

# Your events guide 2017



**Get involved: if not now, then when?**



**Tel:** 01582 707940  
letmehelp@keetch.org.uk  
www.keetch.org.uk

# 2017 event highlights at Keech



**Firewalk**  
5 February



**Skydive**  
18 March, 24 June and 16 September



**Glow Walk**  
25 March



**Brighton Marathon**  
9 April



**London Marathon**  
23 April



**Milton Keynes Marathon**  
1 May



**Keech 10k Trail Run**  
14 May



**London 2 Brighton 100km challenge**  
27-28 May



**Colour Dash**  
16 July



**London to Paris Charity Bike Ride**  
19-23 July



**Ride London**  
30 July



**KeechFest**  
10 September



**London to Brighton Cycle Ride**  
17 September



**Keech Ben Nevis Challenge**  
October



**Keech Christmas Market**  
25-26 November



**Smiley Sam & Sleigh**  
From 20 November



**Santa Run**  
3 December, Bedford  
10 December, Luton

Get the rush

Get the buzz

Get involved

Get fundraising

Why not do something amazing today? As the adult hospice for Luton and South Bedfordshire and the children's hospice for Bedfordshire, Hertfordshire and Milton Keynes, Keech Hospice Care supports its local communities. But, as a charity, we depend on our local communities for our survival. Every year, we need to raise £5.2 million. We're enormously grateful for whatever you can do or give. It's invaluable and can make all the difference to your neighbours, friends, colleagues (and maybe even you) who need our help.

**We will support you!** There are many fantastic events and challenges you can take part in for Keech Hospice Care throughout 2017. Or, why not host your own event? We have a team of dedicated fundraisers ready to help and guide you. **Come on, if not now, then when?**



### **Keech 10km Trail Run**

**14 May, 10am**

“What a route! From the moment you turn up at Putteridge Bury Estate, see those rolling hills – you just know it’s going to be something special. If you’re a runner, if want a challenge, this is your 10km.” Mark, Keech 10K trailer runner time of 46:15:07.

Sign up at: [www.keech.org.uk/keech10k](http://www.keech.org.uk/keech10k) or call us!

### **London 2 Brighton 100km challenge**

**27-28 May**

These boots are made for walking! Walk it, jog it, or run it. Over the May Bank Holiday join 2,000 people and take on this classic capital to coast challenge for Keech. email: [letmehelp@keech.org.uk](mailto:letmehelp@keech.org.uk) or call us!



### **Colour Dash**

**16 July, 11am**

“We love Keech’s Colour Dash! It’s so much fun! It’s the greatest event and we do it together as a family. Running through clouds of colour is brilliant and crazy. There’s nothing quite like a Keech Colour Dash – you need to do it to get it, so do it!” Noemi, Keech Hospice Care mum.

Paint Luton the colours of the rainbow. Keech’s Colour Dash is guaranteed to bring a smile to your face. Join 1,500 others as you get kitted out in a pristine white t-shirt, funky sunglasses and get covered in powder by our colour bandits. Sign up at [www.keech.org.uk/colouredash](http://www.keech.org.uk/colouredash) or call us!

### **London to Paris Charity Bike Ride**

**19-23 July**

Some say it’s the cycle challenge of a lifetime. Raise money for Keech and take on the iconic London to Paris 237-mile cycle ride connecting two of the world’s most famous capital cities.

Sign up at [www.keech.org.uk/cycle](http://www.keech.org.uk/cycle) or call us!

### **Ride London**

**30 July**

“The support we got from Keech was fantastic. It’s a day I’ll never forget. Having the public cheering you on and the sense of achievement when I finished the ride and they hung the medal around my neck is indescribable.” Karen, Keech rider.

Follows a 100-mile route on closed roads through the capital and into Surrey’s stunning countryside. With leg-testing climbs and a route made famous by the world’s best cyclists at the London 2012 Olympics, it’s a truly spectacular event which finishes on The Mall. Sign up at [www.keech.org.uk/ridelondon](http://www.keech.org.uk/ridelondon) or call us!

### **London to Brighton Cycle Ride**

**17 September**

Covering the 54 miles from Clapham Common in London to Brighton sea front. Join 4,000 riders and raise money to help us help more.

Sign up at [www.keech.org.uk/cycle](http://www.keech.org.uk/cycle) or call us!

### **Firewalk**

**5 February - The United Services Club, Dunstable, 4pm.**

Would you walk over hot coals for Keech? Full training given before you take to the coals. Sign up at [www.keech.org.uk/firewalk](http://www.keech.org.uk/firewalk) or call us!



### **Skydive**

**18 March, 24 June and 16 September**

“I can’t lie, it’s the most nerve racking thing I’ve ever done and am ever likely to. It’s an experience I’ll never forget and I feel a real sense of pride having done it. Go on, take on this amazing challenge!” Ross, sky dived in memory of his late nephew, Kieran. Sign up at [www.keech.org.uk/skydive](http://www.keech.org.uk/skydive) or call us!

### **Brighton Marathon**

**9 April**

Get a place and join team Keech! The Brighton Marathon finishes on the seafront with 150,000 spectators and an unbeatable atmosphere. If you have taken part in the London Marathon, you’ll love Brighton! email: [letmehelp@keech.org.uk](mailto:letmehelp@keech.org.uk) or call us!



## **BRAND NEW!**

### **Glow Walk**

**25 March - Party starts at Keech Hospice Care at 7pm**

“I’m signed up. Let’s get glowing! I’m so excited to take part in this brand new 10km walk and party.” Leanne, first to sign up. (Well done Leanne!) On your marks, get set, GLOW! Get your glow on at Keech’s first ever glow in the dark 10km walk. It’ll be a fantastic night out with family and friends. Soak up the party atmosphere and walk in memory of a loved one or just because you fancy a party night out with friends – we don’t mind! The walk is along lit and marshalled roads, starting and finishing at the ‘Glow Hub’ at the hospice in Great Bramingham Lane, Luton. On your marks, get set, GLOW! This event is age 16+ appropriate. Sign up at [www.keech.org.uk/glowwalk](http://www.keech.org.uk/glowwalk) or call us!

### **London Marathon**

**23 April**

If you are running this year and you have your own place, we would love you to run for us and welcome you to ‘Team Keech!’ email: [letmehelp@keech.org.uk](mailto:letmehelp@keech.org.uk) or call us!



### **Milton Keynes Marathon**

**1 May**

If you have your own place, will you run and fundraise for Keech? Please help us, to help more. email: [letmehelp@keech.org.uk](mailto:letmehelp@keech.org.uk) or call us!

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## KeechFest

**10 September, 11am-4pm**

**“Keech told me you can party at a hospice, I didn't believe them, but they weren't wrong!**

**Tony Dibbin, Gold Radio Presenter and KeechFest compere 2016.** Join us for a garden festival with a difference as we throw open our doors and beautiful gardens for an afternoon of live music and family entertainment.

Check out [www.keech.org.uk/keechfest](http://www.keech.org.uk/keechfest).

## Light up a Life

**3 December**

A memorial service to remember loved ones at Keech Hospice Care. More information at [www.keech.org.uk/lightupalife](http://www.keech.org.uk/lightupalife)



## Smiley Sam & Sleigh

**From 20 November**

Smiley Sam, Santa and the Sleigh take to the roads around Bedford, Luton and the surrounding areas.

Check [www.keech.org.uk](http://www.keech.org.uk) for route information.

## Keech Christmas Market

**25-26 November**  
**Barnfield College,**  
**10am-4pm**

Buy beautiful handmade crafts and gifts for all the family. Enjoy a festive drink, mince pie or how about a turkey roll?

To find out more visit [www.keech.org.uk/christmasmarket](http://www.keech.org.uk/christmasmarket) or call us!



## Keech Ben Nevis Challenge

**October**

**“I feel so full of pride not only for myself for doing it but for seeing everyone who completed the trek. I'll never forget it. I've laughed, I've cried but most of all I've lived.” Kerry, Senior Staff Nurse at Keech.** Go on, take up this brand new Keech challenge and trek the iconic Ben Nevis. It's going to be a fun-filled, exhilarating weekend in the Scottish Highlands. Help us, help more as you complete this once in a lifetime adventure.

**If not now, then when?**

Sign up at [www.keech.org.uk/bennevis](http://www.keech.org.uk/bennevis) or call us!

## Community Events for 2017

**Quiz Night**

**25 February, 7pm**  
**Futures House, Marsh Farm, Luton**

£8.50 including Ploughman's Supper

**60s & 70s Night - Gerry and the Attricks**

**11 March, 7.30-11pm**  
**Barton Village Hall, Barton-le-Clay**

£15 includes a Fish & Chip supper

**Barton Summer Fayre**

**10 June, 11am-3pm**  
**Barton Village Hall, Barton-le-Clay**

Further details at [www.keech.org.uk/whats-on](http://www.keech.org.uk/whats-on)



## Santa Run 5km

**3 December, Bedford Embankment**

**10 December, Wardown Park, Luton**

Walk, jog or even dance your way around. It's going to be Santatastic! Sign up at [www.keech.org.uk/santarun](http://www.keech.org.uk/santarun) or call us!

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