

Help make 2010 a year to remember

Join us in making 2010 a year to remember by sticking to those resolutions and changing people's lives at the same time...

Made a resolution to get in shape this year?

Give yourself an extra incentive with our

£s for lbs campaign...

How?

Set yourself a target weight and ask people to sponsor you £1 for every 1lb you lose

Want to take it further?

Sign up for our sponsored events throughout the year and get training, it's a great way to motivate yourself and improve your fitness...

Jan 31st Stonehenge Stomp, Amesbury
Jan 31st Heartbreak Half Marathon, Sandy Balls
Mar 7th Salisbury 10 mile run
Apr 11th Women's 5k run, Salisbury
Apr 25th London Marathon
May 2nd **Trussell Trust Salisbury Journal Annual 5k fun run**
Jul 11th London 10k
Aug 8th 54321 Wessex Trail run/walk

Please contact Mark Elling or Beccy Lang at the Trussell Trust to sign up or to get a sponsor form: 01722 411 244
e: mark.elling@trusselltrust.org
e: beccy.lang@trusselltrust.org

Want to spend more time with family & friends in 2010? Keen to support the Trussell Trust but not sure how?

A **Vanishing Tea Party** is a great way to raise money, socialise and have fun! Here's how it works...



Invite 6 friends to a tea party and ask them each to pay £5. Fill them with tea and cake and enjoy yourself!



Here's the important part... ask each guest to hold their own tea party, inviting 5 guests and charging them £5 each



Those 5 guests each go away and have a tea party and invite 4 guests, those 4 guests then have a tea party and invite 3 guests, and so on until the tea party vanishes!

Of course it doesn't have to be a tea party... Why not hold a pizza night, a cheese and wine evening, a themed meal, a curry night or whatever takes your fancy!

The money you raise will help The Trussell Trust to transform lives and to restore dignity and revive hope in Salisbury, the UK and in Bulgaria. You will be helping...

- The Foodbank network to provide emergency food to families and individuals in crisis
- To provide more meaningful work placements for people with mental, social & physical difficulties
- To open more Houses of Opportunity for vulnerable young people leaving orphanages at 18 in Bulgaria

Looking for a new, exciting challenge in 2010?

Sign up for the adventure of a lifetime and join the **Trek Bulgaria 2010** team...

Setting off on September 11th, we will trek through Bulgaria's beautiful Rila and Pirin mountains; astounding vistas of lakes, valleys and untouched countryside will make any sore muscles quickly forgotten! During the 5 day trek you will experience traditional Bulgarian culture and hospitality, you will also have the chance to visit part of the Trussell Trust's House of Opportunity Project, which is transforming the lives of extremely vulnerable young people in Bulgaria, giving them brighter, safer futures.

Please contact Mark Elling at the Trussell Trust for an information pack: 01722 411 244 or mark.elling@trusselltrust.org

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