



# Friends of Watch Newsletter

## Summer 2019

### Welcome to our Summer Newsletter

We hope everyone is having a fantastic summer, and we are excited to be producing our new format Newsletter – they will be produced quarterly in line with our beautiful English seasons!

### Fundraising update

Thank you to everyone who stopped to speak to us & generously donated at one of our collection days at TESCO, Chard. We raised plenty of awareness as well as a staggering £267 over two days. We also gained a new volunteer and had plenty of conversations about mental health. We plan to keep doing these every couple of months & hopefully will start visiting other supermarkets as well



### Walking the Exe Valley Way

We must say a huge thank you to Jeff Townsend, and Julie Bingham – not forgetting the adorable Maya, who are walking the Exe Valley Way to raise money for Chard Watch CIC. They both have a long connection of volunteering, donating and supporting Chard Watch, and we cannot thank them enough. The walk is being planned to start on September 29<sup>th</sup> 2019, and will be done across 5 days. We are hoping that lots of supporters, and members of Chard Watch will not only join in, but also help to raise money. Anyone interested should contact [AmandaBroom.watchproject@gmail.com](mailto:AmandaBroom.watchproject@gmail.com) for more details. Their target is £1,000!!! Good luck & thank you ☺. Donations can be made at: [www.justgiving.com/crowdfunding/chard-watch](http://www.justgiving.com/crowdfunding/chard-watch)



The walk starts at Exford and is split into 9 sections across 5 days, totalling 52  $\frac{3}{4}$  miles. Everyone is welcome to join in on any section, just let us know and we'll send you the full details.

First route 8 miles:

Exford to Hawkridge – Sunday 29<sup>th</sup> September starting 10:30

Final route 8 miles:

Exeter Quay to Starcross – Thursday 3<sup>rd</sup> October finishing 18:00

## Become a Friend of Watch – can you help?

Friends of the Watch Project are people who offer financial support for the Watch Project. This can be a one-off donation, or a monthly amount given directly through a Direct Debit. The amount of money given is entirely within the gift of the Friend of the Watch Project – all friends are treated the same, regardless of how much money donated. This is because everyone can afford different amounts, and we value all donations.

Friends also help us to promote the Watch Project and raise awareness – this may be through holding a coffee morning; having a cake baking morning or coming along to an event with us. We really want our friends to be actively supporting us, not just financially – do you have any ways you can help? Any fundraising ideas? If you would like to help with this then why not ask for an application form today 😊

## Member spotlight



Sarah Lacey has been helping to collect at Tesco with us, speaking at the Winsham Health & Wellbeing Event earlier this year and says “I come to the project because it is a safe place and I am accepted. Nobody judges anyone & there are no labels. When you talk to someone who has had similar experiences, they have a sense of understanding of what you have been through & where you are coming from. I don’t feel as isolated as I did before I came here, and I have also found an artistic side of me that I never knew existed!”

## Easy ways to help us fund raise...

There are so many ways you can help fund raise, and all without costing you a penny! Here are some of the easiest ways:



[www.easyfundraising.org.uk/causes/chardwatchcic/](http://www.easyfundraising.org.uk/causes/chardwatchcic/)



Localgiving.com  
Make a difference in your community

[www.localgiving.org/charity/chardwatchcic/](http://www.localgiving.org/charity/chardwatchcic/)

## Stay in touch with us for more updates...



CHARD WATCH CIC



@theWATCHProject

<http://watchproject.org.uk/>

Sign up for regular updates to find out more about how Friends of Watch support Chard Watch Project:  
[AmandaBroom.watchproject@gmail.com](mailto:AmandaBroom.watchproject@gmail.com)