



peppernews

care for children support for families
in Hertfordshire and Buckinghamshire

Buy your tickets now! For the 2011 Pepper Show



The Planning stage for the 23rd Summer Pepper Rock Show in Berkhamsted is in full swing.

So buy your tickets now before it is too late, for any of the following dates:

15th, 16th, 17th, 20th, 21st 22nd and 23rd July 2011



Venue: Centenary Theatre, Berkhamsted School, Kings Road, Hertfordshire HP4 3BG

As the 2010 show was so popular last year, you are encouraged to make sure you don't miss out on this year's spectacular. So buy your tickets now before we sell out!

Suitable for all ages, it is the complete evening out.

In the theatre state-of-the-art stage lighting, sparkling sound and an amazing stage set will combine to provide a musical night out to remember with every song a legendary rock classic.

On Sunday 17th July we will have a 'Family Day' so after the show there will be a children's entertainer, which all the Mums' and Dads' enjoyed last year, plus a balloon race.

Ticket holders can also enjoy live music, licensed bar and buffet food both before and after all theatre performances in the marquee.

Also in the marquee there are a variety of stalls and activities for all ages, merchandise, and a chance to win many first class prizes in the Raffle

such as a meal for 4 at The Kings Arms Hotel, Berkhamsted, a winched launched glider flight at the London School of Gliding, Tickets for Aylesbury Theatre and many more plus there will be a Tombola and several Quizzes.

You will also have the opportunity to bid for unusual and rare lots in the Silent Auction such as an invitation to attend a tour of the British Film Archives, kindly donated by the BFI in Berkhamsted, four tickets to the live filming of The X Factor courtesy of Talk Talk and many more unique lots.

Tickets will be available from £10 to £20 with concessions on certain days, commencing Friday 15th until Saturday 23rd July. Check the web site for more details www.peppershow.com

Comments received after the 2010 Pepper Show from audiences were:

"...we had an absolutely lovely evening" "...was really surprised to see the wealth of talent..." "...a fantastic show"..." "Unbelievable"..." "Great to dance to live music" "Brilliant, better than a West End Show"..."

Pepper News features

High Wycombe and Hemel Hempstead Sunrise Walks
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What's On
see back cover
for event listings



Caring together – working together
www.pepper.org.uk www.irhh.org

Welcome to our latest edition of Pepper News!

This edition includes the latest information and news about Pepper Events, the Foundation, a nursing update and much more!

The Pepper Foundation is a registered charity, which provides funds for The Pepper Children's Nurses managed by The Iain Rennie Hospice at Home Service (IRHH). Our nurses provide much needed professional and loving home care on a 24 hour, 365 days of the year – on-call basis, for seriously ill children throughout the Hertfordshire and Buckinghamshire area.

The Pepper Foundation

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Pepper Fundraising

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Registered Charity No 1056823

Pepper Live 2011

Opening Times

Evenings

Gates open 6.30pm – 11.30 pm

Pepper show performance 8.15pm – 10.15pm

Sunday

Gates open 3.30pm – 8.30pm

Pepper Show performance 5.00 – 7.00pm



Performance times and ticket prices

Friday 15th	8.15pm	£10.00	All tickets
Saturday 16th	8.15pm	£12.00	Concessions £10.00
Sunday 17th	5.00pm	£12.00	Concessions £10.00
Wednesday 20th	8.15pm	£12.00	Concessions £10.00
Thursday 21st	8.15pm	£12.00	Concessions £10.00
Friday 22nd	8.15pm	£15.00	No Concessions
Saturday 23rd	8.15pm	£20.00	No Concessions

Concessions apply to over 65's and children under 18.

Students in full time education also qualify on presentation of a student identity card

Reserved tables in the marquee Reserved tables in the marquee are available when you purchase 10 tickets or more

Parking Limited disabled parking is available on presentation of a valid disc.



There is no other parking on site. Street parking is available in Upper Kings Road and town centre car parks as an alternative.

Box Office Tickets will be available from the box office from Saturday 18th June 2011. Box office is located at Acorn Pharmacy, High Street Berkhamsted

Ticket Hotline Tickets may be ordered via the Hotline on **01442 877292**

Online Booking Tickets may be ordered on line at www.peppershow.com

Postal Booking Tickets may be ordered by post to: Pepper Events Limited c/o 14 Hazel Road, Berkhamsted, Herts, HP4 2JN

The complete evening out provides terrific entertainment and is extremely good value for money. Come along and soak up the amazing atmosphere in the marquee and in the theatre.

We need your help

The show is entirely run by people providing their time for free. Currently we are looking for people for manning the box office, and distributing leaflets. During the show we need help with the selling of programmes, merchandising, tombola tickets, raffle tickets, assisting with the bar, catering and general helping at the event. **Any help is welcome for one hour or for more. You can make a difference. For more information please contact info@pepper.org.uk**

Pepper Events Limited is a wholly owned subsidiary of the Pepper Foundation, registered charity No. 1056823

Pepper Sunrise Walk in High Wycombe

“Oh what a beautiful morning! Oh what a beautiful walk”.... There are many famous lines that come to mind in trying to describe what was a really fantastic experience. If anyone had asked where would you like to be on a lovely Spring morning, it doesn't come much better than walking around West Wycombe Park in the sunshine, admiring the daffodils and views, looking up at a clear blue sky and chatting with fellow walkers.

On Sunday 10th April, just over 100 people took part in walks around West Wycombe Estate, home of the Dashwood family. Some enthusiasts walked ten miles, some five and a few just the one. All agreed that they had really enjoyed themselves and many asked the question “Will there be one next year?”



It would be nice if there was and, should it happen, there couldn't be a better way of spending the morning. It may have been an early start – but it was definitely worth it.

This walk was organised by Pepper and a committee put together by Jane White, the Mayor of High Wycombe, to raise funds for Pepper as we are her chosen charity for her year as Mayor. Thank you to the organisers for a really well planned event.

If you missed this one, or really enjoyed it, see details below for our Autumn Sunrise Walk around the countryside of Hemel Hempstead.



Hemel Hempstead Sunrise Walk – 16th October 2011

The second Pepper Hemel Hempstead walk is on Sunday October 16th. Last year's walk proved very successful and we are very keen to build on this momentum.

If you walked the event last time, please note there will be a number of changes for 2011. The new start is at Cavendish School in Hemel Hempstead. Cavendish have been longstanding supporters of Pepper and we are every grateful

to then for allowing us to use their excellent facilities. Also, based on your feedback we have changed the start time to 8am. This will avoid the very early alarm call but still mean everyone is back home for Sunday lunch.



Based on our experience in West Wycombe Park in April we have also chosen some new routes. These new routes use footpaths wherever possible and minimise the time spent on roads and pavements. It will be a completely different and, hopefully, a very enjoyable experience.

The event is now open to both men and women. So, this year, the whole family can take part! Of course, we recognize that many Pepper supporters are already active walkers. So, if you feel your sponsorship well has run dry, please offer to help. We'll need quite a few marshals on the day.

Finally, two Pepper trustees, John Allwood & Jonathan Tweed have kindly agreed to lead the marketing of the Sunrise Walk. They are targeting local churches, clubs, pubs schools and businesses. Please let them know if you can help. We're particularly keen to get team entries!

Contact Jonathan Tweed at jonathanjtweed@yahoo.co.uk or John Allwood at john.allwood@hotmail.co.uk



Chairman's Review

Summer 2011



Pepper to double its workforce!

As you will know Pepper is a fundraising charity with a single part-time employee. The money we raise goes to support the Pepper Children's Nurses, who are employed by the Iain Rennie Hospice at Home (IRHH). We often say that Pepper is 'volunteer-led'? But what does this really mean?

Perhaps the best way of understanding this is look at our summer rock show. This is, by any standards, a massive undertaking. It involves the combined efforts of over three hundred people – an organizing committee, technical crew, singers, dancers, musicians, car-parkers, bar-staff, caterers... Yet, despite their obvious talent, **everyone** working on Pepper Live is a volunteer. There are no paid professionals.

So, the good news is that, despite having only one part-time employee, with some valued support from IRHH, we are able to punch well above our weight. This model has certainly stood us in good stead over the last five years. But despite this success, it is becoming clear that this approach is no longer sustainable. The costs of the paediatric nursing service are increasing... more nurses are being employed and, in all likelihood, the area they cover will increase.

Reflecting this extra demand we have decided to double our workforce! To be precise, our intention is now to have two part-time employees. Our new employee will be tasked with fundraising. We believe this new position will help us get more from established events, provide better assistance to our community supporters and, over time, see the development of new fundraising initiatives. I'm sure you will agree that this is an exciting development. It's part of a wider transition as we seek to increase our revenues across a range of activities. For example, we have seen considerable success, reported elsewhere in this issue, on applications to charitable trusts. In an uncertain world, prudent expansion and diversification are our friends!

Tony Hill, Chairman of Trustees

PS Please see the fundraiser job advert at the back of this issue and contact our new trustee John Allwood (john.allwood@hotmail.co.uk) if you know anyone who might be interested in applying for our new fundraising position.

Grants from charitable trusts

Since October last year, we have been writing to grant making trusts to ask if they would help keep Pepper nurses on the road. It costs £838 each week to keep one of our Pepper Nurses on the road, caring for terminally ill children.

On behalf of all the children we nurse, we would like to thank every trust that has given so generously. Donations from the following trusts have totalled a staggering £17,934!

The Boshier-Hinton Foundation

C Charitable Trust

The ECHO Trust

Hilton in the Community Foundation

The Paphitis Charitable Trust

If you would like to find out more about our **Keeping the Nurses on the Road** programme, or represent a charitable trust that may be interested in this or any other aspect Pepper's work, please email Hannah at hasquith@pepper.org.uk.

Thank you very much.

pepper Nurses



Pepper Nursing team

After a busy and difficult start to 2011, the team are experiencing a quieter period. That's not to say their time is not well utilised; we use that additional capacity to offer more support to the families in our care.

The families are aware of the need for responsiveness and are understanding when the nurses' working days are taken up caring for very poorly children or providing end of life care. When we have extra capacity it means we can offer more respite in the home, which for many is an extremely valuable resource.

We are currently providing care for 30 children in the area. Two children have passed away and we have taken on one new referral. The nurses also provide emotional support to the parents as necessary and bereavement support is available for those that would like it following the loss of their child. As a consequence of the numerous children who have died in the last 2-3 years, the bereavement support workload has increased significantly and remains an important part of the overall service.

We do have capacity to offer support to more families, actively encouraging appropriate referrals from the many professionals we link with in our day to day work. Inevitably many families in our area who may benefit from the support of a service like ours just don't know about us. We accept referrals from any source, providing the family are aware and consent to the referral. If they are unsure of what we do or the potential benefits, someone from the team would be happy to talk with anyone to provide more information about what we do and how we may be able to help.

Sonya O'Leary

Pepper Children's Nurse Manager



Amanda Findlow

My name is Amanda Findlow and I have been involved with both Pepper and Iain Rennie Hospice At Home (IRHH)

for 17 years now as a volunteer and supporter.

I have been in many of the Pepper summer Rock Shows taking on the roles of cast, crew and Vocal Director for PY. I have also been a singer with Mr Kite's Benefit Band for the same amount of time. Mr Kite's Benefit Band is 20 years old this September. The band gives all proceeds to IRHH and The Pepper Foundation if requested.

Last October my life changed when I was diagnosed with malignant cancer in the liver. I never thought I would be a patient receiving the care of the IRHH nurses... none of us do.

I want to take this opportunity to thank the IRHH nurses for the incredible care they give my husband Stuart and I at a very challenging time in our lives. I have had many health concerns throughout my life but this is the toughest yet.

The IRHH and Pepper children's nurses take on worries and get to know you better than you know yourself at times! The communication between the team is second to none and they are always at the end of a phone, anytime day or night.

Please continue to support both of these fantastic charities. I am at the receiving end of the type of care they offer to their patients – young and old – and I am eternally grateful.

At the moment, my prognosis is uncertain, but I always have hope. Fortunately with the guidance of the IRHH nurses, the months ahead will appear less daunting. Here's to fighting all the way.

Amanda Findlow

Buy Greetings Cards and raise funds for Pepper all year round

Pepper volunteer and independent Phoenix Cards trader Dee Cadge is offering Pepper supporters the opportunity to buy her greetings cards to raise money for the charity at the same time.

Phoenix Cards are high quality, but are sensibly priced at £1.50 each or £1.20 each for 10 or more. "I will make a donation for every card I sell as a result of a Pepper referral" promises Dee.



"We could raise loads! For example, if just 20 people a month spend £15, that could raise £360. I'm very excited by how much money Pepper fans can potentially raise!"

A box-office volunteer for the last two years, Dee wanted to do more than give her time. "The Phoenix products are brilliant and great value" she says. "I've been a customer myself for years, and even used Phoenix stationery for my wedding. I want to help Pepper more, and this is an ideal opportunity to do just that."

Dee does admit to a sneaky ulterior motive as well... "If people save some money buying cards from now onwards, perhaps they will buy more show tickets in July!"

Contact Dee via email at deecadgcards@yahoo.co.uk or by phone on **01296 668953**. She will happily send you a Phoenix Cards brochure to order from. Alternatively browse and order online at www.phoenix-trading.co.uk/web/deecadge. "Just remember to mention 'Pepper' when you order, and tell everyone you know!" smiles Dee.

My first Pepper AGM – Pepper Ambassador Colin Rees

As a new Pepper Ambassador I would like to introduce myself. My name is Colin Rees, I live in Tring and am a retired cartographer. I was invited to join the Pepper team in November last year so I regard myself as a new member with lots to learn.

The first occasion that I had of meeting a large number other Pepper supporters was in March at the Pepper AGM. My previous experiences of AGMs led me to expect a very formal meeting. How wrong I was! Tony Hill and Valerie Gunn both presented an informed and candid account of the Pepper activities and the funding. Tony described how we need to increase the funding for 2011/12 to enable Pepper to maintain and improve our service. New ventures will be undertaken such as the Sunrise Walk at West Wycombe Park.

During the meeting we were privileged to hear from the Atkinson family, mum and dad, Bruce and Nicola and their son Jake.

We were given a personal and moving account of their lives caring for their sick daughter Charlotte. For me Jake was the star of the meeting. It is the first time that I have heard how a sibling deals with having a poorly sister. Jake is a charming well balanced young man whose positive attitude to life's problems is an inspiration to us all. He told us how he thought that his life had been enriched through the pleasure he felt in helping to care and support Charlotte.

All of the family expressed gratitude to the Pepper Children's Nurses and support staff in helping them to care for Charlotte. They went on to stress the importance of dedicated specialist nurses and support organisations, without whose help life would have been very difficult. Sonya O'Leary, Leader of the Pepper Children's Nursing Team, concluded the meeting with an excellent talk describing the work of the nurses in more detail.

Mayor of High Wycombe Beechstock Music Festival

Up, up and away...

...at Beechstock (in aid of the Mayor of High Wycombe's Charity – Pepper)

A great time was had by all who attended the 3-day Music Festival at The Beech Tree pub in Hazlemere over the Spring Bank Holiday weekend.

Each day started with a performance from a local stage/dance school all of whom were a delight to see and hear. Throughout the day and well into the night local bands entertained the crowds who had gathered in the sunshine to listen to the music and browse the many stalls and activities on hand – and drink the beer and try the food.



On the last afternoon came the balloon launch. Pepper had been selling balloons throughout the weekend and the Mayor released them from their net and off they went to who knows where. The winner of the balloon which travels the furthest will receive a gift voucher.

A big thank you to Jenny & Kevin from the Beech Tree and to all their tireless helpers, for a really successful and well organised event.



Pepper Ambassador accepts cheque from Mayor of Tring

In May, Pepper Ambassador Colin Rees attended a meeting of Tring Council meeting as a representative of the Pepper Foundation. He received a cheque for £1044.85 from Roxanne Ransley the retiring Mayor of Tring. Roxanne had selected Pepper as one of her chosen charities when she was appointed as Mayor.

On receiving the donation, Colin thanked Roxanne for her tremendous support during her year in office. She raised money for Pepper by taking part in the Hemel Hempstead Sunrise Walk and also by organising various local fundraising events. These included a trip to Tring Brewery, a Valentine's Day Ball, a Bridge Day and various collecting boxes placed around the town.

Roxanne has been a longstanding supporter of Pepper and is always enthusiastic and positive. She has a great sense of fun it has been a delight for everyone at Pepper to work with her over the last year. Thank you again Roxanne.

Mayor of High Wycombe raises over £33,000 for Pepper

It's been an incredible twelve months for Pepper in High Wycombe... The Mayor, Jane White, chose Pepper as her charity for the year. She was very keen to involve the whole community and helped organize a raft of fundraising events including family days at Community Clubs, sponsorship for the High Wycombe Half-Marathon, several events at Bucks New University and the Beech Tree public house. The climax of the year was the Mayor's Ball at Wycombe Abbey – followed a week later by the Sunrise Walk in West Wycombe Park.

Surpassing all expectations, the Mayor's team raised over £33,000 for Pepper! It's been a delight for all of us to work with Jane over the past twelve months. She is unfailingly cheerful and showed great energy and generosity of spirit. Despite a very demanding schedule of engagements she always found time to help us and promote the charity.

As a postscript to Jane's year, we are delighted that Jane has kindly agreed to become a Pepper Ambassador. During the last year, we have seen a big increase in awareness of Pepper in and around High Wycombe and we are delighted that Jane has agreed to maintain this momentum! Thanks again Jane for a very significant donation – which will mean a great deal to local children and their families.

Pepper @ The Opera

One chilly January evening, the Centenary theatre in Berkhamsted was filled with the amazing voices of Garden Opera Company as they entertained Pepper opera lovers with their performance of La Traviata, Verdi's most popular and accessible masterpiece. Set in Paris, the moving story of lonely Violetta's transformation from a hedonistic courtesan into a tragic heroine was told. This sparkling production unravelled the dark tragedy of Violetta's poverty, illness and despair. An intimate drama, the tale of hope and romantic love at its most eloquent was beautifully performed to the audience who had enjoyed the now famous Pepper champagne cocktails before the performance commenced.

Now is the time to mark the **2012** opera date in your diaries. On **Saturday 14th January** Pepper are proud to announce that Berkhamsted will be treated to a fabulous evening of entertainment.

The Garden Opera Company will be transformed into a riotous troupe of travelling players to take you on a giddy ride through the parallel worlds of comedy and tragedy. Their vagabonds will introduce themselves through performing Mozart's hilarious pastiche The Impresario. This is the opera world stripped bare, with its pretensions, sky rocketing egos and blind optimism laid out for all to see. An hilarious 'casting couch' comedy teeming with outlandish characters and sexual innuendo.

After the hilarity of Mozart at his most playful we enter the inner world of the players in I Pagilacci. The veneer of performance is stripped away from their group of travelling clowns and the spotlight turns on their own lives. Leoncavallo's masterpiece is one of the most popular standards of operatic repertoire and a splendid example of the 'verisimo' operatic style that is perfectly suited to Garden Opera's intimate and highly unique approach.

A story about what might lie behind the clown's smile and a tour de force of love, jealousy and disaster that will thrill audiences in a total theatrical experience. Featuring the stunning tenor aria Vesti la giubba, and packed with visual delights and inventive staging this promises to be one of Garden Opera's most exciting outings to date.

Tickets £25 for adults and £15 for under 18's will be available from Gina on 01442 877292 or by email at ginagreen40@googlemail.com.



Pepper Quiz

The first Pepper quiz was held in 1995 and this year was 16th time attendees competed for the coveted Walrus Trophy.

Organisers Tim and Mitzi Wynne-Jones sold all the tables in record time this year and had a waiting list as usual.

200 quizzers pitted their wits but despite stiff competition, the 2011 winners were 'Bogside' who maintained their top position yet again! £1800 was raised for Pepper and we would like to thank Tim and Mitzi, once again, for all their dedication and hard work.

The 2012 quiz is booked for 3 March.



Geoff Roser, far right, with Nigel Barden

Pepper supporters enjoy a night on the town with Nigel B!

Some of you may remember the successful Eastwoods Celebrity Foodie Extravaganza that was held in aid of Pepper last November. One of the successful auction bidders, Geoff Roser, sent us this report from his night out in London with Nigel Barden.

"The picture as you may gather is at the end of a great evening. We met Nigel at the Radio 2 studios on the dot at 17.50 when he arrived clutching a cooked chicken with a beer can stuffed up its nether regions. We were whisked up to Simon Mayo's studio where he was live on air with his Drive Time programme. People started arriving within minutes of Nigel's entrance, all after a sample of chicken, which he carved in the studio. We were watching as emails and texts stream into the studio and other people do their bit on the programme – it was fascinating. They seemed to carry on with the dialogue and keep it going without a script. When Nigel had finished his slot we were whisked off to Covent Garden to the Le Deux Salon where we were royally entertained by Nigel with wine tasting and a wonderful menu. My friends, Di and myself thoroughly enjoyed the whole experience and would recommend it, if a similar opportunity came again."

Park Resorts dress up for Pepper



Park Resorts held a fundraising day on 15 December which involved all of the staff dressing up, along with a raffle, cake sale and lots more. They chose to hold the day in aid of the Pepper Foundation and raised a fantastic total of £432.50.

Gemma Francis, Senior Brand Manager said "it was only really the marketing Team that dressed up but everyone in the office was then forced to pay a fine for not doing it! It was quite entertaining walking through Hemel from the car park dressed up, I couldn't even hide mine under a coat as I was the dolly so the hair and make up was not so subtle!"

A big thank you from the Pepper Foundation to everyone at Park Resorts for their support.

University Team gears up for Charity Skydive

A team of students and staff from Buckinghamshire New University in High Wycombe leapt from the skies in a 12,000-foot skydive in aid of a host of charities.

The jumpers took on the adrenalin-pumping challenge at RAF Weston-on-the-Green, Bicester, Oxfordshire on 28 May.

The daredevil fundraisers are hoping to collect more than £100 each, making over £2,000 in total, for eight charities, one of which is The Pepper Foundation.

A pilot-themed event took place at Bucks Students' Union on Friday 20 May to help each jumper gain further sponsorship.

Helen Dugdale, studying BA (Hons) Textiles and Surface Design, said: "I have never done a skydive before so it is a real leap into the unknown. It should be amazing. I'm excited, keen to raise as much as possible for charity."

The Pepper Foundation and LearnAsOne are Bucks Students' Union chosen Raise and Give (RAG) charities for the year. For further details, or to sponsor the team, contact Bucks Students' Union's Fundraising Coordinator Alice Dewsnap at alicedewsnap@bucks.ac.uk

Bucks New Uni have raised over £1000 so far this year by putting on various fundraising events such as Bucks Assassins Week, a charity car wash and The Zombieathon. They had a runner in the London Marathon and another taking part in the Wycombe 10K. Well done to all involved.



Local circle of Catenian Association raises over £2400 on behalf of the Pepper Foundation



The Chiltern Circle, part of the international Catenian Association, has raised £2406 on behalf of the Pepper Foundation. This donation will provide 18 days of nursing care for local children with life-limiting conditions and support for their families.

Brendon Sparks, the 2010/11 President of the Chiltern Circle commented: "I chose Pepper as my nominated charity because it epitomises the spirit of catenianism. It is a local charity helping children and their families". The money was raised through raffles, a major charity evening and donations by individual members.

Chairman of the Pepper Foundation, Tony Hill, added: "We are delighted to receive this very generous donation from the Chiltern Circle. It will make a real difference to some seriously-ill local children and their families."

High Wycombe Rotary cheque presentation

John and Jonathan attended a meeting in February with Tony Sherrard from High Wycombe Rotary and were delighted to be presented with a cheque for a



fantastic £1000. The Rotarians had heard of Pepper through the Gerrards Cross Golf day and decided to do some fundraising for Pepper by organising Christmas bucket collections outside local supermarkets and at Wycombe Wanderers.

Jonathan and John were able to talk to about 60 members of the thriving club. Jonathan said "We were able to give a 5 minute outline of the Pepper Foundation and our goals, as well as the work of the Pepper Children's Nurses, which seemed to be well received." Our thanks go to Tony and the High Wycombe Rotarians for their fundraising support.

Presents for Pepper

Claire & Guy Dutch very kindly asked their wedding guests to make a donation to Pepper instead of receiving wedding gifts in January this year.

Claire said "We have more than enough of everything and therefore asked our friends and family to make a donation to Pepper". Claire, Guy and their guests have raised an amazing £1960.26 including Gift Aid.

Everyone at Pepper would like to extend huge congratulations to Claire & Guy and thank them for their generosity.

1000 Miles for Pepper

Congratulations to James Clifton and his friend Rob who have completed their cycle challenge from Lands End to John O'Groats over 1000 miles to raise funds for the Pepper Foundation.

James said before he set off on his challenge that "having not sat on a saddle for over 20 years it would be a voyage of discovery, in more ways than one!"

We received short updates of how they were getting on along the route, James told us that after a 310 mile car trip to Lands End they cycled the first 25 miles into a strong headwind which was an eye opening start but was helped when they arrived at the first hostel to Spag Bol which restored their spirits.

Rob's wife Jenny made sure they both kept topped up with sunscreen and kept count of the insects ingested on route which I'm sure were a small energy boost!

On 1st April there was a small hiccup with the chain on James bike coming off but The Bike Shop in Tiverton soon got them back on the road meaning they could end the day having completed some 70 miles and James assures us that the 'Chafe-ometer' has not registered anything up to this point!!

James & Rob arrived in Bristol at 4pm on 12th April and James sent his update whilst 'rehydrating' enjoying a pint! The weather was very kind and they covered 76 miles with 2400 calories burned. At this point they were 230 miles into their challenge with the bugometer going up, another 2 bugs ingested, also 2 Bee strikes too and a hard climb at Cheddar Gorge, with only a small amount of pushing the bike though, so very impressive.

13th April saw James & Rob cover another 84 miles in just 5 hours and 22mins. The previous night's stay at the YHA sounded like fun with not much sleep as there were 3 French chaps who took it in turns to snore throughout the night but by the sounds of it the roast beef and Yorkshire pudding cooked courtesy of Jenny's friends made up for it. James & Rob then crossed into Cheshire and informed us that Adderley is the bug capital of the UK!

On 15th April they officially hit the half way mark at 82 miles, after a challenge through Manchester and a 'very big hill' just after Waddington they were looking forward to hearty lunch at a pub in Slaidburn, however found themselves turned away after arriving 5 minutes too late for food so it was a hot meat pie from the post office and 'Just for Men' Yorkies.

James said he needed to remember to remove his shoe from the pedal as slow motion sideways falls were not good!

On 18th they had a quick ride but had their second puncture, bugs ingested 4! Arriving in Prestwick via

Gretna, James said the accents were becoming harder to understand. 'Sally Satnav' was a great help keeping the guys on track but sadly the flapjacks began running low and James began to worry they wouldn't last (which could have been disastrous!) James also informed us that he had a 'snake bite' puncture, which apparently the serious cyclists amongst you will know is critical stuff!

On 19th April they were leaving Prestwick to take the ferry to Arran to avoid the hills near Glen Coe! At this point the 'Chafe-ometer' had still registered nothing... although James did issue a warning that Vaseline supplies had been moved to a state of readiness and there was a little bruising in the saddle department.

On 21st April James & Rob were relaxing in Inverness YHA after 68 miles from Glen Nevis at YHA Just, under the shadow of Ben Nevis. James said that the route alongside Glen Nevis was beautiful, but despite the relatively short leg, the strong headwind made it hard going and disappointingly no activity was reported from Loch Ness!

The plus side of the past few days had been that the Vaseline stores had been returned to 'stand by' status. James got in touch on the 23rd April to say that they had finished! He reported that 1,001 miles had been cycled, over 49,000 feet climbed, 67 hours in the saddle and 28,000 calories consumed.

He hopes to have raised over £2,300 which is an amazing achievement and we are all truly grateful for his perseverance and stamina completing this gruelling challenge.

Well done James & Rob, we have thoroughly enjoyed your updates along the way and would like to again congratulate you on this amazing accomplishment.



URENCO team pound the streets of Marlow for Pepper

On Sunday 8th May 2011, a team of seven URENCO runners took the streets of Marlow to raise money for the Pepper Foundation by running in the 'Marlow 5'. In total, the team raised £225 from colleagues' donations, which was boosted by a donation of £150 from the company to bring the grand total to £375. All runners finished the 5 mile race in under an hour – although some quicker than others! They said "We were all pleased to help such a worthy local cause and look forward to supporting Pepper in future. Keep up the good work!"

The team members were: Ally Potter, Amy Sinclair, Jim Hawkins, Gary Sheppard, Scott Taylor, Rick Hermon and Hugh Waggett. Congratulations URENCO from all at Pepper.



Charity Chop for Pepper

On Friday 21 January, at The Barn Club in Marlow Bottom, knives (or at least razors) were drawn in the "Charity Chop".

Peter Eden and his brother David organised a charity chop on the 21st January to raise money for The Pepper Foundation and UCL Cancer Research Trust.

Volunteers shaved David's ZZ Top like beard off and Peter's beard and hair in front of an enthusiastic and generous crowd, taking about an hour in all.

Approximately £1,600 was raised which was a fantastic achievement for both Peter & David.

Peter and David said 'we would like to thank all concerned; it was a pleasure to raise money for such worthy causes; even if it is now very cold!'



Pepper Ambassadors Dunk in the Dock

Tom Hill & Lucy Timberlake, two of Pepper's ambassadors, are taking part in the British Gas Great London swim at the Royal Victoria Dock on Saturday 2nd July to raise funds for Pepper.



Now in its third year the event is the biggest open water swim in the south of England, with 5,000 participants taking the plunge. Swimmers will set off in waves of 300 every half an hour for the 1 mile course set against the magnificent London Skyline.

We wish them the very best of luck with their swim, to sponsor our piscatorial plungers at www.justgiving.com/tomandlucy

Military Battle for Becky Ramsell who took on Military 10K

Becky Ramsell took part in the BMF Military 10K Run in London on 26th March to raising a staggering £485 for the Pepper Foundation.

The race starts off as a gentle jog uphill and then rapidly turns into the mother of all epic battles between your mind and body with obstacles, ditches and water. Becky said "It was the hardest thing I have ever done, going through 4 mud pools, climbing up a steep slope with a rope, in and out of ditches, down water slides and crawling underneath the army nets. The mud made things very challenging and I was truly exhausted!"



We are pleased to say that Becky finished in a fantastic 1 hour and 13 minutes coming in 147th out of 302 females which is quite an achievement. Congratulations Becky!

Deaglan McArdle takes on the mighty Marathon

Last year Deaglan vowed to run the London Marathon, but injury cruelly denied him the chance of doing it. So this year he was back with a vengeance and was determined to do it, even if (he said) he had to crawl all 26.2 miles.

Deaglan completed the challenge still standing and said "I really enjoyed doing the race, just glad I finished it – rubbish time I admit, but that will never bother me".

He raised a fantastic £516 including Gift Aid, well done Deaglan on your 'marathon' effort from all the team at Pepper!

Pepper Foundation Job Vacancy

Lead Fundraiser

Part Time (15 Hours p/w)
Salary £23,000 (pro rata)
Tring, Hertfordshire

An exciting opportunity has arisen to join the Pepper Foundation as Lead Fundraiser.

The Pepper Foundation is a registered charity that helps to fund nursing care at home for children with life limiting conditions in Buckinghamshire and Hertfordshire. The Pepper nursing team, provided by our sister charity Iain Rennie, not only deliver specialist paediatric care on an on-call basis 365 days a year, they also provide a much needed support system with absolutely no cost to the patients or their families. At any one time the Pepper nursing team care for and support between 30 and 40 children.

The Pepper Foundation is always trying to find new ways to raise the funds to keep this service operational and is now creating the new position of lead fundraiser.

Based in Tring, Hertfordshire, the position reports to the Chairman of the Foundation and liaises with all stakeholders.

As Lead Fundraiser you will be responsible for ensuring income targets are met through the provision of a varied range of existing activities such as the annual Pepper Concerts, and by developing new and imaginative events working with the Trustees and Pepper Events Limited. You will also be responsible for building and maintaining long term relationships and increasing awareness of the Foundation throughout the area.

The post is part-time, 15 hours a week, but some flexibility is required to attend evening and weekend events and meetings.

You will preferably be educated to degree level and must have previous experience of fundraising or marketing, including the management of events, working with volunteers and dealing with local press and media. You should have good presentational skills, be IT literate and have a knowledge of database management and be used to working within a tight budget.

To apply please submit your CV to: john.allwood@hotmail.co.uk
Closing date: 31st July 2011

Pepper Hearts

We could fill all the pages of *Pepper News* with various fundraising acknowledgments therefore the following is just a brief selection taken at random from recent donations.

We would like to thank everyone who has raised money for us and regret that it has not been possible to include every donor in this brief quarterly resumé.

- Tring Brewery 20p per pint donation £188.00
- Naphill & Hughenden Cubs Charity Challenge donation £665.10
- Beaconsfield Operatic Society donation £297.33
- Pepper collection in Santa Grotto at Eden £54.00
- Tony Hill Pepperpot £88.67
- Park Resorts Dress Up Fun Day £432.50
- Gt Missenden Rotary Prestwood Santa Float £165.00
- Bevan donation in lieu of Christmas Cards £20.00
- Peter Eden Barn Club Quiz Donation £600.00
- Kay Halker Christmas Lunch £95.00
- I & V Plummer Pepper Pot £15.55
- L Richardson donation £35.00
- Rosebery Remedies Christmas Party Donation £220.00
- Eckoh UK donation in lieu of Christmas Cards £1,000.00
- Squirrel Pub Christmas Festival donation £110.00
- Mr I Burns donation £1,500.00
- Naphill & Hughenden Cubs Pepper Pot £7.08
- Ashlyns School Pepper Pot £77.70
- David Birdsell donation £35.00
- Susan Justice Winter Fuel payment donation £150.00
- Estelle Tanner donation £40.00
- Dennis Fairey Pepper Pot £15.00
- Beaconsfield Operatic Society Christmas Donation £200.00
- Manchester Underwriting donation in lieu of Christmas cards £76.00
- 1st Nash Mills Brownies 5p Centenary Challenge £24.00
- M Pitt-Payne/Catenian Assn donation £120.00
- Dr Challoner's School donation £1,000.00
- Anna Andrew sale of handmade cards £23.40
- Hemel Hempstead Bowls Club Pepperpot £88.00
- Morton Charitable Trust donation £3,000.00
- Chenies Van Hage Christmas Card donation £385.00
- Bourne End Village Association carol singing donation £150.00
- Cooke Family donation re. Charlotte £300.00

What's on 2011

Pepper Live!

**Friday 15, Saturday 16, Sunday 17 July
Wednesday 20, Thursday 21, Friday 22,
Saturday 23 July 2011**

The 23rd annual Pepper rock event will take place at Berkhamsted School, Kings Campus, Kings Road, Berkhamsted. Live music in the marquee before and after the main concert, great food, a bar and great company guaranteed!

Check information as it becomes available on our show website www.peppershow.com

Tickets from 01442 877292.

Tickets £10-£20, concessions (over 65's & under 18@s) £10



Eastwood's Pepper Golf Day

Wednesday 3 August 2011

Joe Collier and Janet Edwards are organising the 2011 Eastwoods Golf Day at Ashridge Golf Club

Event information available from janetintouch@btinternet.com

Hemel Hempstead Sunrise Walk

Sunday 16 October 2011 at 8.00am

Start from Cavendish School with a choice of a 5 or 10 mile route, mainly off-road. Event open to all walkers.

More information as it is published and to register online go to www.peppersunrisewalk.org.uk £15 registration fee.

Eastwood's Celebrity Foodie Extravaganza

Saturday 19 November 2011

Centenary Theatre, Kings Campus, Berkhamsted School, Kings Road, Berkhamsted

Pepper Events Ltd invite you to join Joe Collier and his team from Berkhamsted's award winning Q-Guild butchers, BBC Radio's Nigel Barden and celebrity guests for a night of foodie delights.

More information as it becomes available from 0845 675 5566

Pepper @ The Opera

Saturday 24 January 2012 @ 7.30pm

Centenary Theatre, Kings Campus, Berkhamsted School, Kings Road, Berkhamsted

Garden Opera Company return to Berkhamsted to present Mozart's The Impresario and Leoncavallo's I Pagilacci to Pepper patrons

Champagne & cocktail bar open from 6.00pm

Call 01442 877292 or email ggreen40@googlemail.com for information and tickets

Tickets £25 for adults, £15 for under 18's

Pepper Quiz Night

Saturday 3 March 2012

Ashlyns School, Chesham Road, Berkhamsted

Join us for the 17th annual quiz night and pit your wits against other Pepper quizzers and see if you can win the coveted 'Walrus Trophy'

Tables of 8 available. Fish and chip supper included in ticket price

Call 0845 675 5566 for more information and tickets

High Wycombe Sunrise Walk

Sunday 8 April 2012

Another chance to walk amongst the Spring beauty that is West Wycombe Park. More information as it is published from www.peppersunrisewalk.org.uk



Visit www.pepper.org.uk and click on 'Events', call 0845 675 5566 or email info@pepper.org.uk for further details and updates