

Martin's News

May 2011

www.martinsbomaappeal.webs.com www.martinsymons.com

Hiya all,

I hope you are all well. It's been sometime since I wrote so I thought I'd better write with an update.

As you will know by now that I have raised the amount needed for a Boma. Chris Swift came to the screening of 'Being Martin' in March and announced that a Boma is on order for the amount I raised (£70000) Thank you to Chris and Molten Rock.

Thank you all for all your support in helping me in raising the funds. As yet I have not got the Boma, but rest assured, when I get it I will be posting photos.

Plans are well underway for the **Devon Coast to Coast 13th – 19th July**. Route planned, accommodation booked so all systems go (oh! and a spanking brand new Zafira!)

As before I would like charities to benefit from this. Again, I'm supporting the **Lane Fox Respiratory Unit Patients' Association**. I'm also supporting **The Scoliosis Association**.

You are all welcome to join me on this challenge, you can cycle with us for just a day or join us for the whole trip. If you would like more information please have a look at my website or drop me an email. If you do join us I would appreciate a small donation to the charities and I thought a sum of £5 per day would be appropriate. However if you are unable to afford this please do not let that be a barrier for you joining us in what I am sure will a great trip.

A fundraising page has been set up and you can donate directly to either of these at:

<http://www.justgiving.com/teams/martinschallenges>

I am also supporting two other charities and any funds raised will be split equally between the two. Neither have facilities to take donations online. They are :

The Youth Forum for Young Disabled People and is managed by the Norfolk Coalition of Disabled people. I am a volunteer for this organisation.

<http://www.ncodp.org.uk/youth-forum>

Not About The Bike (NAB) is a community group which recycles, refurbishes and maintain bikes by offering volunteering and building skills. They also organise inclusive cycling. As yet they do not have a website but they are on facebook. <http://www.facebook.com/home.php#!/pages/Not-About-the-Bike/108995459161539>

If you would like to support NAB and the Youth Forum. Please forward your donation to me at 6 Springfields, Poringland, Norwich Norfolk NR14 7RG. Please make cheques/PO payable to 'Martin Symons'.

Sponsor form is attached for NAB and NCODP

Best wishes

Martin

