

ABOAB NEWSLETTER

Autumn 2021

Welcome

from all of us at A Bit of a Break (ABOAB)!

We want to keep you updated about all that's happening as we come out of lockdown.

To find out more about ABOAB, please check out our website: abitofbreak.com

If you have any ideas for fundraising activities, suggestions or feedback for us, please do let us know.



A fruitful time

What a busy six months it's been since we sent our Spring newsletter!

In April, we were so excited to send our first family away for a holiday since the lockdown. Then in May we were fundraising along with other charities doing the Captain Tom 100 campaign. June and July saw trustees reflecting and thinking hard about the next steps for ABOAB, developing our future strategy, agreeing policies and procedures and re-designing forms.

Over the Summer we have renewed our links with our current referrers at Carers' Resource, Manorlands Hospice and Macmillan Community Sup-

port, North Mersey. We are so delighted to accept referrals again at last.

This month we began discussions into taking referrals from GPs and primary care networks in the hope of reaching patients sooner after their diagnosis.

As we take more referrals we also need more properties so we have been renewing our contacts with property owners and agencies. At a recent meeting with Heart of the Lakes we were so pleased to hear that they will continue to partner with us.

We are always looking for new places and partners. If you know of a property or an agency please do put us in touch.



"It was truly lovely!"

In October two more guests and their families took a bit of a break in the Lakes. Their words say it all:

"She had the best time and we can not thank you enough it has truly made our year. Thank you so much for being so kind it is a memory myself and my family will never forget."

"I want to thank the owners for being so generous. It was very, very nice to get away for a few days, really relaxing."

We couldn't do this without you, our fabulous supporters, property owners and donors who make it all possible. A heartfelt thank you to you all!



ABOAB - Giving people living with terminal illness some time away in beautiful places.



Captain Tom, givto and The Three Peaks

Fundraising efforts have continued apace this year. Matthew has bagged more light-houses on his cycle rides around the British coast. Keep up-to-date on his progress at: [instagram.com/sparklybluebike/](https://www.instagram.com/sparklybluebike/) and, if you are able, go to the Just Giving page at: [justgiving.com/fundraising/projectlighthouse](https://www.justgiving.com/fundraising/projectlighthouse) and start sponsoring.

Meanwhile, we “did it our way” with our Captain Tom 100 baking, burpeeing, bulb planting, and photography challenges and raised over £2,000 for ABOAB. A further £200 was donated through the fundraising charity givto (<https://givto.org>) when we were one of their featured charities in

September. And, a special mention must go to the intrepid Anthony Costigan, Maria Gilbert, Gareth Malson, and Mike Merriman who completed the Yorkshire three peaks, raising over £1,500 for ABOAB.

Each break we arrange costs an average of £150 in property overheads and guest travel expenses. Every penny you donate helps us to give our guests some precious time away in a beautiful place with their loved ones. Thank you!



Property Spotlight: Glade Lodge

Glade Lodge belongs to long-standing friends of ABOAB, Ruth and Steve Jones. Their lodge has 3 bedrooms, sleeping up to 6, and apart from some steps up to the decking/veranda, is all on one level. To date, it has hosted four breaks for ABOAB. Glade Lodge is in Fallbarrow Park near Windermere and benefits from the facilities of the wider site.

[parkdeanresorts.co.uk/location/lake-district/fallbarrow/](https://www.parkdeanresorts.co.uk/location/lake-district/fallbarrow/)



Welcome new trustees

We are delighted to welcome two new trustees to the team both of whom have a long association with ABOAB:



Chris Whiley has been CEO of Carers' Resource for the last six years.

“I am proud to have been involved with A Bit Of A Break from the first discussion of an idea, and a request for Carers' Resource to support its development.

Both myself and the Board of trustees were delighted to facilitate the setting up of the project and offered practical support in the early days where needed.

So to see that A Bit of a Break has gone from strength to strength, and become a charity in its own right, is really heart warming and I am so pleased to be able to continue making a small contribution to enabling families to access the wonderful breaks offered, and create treasured memories by becoming a trustee.”

Dr Mike Merriman, is the clinical director of Kirkby PCN in Knowsley, Liverpool.

“I am delighted to be a new Trustee of A Bit Of A Break. I am one of Angela Sturgeon's brothers and this charity is very close to my heart.

I am husband to Lynda and dad to Ciara Aoife and Dara.

I am also a GP in Knowsley, Merseyside and the links we have set up in Kirkby has meant we have sent some of our patients on ABOAB holidays. I know the impact that these trips away can have on families.

I am looking forward to contributing to the team and maintaining the family link”.



Contact Us

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