



## The Rotary Clubs of Saxmundham and Framlingham 36<sup>th</sup> Heritage Coast Run / Walk – Sunday 6<sup>th</sup> May 2018

Whether you are a new or regular entrant, it is our privilege to invite you to enter the 36<sup>th</sup> annual Heritage Coast Run / Walk. We are encouraging entrants to obtain sponsorship when entering to help us raise funds for our charitable work. The event also provides a platform where you can raise funds for your own chosen charity or worthy cause.

Each year we nominate a main charity or charities for whom we try to raise many thousands of pounds.

This year we are supporting two local charities:

The first primary charity is **Riding for the Disabled at Woodbridge** whose horses and ponies provide therapy, achievement and enjoyment to people with disabilities. They offer activities such as riding and carriage driving to all age groups and wherever possible, to people with any disability. RDA have been carrying out their life-changing activities for over 25 years relying on voluntary help and donations, or legacies, to be able to deliver their services.

More information can be found at: <http://www.rdawoodbridge.org.uk/> or <https://www.facebook.com/rdawoodbridge/>

Our secondary primary charity is **SERV (Service by Emergency Response Volunteers) Suffolk and Cambridgeshire**, a voluntary organisation, founded in 2010. The group was set up to serve the NHS throughout the two counties of Suffolk and Cambridgeshire. In addition to delivering urgent blood and blood product supplies to hospitals out of hours, and at weekends, in 2012 SERV launched the donor baby milk service. This involves the collection and delivery of donated human breast milk used to support premature babies in the maternity units across Suffolk and Cambridgeshire. SERV also supports other groups in delivering supplies to hospitals nationwide.

More information can be found at: <http://servsc.org.uk/> or <https://www.facebook.com/SERVSC/>

In addition to supporting our main charities, a smaller percentage of the sponsorship money raised will be divided between other local causes and needs we may support, as well as supporting other international needs in a small way, such as major disaster relief and humanitarian assistance.

You can donate to own chosen charity directly and raise sponsorship through a fundraising website such as justgiving.com, or donate directly to our nominated charities via the links on their websites. However, the entire membership of the Rotary Clubs of Saxmundham and Framlingham, supported by many wives, husbands, partners and friends, give up their whole weekend to stage and operate this event. Add to that a considerable amount of planning and organisational work; both before and after, the effort is immense. The amount of money we raise each year helps us judge the importance of organising the event as our main fundraising opportunity, as opposed to it just being an athletic event with an entrance fee. We ask you to support the work we do in staging the event please, and raise money for the **Rotary Clubs of Saxmundham and Framlingham** to support our main charitable aims in 2018.

We do understand that some entrants may not wish to use the event for a charitable purpose and you are, of course, still very welcome to enter, but perhaps buy an additional hot dog or help us publicise the event to gain more entrants please.

You can still use our 'traditional' sponsorship form; simply go to our website and download one. By doing this you agree that the Rotary Club of Saxmundham and District will receive 25% of your sponsorship monies.

So please come and take part in our unique event, enjoy yourselves and the beautiful Heritage Coast and, by getting yourselves sponsored, raise some much needed money for charity in the process. We look forward to seeing you.

We hope you have an enjoyable day.

The Presidents and Members of the Rotary Clubs of Saxmundham and Framlingham.