

## The Skyball raises £90,000 for Genesis

A huge thank you to everyone involved in the Genesis Skyball, which raised a staggering £90,000 for our charity. This spectacular event was hosted by TV presenter Helen Skelton and took place under the wings of Concorde at Manchester Airport. It was covered exclusively by Best Magazine.



The Skyball was a night of glitz, glamour, celebrities and the very best entertainment. Guests enjoyed a delicious three course meal, personally cooked by celebrity chef Paul Heathcote. The cabaret was organised by Genesis patrons Morag Siller and Sally Dynevor and hosted by Game of Thrones and Full Monty star, Mark Addy.

The night saw some unforgettable moments including Kym Marsh's magnificent rendition of Skyfall while descending Concorde's steps. West End star Peter Corry received standing ovations for his performances of Les Miserable's "Bring Him Home" and "One Day More", with several other West End stars including Norman Bowman, Daniel Crowder and our own Morag joining him. The amazing entertainment just kept on coming with sets by Last Tango in Halifax actor Dean Andrews,



Stagecoach, the Wilmslow Rock Choir, Corrie's Antony Cotton, the Emmerdale Band and a show stopping performance of Mamma Mia by Morag and Sally with actress Kate Coogan.

A special mention should be made to the truly inspirational Julie Brown who spoke about her experience with breast cancer and the importance of prevention. Sadly Julie lost her fight against cancer in December and we would like to dedicate this newsletter to her memory. In the short time we knew Julie, her strength and courage amazed us all and helped us to remember why the prediction and prevention of breast cancer are so vitally important.

The ball is an annual fundraising event and was organised by the Genesis Team, with the help of The Genesis Fundraising Board. A big thank you to all our guests and to those who worked so tirelessly to make the event such a great success.



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### The GENESIS Annual Ball

**SAVE THE DATE**

**Saturday 11th October 2014**

Venue: The Point

The Lancashire Country Cricket Club,  
Old Trafford

The **WONDERLAND** Ball

'Things may not appear as they seem'



# The Tea Party

## Challenge

# genesis

preventing breast cancer

As you may have heard, our brand new fundraising initiative for 2014 is the Tea Party Challenge, which we've set the ambitious target of raising £100,000 for the charity. We're asking everyone - individuals, groups, friends, families, schools and businesses - to get together and hold a Genesis tea party.

There have been some excellent themes at tea parties held so far, including Mad Hatters, 1950s, Pink Musical, Alice in Wonderland, Garden and Victorian events. As for entertainment, your tea party could include a raffle, the Genesis quiz, face painting, tombola, nail painting, cake sales or live music...the choice is entirely up to you and your imagination!

So now's the time to channel your inner Mary Berry and get baking for Genesis! However big or small your tea party, whether it's a fantastic feast or simply tea and homemade cakes with your closest friends, you'll be contributing much needed funds.

Our team have plenty of fundraising ideas and tips for your event and can provide you with leaflets, balloons and collection boxes to help spread the name of Genesis to your guests. We really hope you will join us in our Tea Party Challenge, celebrating a classic English tradition while helping to prevent breast cancer.

**Get in touch with Genesis office now to discuss your ideas.**

## The October Tea Party

In keeping with the Tea Party Challenge, our Annual Ladies Lunch changed format in 2013 and became the October Tea Party, held at Manchester's landmark Midland Hotel.

Guests were entertained by a glamorous fashion show, held by Willow of Knutsford. Models for the day were styled to perfection by Joseph Elliot Hair and Beauty Salon.



Thanks once again to our brilliant supporters who ensured this was a completely sold out event and helped us raise an impressive £3500.

# Baking for Genesis



Our supporters from Manchester Airport donned aprons and held a pink cake sale in October, raising over £300 in the process. Well done to everyone who took part.



Estate agents Gascoigne Halman held a cake sale outside their Hale office as part of Breast Cancer Awareness Month. Not only was this a fantastic display of mouth watering treats, but it also raised approximately £350. Thank you to all the staff who got involved.

Supporters Olivia Harris and Neave Bray held their own cake sale and tea party and raised £216.



Omni Resource Management, Altrincham, celebrated Halloween by dressing in spooky costumes and selling some frighteningly delicious homemade cakes. Well done for raising £50 for Genesis.



**genesis**  
preventing breast cancer  
Heathcote & Co

The only UK charity entirely dedicated to the prediction and prevention of breast cancer

Help us to make "1 in 10, none in 10"

The Tea Party  
Challenge

## AN AUDIENCE WITH PAUL HEATHCOTE "Celebrity TV Chef and Restaurateur"

**Venue:** Bolton Whites Hotel  
(Reebok Stadium)

**Date:** 22<sup>nd</sup> May 2014

**Time:** 12.30pm - 4.00pm

**Tickets:** £35 per person



### A TEA PARTY WITH A DIFFERENCE

- Prosecco Canapés Reception
- Three course cooking demonstration by Paul Heathcote
- Afternoon Tea
- Genesis Charity Raffle

## BEST BAKE COMPETITION!

Full Details on the  
Genesis Website:  
[www.genesisuk.org](http://www.genesisuk.org)

### LET PAUL HEATHCOTE TASTE YOUR BAKING

- Design and bake a cake
- MUST CONTAIN FRESH FRUIT
- Bring the cake and recipe with you
- LET PAUL HEATHCOTE taste  
YOUR BEST BAKE

BE IN WITH A CHANCE OF  
WINNING A CHAMPAGNE DINNER  
FOR 2 AT PAUL'S NEW RESTAURANT  
'REFLECTIONS'



# Genesis' Emma Neville becomes the face of Jimbag

Manchester brand, **Jimbag**, has teamed up with Genesis to launch its first ever pink Jimbag, with half of the proceeds from each sale donated to the charity. Managing Director Anthony Bingham created the pink bag following a passionate pitch from Genesis supporter and regular ladies lunch host Michelle Egleton. To further raise awareness of the organisation, supporter and breast cancer survivor Emma Neville has been chosen as the face of the Genesis pink bag.



Jimbag is a collection of smart, stylish bags and accessories which can be used for both the gym and casual use. After launching last year, the range has already attracted the attention of none other than global superstar and style icon Beyonce, who has a Jimbag hoodie!



As the face of the new bag, Emma took part in a photo-shoot last month in Manchester's urban chic Northern Quarter and we went behind the scenes to find out more.

**Genesis:** What did you think of the shoot? How did you find it?

**Emma:** It was nerve wrecking but amazing at the same time. I was so nervous, but I really enjoyed it. The team were so lovely and chilled out which made it easier. It was like a pampering session really-I got my nails, hair and make-up done-someone styled me and then we went on location on the streets of the Northern Quarter and started the shoot. It was a lot of fun!

**Genesis:** Flashback nearly two and a half years ago when you were first diagnosed with breast cancer. Back then did you ever dream you would feel like getting involved with something like this?

**Emma:** No, not at all. At the time I couldn't see past the treatment and even though it went so quick it felt like a lifetime. I didn't think I'd ever feel like myself again. I'm glad I'm doing it because every time I do something like this however nervous or emotional I get – the feeling afterwards is incredible and I remember why I'm doing it and how important it is.

**Genesis:** What does Genesis mean to you?

**Emma:** I owe my future to Genesis. I don't think I'd be the way I am now and feel as strong as I am now without all the girls at Genesis and the support I received. Knowing that there's a chance my partner Liam and I can still have children, when we are ready, means everything to me. I can't explain it any better, other than to say that the Genesis Centre gave me back all I thought I lost when I was first diagnosed.

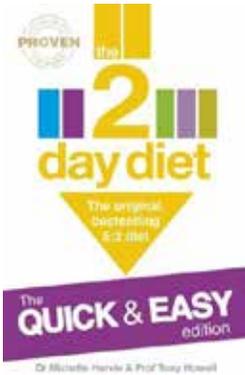
**Genesis:** What do you think of the pink Jimbag and what it is doing for Genesis?

**Emma:** I think it's incredible for the charity because Anthony is donating half of the proceeds to Genesis and that will make a real difference and allow funding for more research and testing which is invaluable.

I love the pink Jimbag, it looks great because some gym bags can look ugly and this is quite girly. I like the fact I can take it to the gym, but also use it as a weekend bag.

**Jimbag is on sale now at [www.jimbag.co.uk](http://www.jimbag.co.uk) so pick yours up today!**

# ➔ The 2-Day Diet is now even easier to follow



Our international bestseller The 2-Day Diet has just been released in a new simplified text, The 2-Day Diet – The Quick & Easy Version, making it even easier to get slim and healthy while decreasing your risk of developing breast cancer. This new edition has clear guidance on how to follow the diet, a range of mouth-watering

What's more, participants have found that compared to normal calorie counting diets, The 2-Day Diet is easier to stick to as you feel less hungry, making you more likely to be successful. Sarah knew that her family history of breast cancer and her weight were increasing her risk of developing the disease. "What surprised me was that I didn't want to overeat on my non-diet days - perhaps because I had become more aware of what I was eating. I lost a stone in the first month and over six months lost four stone. It was the easiest diet I have ever done!"

All author proceeds are donated to Genesis to help fund our crucial research, so together we can prevent breast cancer for the next generation. The royalties received to date have enabled Genesis to employ a research dietician and an assistant to support Dr Harvie's department.

recipes and an easy to use meal planner so you can achieve a healthy weight and still enjoy your food.

Genesis' award winning dietician, Dr Michelle Harvie and Scientific Director and renowned oncologist, Professor Tony Howell, have spent over a decade researching the optimal diet. In clinical trials, dieters following The 2-Day Diet lost twice as much fat and more centimetres around their waist than those on standard diets. They also reduced their insulin levels, other hormone levels and inflammation in the body - which are all known to increase the risk of cancer. By following our popular and successful diet you are not only reducing your risk of breast cancer but also heart disease, type 2 diabetes, and 11 other cancers.



## ➔ Celebrating a Healthy Lifestyle!

On March 17th 2014, Altrincham Grammar School for Girls hosted a Healthy Lifestyle fundraising evening for Genesis. The event was a sell out, attended by over 150 guests. The success of the 2-Day Diet book was celebrated throughout the evening. Our own Dr Michelle Harvie and Professor Tony Howell gave an interesting and interactive talk explaining the theory behind the book, answering questions from the audience on their research and explaining how a healthy lifestyle can help towards preventing breast cancer.

Alongside the fantastic talk, there was also a 2-Day Diet book signing, a cake sale and a Genesis information stall. In total the event raised a staggering £2037.33 towards the prediction and prevention of breast cancer.



Well done and a big thank you to all those involved!

# genesis research update

**New technology could soon bring important improvements to breast screening. We talked to Dr Anthony J Maxwell, Consultant Academic Breast Radiologist at the Centre about his current research which seeks to make the most of these recent developments.**

## What is tomosynthesis and why is it so important?

Tomosynthesis is an exciting new technology which allows us to see the breast tissue in three dimensions. It has come about as a result of the development of digital mammography, similar to digital photography used in modern cameras and phones. This has opened up new ways of computer processing of the images.

In tomosynthesis, several low dose x-rays are taken of the breast at slightly different angles, and these are then formed into a 3-dimensional image consisting of a stack of thin slices.

Traditional mammograms can be difficult to interpret because normal breast tissue can overlap other normal breast tissue, and this can cause appearances that look like a cancer. This usually results in the need for further tests. Also, normal breast tissue can obscure cancers and make them difficult or impossible to see. These problems are more marked in younger women who have relatively more dense glandular tissue in their breasts. Results from other studies in older women have suggested that tomosynthesis both reduces the effect of overlapping tissues (and so reduces the number of 'false alarms') and makes small cancers easier to identify. One of our main goals as breast imagers is to detect breast cancers when they are very small, as that gives the woman the best chance of a good long term outcome.

## What is your study about?

Our study is looking at the use of tomosynthesis for screening women in their forties who are at increased risk of breast cancer. These are generally women who have one or more close relatives who have developed the disease,

usually at an early age, and who are being screened through a family history clinic with yearly mammograms. As mentioned earlier, mammograms in younger women can be difficult to interpret, and this results in more of these women being called back for further tests, resulting in anxiety and inconvenience. Our study is designed to see whether the use of tomosynthesis in addition to standard

mammography reduces the 'false alarm' rate. We are also keen to see whether it allows us to pick up cancers at an earlier stage, although the study isn't big enough to give us a definite answer to that question. We will also look at how the results of standard mammography and tomosynthesis are affected by breast density (the amount of glandular tissue present). The study is being conducted initially at two sites (The Nightingale Centre and Genesis Prevention Centre in Manchester and King's College

Hospital in London), although another London centre has also asked to take part.

## What benefit could your study have for women?

If the study shows that tomosynthesis reduces the 'false alarm' rate for screening mammograms then we will introduce this method of screening younger women into routine practice. This will mean that fewer women will require further tests, and some women may have their cancers detected earlier, giving the best chance of a complete cure.



million miles challenge

**genesis**  
preventing breast cancer

## genesis million miles challenge update

If you fancy setting yourself a personal challenge for 2014, or just want to have fun and get a bit more active, a Million Miles Challenge could be for you.

The Genesis Million Miles Challenge aims to raise £1 million for pioneering research into the prediction and prevention of breast cancer. Anyone can get involved - just set up your own exercise based activity or register for an existing sporting event, then ask everyone you know to sponsor you! Every pound raised counts as a Genesis mile.

An amazing 327 supporters took part in Million Miles events in 2013 raising over £70,000. To date the Challenge has raised over £280,000! Our Morecambe Bay walk alone raised £3000 and £10,000 was raised by our Great Manchester Run participants. We're sorry we can't fit all of your amazing Million Miles Challenges into the newsletter, but listed here are just some of your fantastic achievements.



Peter Fleming and team undertook the Macmillan Way, raising over £2000.

Damian Rowland and team completed a zip wire challenge for £510.



Catherine Sussex's zumbathon generated £300.

Sian Huxley raised £412 by running the Capesthorpe Half Marathon.

Jane Allsop finished the Hell Run, raising £325.



Phil Soderberg raised £1750 by participating in both the Great North Run and Chicago Half Marathon.

Katy Jackson and Louise Leon completed the London 10K, raising £365 in sponsorship.



Margot Herbert ran the Brighton Marathon and raised sponsorship of £1172.

Louise Herron and Joanne Price participated in a zumbathon and generated £397.

Together, our Tough Mudder teams raised £3600.



Lisa Dolling raised £1200 by completing the 10K River Dart Swim.

Michelle Ferguson completed the Great North Run and raised £758.

Paul Donnelly completed the Three Peaks Challenge and secured £600.



Whilst daughter, Louise Donnelly competed in the Baltimore Half Marathon, raising £639.



Louise Armstrong took on the Total Warriors obstacle race and secured £210.

Julie Hine completed the London Marathon and raised £457.



Caroline Grant ran the Edinburgh Marathon and raised £1236.

Nicky and Gemma Clark raised £605 by completing the Bristol 10K.



The Four Peak Challenge was completed by Wesley Evans who donated £877 in sponsorship.

By completing the Coast to Coast cycle ride, Diana Harris and her team raised £5840.



Rachel Campbell successfully complete the X Runner Water Wipeout, raising £153.

Clare McCall and her Survival of the Fittest team raised £3200.



# More Million Miles Achievements

- Our **Genesis Golf Day** took place in July and raised £9300. A huge thank you to Southbeach Swimwear for sponsoring the event and making this possible. We would also like to thank Liz and Andy Crewe and Gill and Janine Kay.
- **Angela and Rod Seeland** completed the Bupa Great Manchester Run, raising an impressive £2230 for Genesis. Well done to you both on this brilliant achievement.
- A two day event organised by **Roberts Bakery** has raised a colossal £8200 for the charity. Staff cycled around circular canal route the Cheshire Ring, then held a family fun day. This is the third consecutive year that Roberts Bakery has supported Genesis and they have raised many thousands of pounds for our vital research.

SOUTH BEACH ★

# From Lands End to John O'Groats for Genesis

Britannia Bradshaw Removals and BCL Office Moving have long been valued supporters of Genesis, at one stage painting their vans "**Genesis pink**" to help raise awareness of our charity. So we were delighted to hear that chairman, Malcolm Halley wouldn't let a little thing like semi retirement stop him from undertaking a jaw dropping Million Miles Challenge.

Once again raising awareness of the charity across the UK, Malcolm is cycling over 600 miles from Land's End to John O' Groats. He has so far raised almost £3000 for Genesis' pioneering research. A huge well done and keep on pedalling Malcolm!



## upcoming million miles events

We hope hearing about these recent Million Miles Challenges has left you feeling inspired! Listed below are just some of the events you could get involved in this year, but remember you can also organise your own challenge. As Spring arrives, now's the time to get outside and help Genesis.

- |                      |  |
|----------------------|--|
| <b>18th May</b>      | <b>Bupa Great Manchester Run</b><br>Join 40,000 people for Europe's biggest 10K running event. We have some limited places available or you can contact us for a fundraising pack if you are already booked to take part.  |
| <b>8th June</b>      | <b>The Genesis Peaks Cycle Challenge</b><br>A great opportunity to enjoy the spectacular scenery of the Peak District, taking in hills, dales and pretty villages. Choose from three routes – 49 miles, 35 miles or an 11 mile family trail.   |
| <b>28th June</b>     | <b>The Rivington Ramble</b><br>Our newest event - join our ramble around the beautiful Rivington countryside. If you are feeling adventurous, you could try the 20 mile route or for those of you looking for a more leisurely walk why not opt for the 10 mile route?   |
| <b>20th July</b>     | <b>The Morecambe Bay Walk</b><br>Enjoy spectacular views on a walk across the stunning bay with a royally appointed official guide. An experience you will never forget.   |
| <b>7th September</b> | <b>Bupa Great North Run</b><br>Are you up to the challenge of a half marathon for Genesis? Starting in Newcastle, the course takes in the iconic Tyne Bridge, goes through Gateshead and finishes in the coastal town of South Shields. Live music, on-course refreshments and thousands of cheering supporters will keep you motivated every step of the way. |

To enter any of these events, please get in touch with Genesis.

# A Cycle Trip to Paris...in a Pink Tutu

Forget the lycra, Nick Clemons and friends cycled hundreds of miles for Genesis, all while wearing fetching pink tutus! Here Nick tells us all about his Million Miles Challenge.

After I was asked to wear a pink tutu at a charity golf day, my mind starting wandering about the potential of this flimsy but eye catching item of clothing. I remember thinking that it was a shame we only got to wear it for teeing off on the first hole and surely I could justify getting people to wear it for a little longer. Meeting Angela, one of the Genesis fundraisers in the clubhouse after the golf further convinced me to support Genesis in the future. Many people have some fantastic personal and emotional reasons for supporting charities. Mine was simply because I was a sucker for a nice lady with a pink skirt.

With this in mind, somehow during the cold weather in January and February I managed to convince a few friends that it would be a great idea to improve on the bike rides we had previously done and cycle from our home near Rugby in Warwickshire all the way to Paris. Oh, and do it whilst wearing a pink tutu. Surprisingly 19 other people agreed and so on the fourth of June we left our village near Rugby and set off via London, Newhaven and Dieppe to Paris.

It took just under four days to reach the French capital. We wanted to enjoy it and appreciate the beauty of the countryside we were cycling through, but it still involved around 80 miles per day. Most of us were on hybrid cycles which are not as fast and light as road bikes and so each day we were cycling for a good few hours.

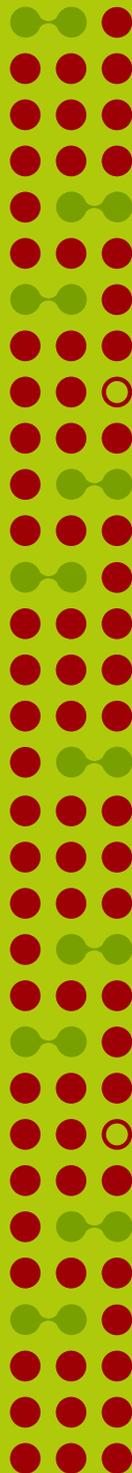


The best of the cycling was certainly in France where we either kept to off-road paths or quiet roads where any traffic gave us a very wide berth. I can't think why! The worst was cycling through Surrey in rush hour traffic being clipped by wing mirrors as cars roared by far too quickly for the conditions.

It was an incredible feeling arriving at the Arc de Triomphe, thinking that (aside from a ferry across the channel) we had got there not by car or train, but under our own efforts. We were all getting quite attached to the two wheeled things by now, even if our tender behinds were not.

En route we received donations from curious passers-by and a chocolate shop in Wendover. Online almost £22,000 was raised, which will be split between Genesis and our other charities. It was a fantastic event, one that we'll always remember and obviously made even greater by the thought that our efforts should go to help support a breast cancer free future.

I still have my pink tutu but I am struggling to find an excuse to wear it again without making my wife and children worried.



# student challenge update

## Introducing the Genesis Student Challenge

The Genesis Student Challenge involves organising and running a fundraising event for the charity. This is a fantastic opportunity to gain valuable work experience while helping to raise funds for our groundbreaking research into breast cancer prevention.

If you're feeling a bit unsure when it comes to future career choices, supporting Genesis can help you discover your passions and strengths. Organising an event is a great confidence builder and develops your skills in important areas like communication and planning.

You'll also get to visit The Genesis Prevention Centre and meet other students supporting the charity at the Genesis Student Conference, details of which are below.

Institutions currently working with Genesis include Cheadle and Marple Sixth Form College, Manchester Enterprise Academy, Manchester High School for Girls, Hulme Hall Grammar School, Altrincham Grammar for Boys and Altrincham Grammar for Girls.



## Student Challenge Activities

Altrincham Grammar for Boys are planning 'Strictly Come Dancing' for May 13th 2014.

Burnage Media Arts College continued their impressive fund raising efforts for Genesis, raising over £100 by selling our merchandise to staff and pupils.

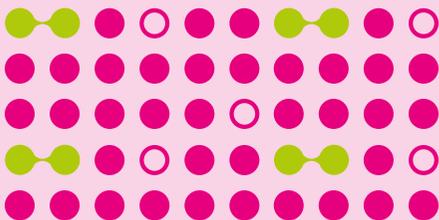


Genesis visited Manchester High School for Girls to discuss the Student Challenge accompanied by a John Lewis Partnership bra fitter!

## Genesis Student Conference 2014

We'll be holding the fifth annual Student Conference on September 24th 2014 at the Centre so look out for an invite! We'll be inviting up to six students and one teacher or lecturer from each of the schools, colleges and universities supporting us to come and join us. This will be a chance to visit Genesis and hear more about all that your fundraising helps us to achieve.

***Are you a student or do you work with students? Please get in touch if your school, college or university would like to take part in the Genesis Student Challenge.***



# My Genesis Student Million Miles Challenge

My name is Ben Sciana, I am 16 and currently studying for my AS-Levels. I have just begun organising The MGS Genesis Golf Day for Genesis in conjunction with my school, The Manchester Grammar School.

I first came across Genesis at The Genesis Golf Day last year and the organisation immediately left a big impression. After hearing that Genesis was the only charity in the UK entirely dedicated to the prediction and prevention of breast cancer, and learning about the ambitious research studies and important goals Genesis sets out to achieve, I felt compelled to get involved. I approached my school and spoke to them about all the great work that Genesis are engaged in. They didn't hesitate in offering support for my plans to fundraise for the charity.

Following The MGS Genesis Golf Day, we hope to hold further events at Manchester Grammar for Genesis. So now, my ultimate objective is to raise as much money as possible for a fantastic charity that does so much for so many people.

Specifically, we will be looking to raise money for the Predicting the Risk of Cancer at Screening (PROCAS) Study. This aims to predict breast cancer risk for women who attend routine breast screening. I believe that this is a hugely important study which has the potential to change lives. The PROCAS study needs funding so that women with an increased risk of breast cancer can be identified and offered preventative intervention. Funds are needed not only to follow up participants on the study but also to recruit women with a higher risk of breast cancer to other preventative studies.

The MGS Genesis Golf Day will hopefully contribute a significant amount of money for the study and be an enjoyable day all round. It will be held on Thursday the 18th September 2014 at Dunham Forest Golf and Country



Club. There will be lunch, followed by a shotgun start and a Stableford competition with teams of four in a fun, competitive format. Straight after the golf there will be a relaxed dinner and prize-giving.

There is a £500 entry fee for each team of four and this includes meals, green fees and prizes. The day will be a great opportunity to play on one of the North West's finest courses for a great cause. I really hope that you can support us and to see you on the day!

**To find out more about The MGS Genesis Golf Day contact the team today.**



# working with genesis

Any type of organisation can get involved with Genesis. Our corporate supporters range from banks to bakers and from restaurants to solicitors. What unites them is a passion to create a breast cancer free future where the number of women developing breast cancer goes from one in ten to none in ten.

Here are some inspiring stories of what can be achieved when an organisation comes together for Genesis.

We are delighted that the **Associated Manchester Electrical Traders (AMET)** have continued to support us and have generously donated a further £6500 in support of the PROCAS Study, a vital piece of research into predicting the risk of cancer at screening. Everyone at Genesis is very grateful to the AMET committee for their continued support and kindness over the last four years.



**BOC** staff organised a charity fundraising day involving all sorts of activities to raise money for Genesis. Homemade cakes were baked, there were tombolas, raffles and even a sponsored head shave! In total, over £4500 was raised. This is an amazing amount and a big well done to everyone who took part.



Huge thanks go to **Barclays Bank** who have put so much effort into a whole range of fundraising initiatives. Radbroke Hall in Knutsford raised £2200 with a quiz night that took place over three locations, Knutsford, Lithuania and London - Genesis goes international!

Branches including Manchester, Bramhall, Altrincham and Stockport raised £2000 by organising

'think pink' days in support of Genesis, with homemade pink cakes, leg waxing for the men (ouch!), quizzes, raffles and the sale of Genesis merchandise.

Barclays Bank, Manchester sponsored the Forward Ladies Networking Lunch held at the Midland Hotel in the summer. As Genesis was nominated as the charity to benefit from the raffle, we received a donation of over £1200. Thank you to all the ladies who attended and gave so generously.

Lastly a huge well done to the Barclays regional managers who gave their time to brighten up the courtyard gardens at The Nightingale Centre and Genesis Prevention Centre. Not only did the Barclays team bring beautiful pots of plants for the gardens, but they also painted and repaired the benches. Both patients and staff are delighted with the results.



**Manchester Airport** kindly hosts two Genesis receptacles for loose change and foreign coins at the information desks in both Terminal 1 and Terminal 2. To date these have raised a staggering £3000, showing how giving even a small amount soon adds up. Make sure you prolong your post holiday glow by giving to Genesis on the way back from your travels!

**Gorvins Solicitors** have donated £1400 after staff at the Stockport head office ran a year-long programme of fund-raising activities including dress down days, bake sales and the selling of Genesis branded merchandise.



**CPT North Western** Regional Chairman, Chris Bowles, accompanied by NW Regional Manager Sue Mullen presented a cheque for £1431.88 for funds raised at the Annual Dinner Dance. Their support is very much appreciated.



**OCA Restaurant** in Sale held its first ladies lunch on behalf of Genesis. It was a huge success with everyone having a very enjoyable Saturday afternoon out and raising an exciting £720 for the charity.



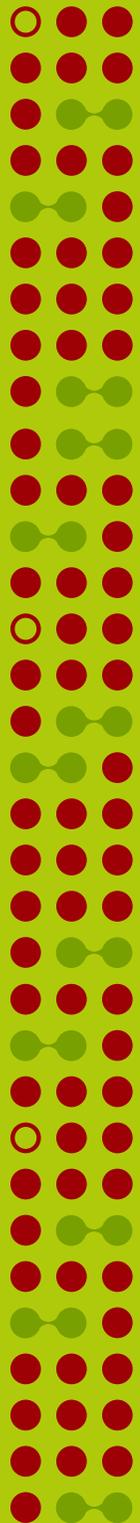
We are pleased to announce that **Croma Restaurants** are supporting Genesis by donating a generous 50p for every "special" pizza they sell. So far they have donated £835 in just four months - so you know where to go if you fancy the finest Italian pizza with family or friends!



London based, **Triton Exec** has selected Genesis as their chosen charity. They organised a networking conference and raffle with all proceeds going to Genesis. To date they have donated over £800.



If your organisation is interested in working with Genesis, please get in touch.



# fundraising highlights

At Genesis we count ourselves lucky to have so many committed supporters who consistently do amazing things to support the charity. Here are some recent highlights.

Our new Sing-a-Long at Xmas idea was a great success! We held our own event at the centre, which was enjoyed by everyone! There was also a Sing-a-Long at Xmas at St Marks Church in Worsley, organised by choirmaster Jeff Ransdale and Reverend Geoffrey Turner created a lovely event. Supporters Mike Andrews, Ros Henson, Sam Morris and her daughter read at the service.

In 2014 we want more "Sing-a-Long at Xmas" events, so anyone who is interested in organising a fun event, please let us know! It's a great way to get together and celebrate Christmas for Genesis.



Well done to Rebecca Kennington and Annabel Hall, owners of Gastronomy Delicatessen Cafe in Hale. Their great idea to give bottles of water with a Genesis label in exchange for a £1 donation is raising awareness of the charity as well as funds. Regular customer, Sally Dynevor called in to thank Rebecca.



Lady Joanna Grey, Rosamond Mahon and friends raised over £3000 at their annual Bridge Drive for Genesis. This is the third year the ladies have supported Genesis and to date their events have raised over £18,000, a remarkable amount!

Katherine Sanders and Thea Palmer bravely had their shaved their heads last October and raised a fabulous £4680.



Merv and Annie Valentine and Paul and Carol Webster organised a wonderful event at the Plaza Cinema in Stockport. Classic musical comedy film "Top Hat" was screened, with the option of enjoying a tea party before or after the film. The event was a huge success, raising almost £3000 for Genesis. As our photo shows, the two couples dressed beautifully for the occasion!



Genesis volunteers walked the length of Manchester airport in the summer with our bucket collection and raised £848.24, thank you to everyone who helped on the day.

Ken Morley and his daughter Stef have been great supporters of Genesis over the past few years. Ken has organised race nights at various pubs in Cheshire while Stef has held line dancing evenings and tea parties. They work so hard to create these successful events and we wish Stef and her fiancée great happiness when they tie the knot later this year!



Sedgley Park Rugby Club held a fantastic Ladies Evening for Genesis last October and raised over £2000 while having lots of fun. They are planning their second Ladies Evening this year with plenty of new ideas!



Thank you to Mark and Kate Jones who donated £1650 from a golf day.



Sam Morris is a longstanding supporter of Genesis and each year she holds a Ladies Evening at Boothstown British Legion to raise funds. Her event is always a sell out, as she's such a popular lady! Sam presented us with an impressive £1991 for her 2013 event.



Supporter Noelle Morris is a style consultant for Captain Tortue, a French brand who produce ladies and childrenswear. Noelle offers Captain Tortue parties at your home for you and your friends to see the latest styles. She will be donating all income from her parties until the end of July to Genesis, so why not add Captain Tortue to your Genesis Tea Party, for extra fun!

Robina Burling is the Lady Captain of Bramhall Golf Club this year, and she has chosen Genesis as the charity the club will be supporting. There will be several exciting fundraising events throughout the year to entertain fellow members. Thanks to Robi!





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## dates for your diary 2014

30th April	Spring Ladies Lunch, The Old Sessions House, Knutsford
4th May	Fishers Farm Blue Bell Walk, Hungerford
10th May	Line Dancing Evening, Leigh Miners Club
18th May	The Manchester BUPA 10K run
22nd May	An Audience with Paul Heathcote, Reebok Stadium, Bolton
25th May	The London BUPA 10K run
8th June	The Genesis Peaks Bike Challenge
28th June	The Rivington Ramble
13th July	Showcase, Lowry Theatre, Salford
20th July	The Morecambe Bay Walk
7th September	The Great North Run
13th September	Tough Mudder
18th September	The MGS Genesis Golf Day
24th September	The Genesis School Conference 2014
9th October	Literary Luncheon, The Belle Epoque, Knutsford
11th October	The Genesis Annual Ball
Nov / Dec TBC	The Genesis Winter Tea Party



thank  
you!

Everyone at Genesis would like to give our sincere thanks to the following for their support of the charity over recent months:

- Oaklands Hospital
- JLP Trafford
- What Lies Beneath
- Melissa Drummond – Cliché Model Agency
- Tesco, Stretford
- Juicy Bar
- Des Burgess, from Salford City Reds
- Joanna Fielding
- Michelle Clayton
- Janet Edwards
- Wesley-Barrell for supporting Genesis at the Bupa Great Manchester Run
- BK Executive

And the many other supporters and volunteers who raised funds in the past year.



To contact  
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