



CSR NEWSLETTER 'IN THE LOOP'



Fundraising update

So far this year we have raised £2,912 for the Stroke Association and £2,638 for other charities. We've got some big events coming up such as the golf day, charity quizzes and Katie's half marathon to help boost our fundraising efforts!

I 'tri' therefore I am

Keelie and her father took part in the Leeds Castle Triathlon in June, raising just over £360!

Despite being basically blind for the swim due to fogged up goggles, having to dodge some tractors on the bike and the demon hills on the run Keelie said she thoroughly enjoyed it.

Paddles up!

17 'fire-breathing' staff, family and friends (including Simon in a purple tutu!) took part in the KM Dragon Boat Race at Mote Park on the scorching first Sunday of July.

40 teams took part and based on the fastest times throughout the day we came in at a respectable 22nd place. The races were tough, especially in the heat, but it was a thoroughly enjoyable team event which raised just over £1,000 for Stroke Association.

5k with a 10 mile 'warm-up'

Katie's not let the recent heatwave get in the way of her training for the Windsor Half Marathon in September. She has already successfully completed a six mile run and is working up to running home from the Docklands office (approx. 10 miles).

Please share the fundraising page on social media to help keep Katie motivated! www.justgiving.com/fundraising/whitehead-moncktonwindsorhalf

Reduce your risk of stroke

Stroke Association publish many useful information guides on preventing stroke and life after stroke on their website. Anyone can have a stroke and there are more than 100,000 strokes in the UK each year – that's around one every five minutes.

How much do you know about your risk of a stroke? Find out more by taking a look at the attached information guide and make sure you know how to spot the common signs of a stroke in yourself or someone else using the FAST test.



Quick Glance Upcoming Events

Breakfast BBQ	24 Aug
Golf Day	5 Sept
Jeans for Genes	21 Sept
Curry Evening	TBC
Windsor Half Marathon	30 Sept
Canterbury Quiz	17 Oct
World Stroke Day	29 Oct
Staff Quiz	31 Oct



F

Face
Can the person smile?
Has their face fallen on one side?



A

Arms
Can the person raise both arms
and keep them there?



S

Speech problems
Can the person speak clearly
and understand what you say?
Is their speech slurred?



T

Time
If you see any of these three
signs, it's time to call 999.



The CSR Team

The team is headed up by Katie Broadfield and the current members of the team are Hannah Durston, Garry Warman, Jonathan Miller, Laura Ballard, Keelie Loftus, Bekka Fuszard, Charlotte Jenner, Mandy Coltham, Josh Parton, Callum Wadlan and Amy Turner-Ives.