SemiColons Website information

1. Walks programme led by Peter Crocker all on Sunday mornings please join us for an enjoyable morning stroll

Date	Walk	Meeting place	Time
8th August 2010	Slop Bog	Meet at St. Leonards Hotel	10-30 a.m.
3rd October 2010	Castlemans Trailway	Meet at St.Leonards Hotel	10-30 a.m
28th November 2010	Moors Valley	Meet at St. Leonards Hotel	10-30 a.m.

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Walks will require boots or sturdy footwear if after rain as some of the footpaths can get very muddy. Most walks take up to an hour and a half.

2. Dance 1st October 2010 7pm

Organised by Bournemouth North Rotary, the band is really good and not too loud! 60s and 70s dance music. It is being held at AFC Bournemouth, Dean Court and proceeds will go to Bowel Cancer UK. It is on 1st October 2010 at 7.00 pm. - chicken & chips, Fish & chips or vegetable moussaka. (Tables of 10 can be booked) £15 per ticket

Contact Mike Staton on 01202 574638
Email - msjstaton@btinternet.com

3. SWANAGE SEMICOLONS SUPPORT GROUP

DATES OF MEETINGS FOR 2010

VENUE: Queensmead Hall Swanage, Queens Road, Swanage

TIME: 10:30 to 12:00 The second Wednesday of each month

Dates: We have only fixed a few activities as yet, these are included in the list of dates.

12th August Walk ending at a pub for those wishing to come by car
9th Sept Talk on diet
7th October Coffee Morning

11th Nov Coffee Morning
9th Dec Christmas Party

SWANAGE SEMICOLONS SUPPORT GROUP

The Swanage branch of the SemiColons has now been running for 15months. We have 18 people on our register and at the monthly meetings the average attendance is 10. Our varied calendar of events has included outings to Haskins and Exbury Gardens, walks in the Purbecks, coffee mornings and talks on diet and our local health care system. We celebrated Christmas with a lovely lunch at The Isle of Purbeck Golf Club. Our whole membership turned out to help man a seafront stall for the Sponsored Bike Ride where we distributed over 500 bowel cancer awareness leaflets as well as providing food and drink for the cyclists as they passed through the town. Our group is small in number, but we feel we provide a vital support network for those unable to attend the functions of the main group in Ferndown (a round trip of 60miles)

Angela and Peter John

5. Ferndown Relay for Life

Congratulations to Peter Crocker who just taken part in the 24 hour Relay for Life event in aid of Cancer Research UK. A fantastic event with 37 local teams, Peter walked with the St Mary's School team. Tim, Pauline, Rhoda and Malcolm and Jan and Dave joined Peter for the Survivors first and last few laps around the circuit and it was an amazing atmosphere with some of the walkers as young as 7 and the oldest in their 90s. The candle of hope was a magical and memorable time.

Well done to Peter and everyone taking part, up to the day they had raised £45,000 with more to come.

Are you ready to join a SemiColons team for next year?
If you want to join in next year or donate
go to: www.cancerresearchuk.org/relay
and to see the photos: www.fionamooreyphotography.com go to client log in and Ferndown relay for life/ password relay