Imagine yourself exiting from the door of an aircraft from over 2 and half miles up and freefalling at a speed of 120mph through the clouds, before gliding back down to your envious supporters on the ground below.

Skydiving is an unbelievable and exhilarating rush like no other and with no experience required - it’s your opportunity to reach for the skies and be part of a World Record!

JUMP FOR FREE simply by raising a minimum Sponsorship for EACH of £395

Contact Beccy for more information
Santa Run Success

This year saw the return of our annual Cambridge Santa Run and the beginning of the Granta Park Santa Run.

At Granta Park, business suits were swapped for Santa suits to raise money and awareness for EACH. Over 240 Santas ran the 2.5km course raising over £6700. Daisy’s Dashers from PPD, won the prize for team with the most sponsorship raising over £1200. The 8th Cambridge Santa Run was festive as always with around 300 Santas surprising Sunday shoppers. Thanks to all took part, the Grafton for hosting and super sponsorship from STAR Radio. Just under £10k was pledged to EACH as a result.

Contact us if you want the Santa run or an event to come to your Business Park for 2015!

The last entry in Captains log...

“Mon 8th December 2014 Local Time 1555hrs (GMT -4)
Nautical Miles covered:- 2500 at journey’s end.
We can report safe arrival and docking in Nelson’s Dockyard, Antigua at 1554hrs GMT 1154 Local time.

After 17 days out of sight of land, we have made it.
I am filled with a sense of relief to have brought Dolce Vita and her crew, safely across this vast Ocean.

The pressure of preparing our yacht to a standard to carry us across 2,700 miles without access to emergency services was greater than I expected.

The pressure of making absolutely sure the crew did not suffer any injury or worse was greater than I expected.

So I am ECSTATIC to be safely moored at journey’s end!

Our sincere thanks to all who have sponsored us through @EACH.

EACH is a wonderful charity helping youngsters and their families at their journey’s end” to find out more visit http://www.atkinsgregory.com/challenge/

Thanks for raising £7,616.46 ...so far!
New Years Resolutions...

Getting tired of setting the same old resolutions? Why not set a resolution with a difference. Below are some suggestions that you may just be able to stick to in 2015!

- **Donate an hours pay each month to EACH** – by the end of the year you could have paid for two hours of specialist music therapy or four hours of end of life care.

- **Retweet our twitter stories to your followers** to help us spread the word about the great work we do and events we have coming up – it won't cost you a penny!

- **Volunteer at one of our events** – want to be part of it but not take part – great! We always need route marshals, bucket collectors and help on stalls.

- **Sign up for a challenge in aid of EACH** – if you stick to the traditional get fit resolution then why not give yourself something to aim for?

Contact your local fundraiser for more information or to discuss your unique resolution idea.

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**London to Paris**

Calling all Cyclists! EACH has a handful of places available for a very special London to Paris bike ride for cyclists to take part in aid of the charity. A handful of places are available on route one which leaves the UK on 22nd July and finishes at the Eiffel Tower in Paris the day before the final stages of the tour de France on 26th July.

Travel Approximately 300 miles across four days through the English and French Countryside in team of like-minded people. Contact Camilla.haycock@each.org.uk to register or find out more info.

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**EACH Charity Quiz for Cambridge Businesses**

*Hosted by Prospect Research*

**Friday 24th April 2015 6:30 – 10:00pm Emmanuel College, St. Andrews Street, CB2 3AP**

Following the success of our previous quizzes, Prospect Research are challenging even more Cambridge-based companies to battle it out, and become the Smartest Company in Cambridge. Teams of up to 6 people are invited to join, with an entry fee of £90 per team. We are very pleased to have Graham Butland, EACH Chief Executive, as our quiz master for the evening. We are also running an auction during the night. Prizes will include hampers, pampering treats, retail vouchers, food and wine. Our target is to raise £2,500 from the night.

For more information, visit www.prospectresearch.co.uk or contact Beth Walthew on 01223 278959/ beth.walthew@prospectresearch.co.uk

*Please enter early. Last year, we had all 15 teams a month before the event!*

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Thank you to ASL Group in Bar Hill for raising £596.09 so far and donating a fax machine and printer to the Treehouse Hospice, Ipswich.

Thank you to Milton Tesco for their generous on-going support.

Thanks to Sainsbury’s (Oxney Road, Peterborough) for allowing Geoff Ash to perform gigs for EACH which have raised over £800 so far.

Thank you to Oliver and the team at Smokeworks who have raised £270 from sales of their dish ‘The Works’!

Thank you to the team at Tyrrells Equine Centre in Royston who raised just under £500 from their recent client open evening!

Well done to all those who took part in the Granta Park Santa Run – Thank you also to Medimmune who have agreed to match fund their team’s fundraising, and to the Daisy’s Dashers at PPD who raised the most sponsorship – over £1200! The final total was approx. £6700, more than enough to pay for one day of care at Milton hospice.

Thank you to the team at Ware Anthony Rust in Cambridge who donated £180 from selling toys within their office in the run up to Christmas!

Marshall Aerospace Paid for a Day of care at Milton on 17th December raising £5328.57 through entering 3 teams in the Cambridge Dragon Boat Festival and were also the top fundraising team at the event. Thanks!

Thank you also to Select Plant for Paying for over two days of care at Milton in October and in December they raised £12509.01 through various staff fundraising activities throughout the year.

Bidwells Cambridge HO designed their own Beer & Burger to mark their 175th Anniversary and a donation from each sale at the Cambridge Brewhouse is being donated to EACH who are their chosen charity for the year. The launch night in October raised over £3k. Thank You!

Pay for a Day

It costs us around £16,000 in voluntary donations every day of the year to support families and care for life-threatened children and young people across Cambridgeshire, Essex, Norfolk and Suffolk. By giving or raising £5,300 you are effectively funding your local Children’s hospice service for a day; providing 24 hours of care for families in your county.

Thank you to the following companies for paying for a day at Milton

January 2015 : Co-operative group and Huntingdon Life sciences

March 2015: IP Access

July 2015: 2MS Construction