

"Blud, Sweat 'n Gears!"

A cycle journey of 1150 miles from Lands End to John O' Groats



Christian Family Care is a Bedfordshire based registered charity. The organisation focuses its work to the local community in Bedford Borough and Central Bedfordshire. It operates five children's centres and a multi agency, family focused resource at the Manor Farm Family Centre in Sandy. Christian family care recognises the importance of the family and strives to offer services that will empower each family unit to contribute positively to their future.



Established in 2004, the UK based charity, Friends of CME Trust, seeks to relieve sickness and poverty through its support of CME in its medical and educational work. Funds are provided primarily to subsidise patient operations, essential medicines and hospital beds for the most needy and to educate 6,000 children. New funds are needed to provide drinking water to the site and latrines

Any queries: Dennis Mobile: 07885472947,
Head office: 01767 683015,

Email: bludsweatngears@christianfamilycare.org.uk

All proceeds to:
Christian Family Care & Friends of CME Trust

Hey folks,
For this years fundraisng event, I am cycling from Lands End to John o' Groats. I'm looking for sponsorship from individuals, organisations and local businesses. If you would like to help in any way please contact me via mobile or email.

My aim is to raise £10,000 to divide equally between, Christian Family care and Friends of CME Trust,.

I would be grateful for any help you are able to offer

Many thanks
Dennis

July 2011

Reg charity no: 276677 / 1104119

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