We welcome her expertise.

## 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 company 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
- SAINSBURY'S – Locksbottom
- SO CLEAN – Farnborough
- TALLY HO PUB – Knockholt
- WISEBYTES – Green Street Green



## Contact Us

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

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3 Prudence Lane, Farnborough, Kent BR6 8RE  
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