Your Events Guide 2018

Get involved: if not now, then when?

Keech hospice care
Registered Charity No. 1035089

Tel: 01582 707940
letmehelp@keech.org.uk
www.keech.org.uk

2018 Calendar

Firewalk and Legowalk
11 February

Skydive
17 March, 24 June and 22 September

Brighton Marathon
15 April

London Marathon
22 April

Milton Keynes Marathon
7 May

The Big Weekender

PromFest
9 June

KeechFest
10 June

Bubble Rush
15 July

Prudential Ride London
29 July

Trek Transylvania
30 September - 6 October

Spooktacular Glow Walk
27 October

Keech Christmas Market
24 and 25 November

Smiley Sam and the Sleigh
From 24 November

Santa Run
2 December, Bedford
16 December, Luton

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FIREWALK and LEGOWALK

11 February
at Keech Hospice Care

Show your love for Keech by walking barefoot over coals heated to 1,200°F! If hot coals are a step too far or you have little ones you'd like to keep on their toes, why not take the Legowalk challenge instead?

Sign up at www.keech.org.uk/firewalk or www.keech.org.uk/legowalk.

The Big Weekender

9 and 10 June at Keech Hospice Care

It's back – bigger than ever before! Join us in our beautiful hospice gardens for a whole weekend of music.

Saturday: new **PromFest**, an elegant afternoon of music. Listen while you picnic on the lawns.

Sunday: the return of our ever-popular **KeechFest,** with live music from 60s to today, retail village, refreshments, bar and children's entertainment.

It's going to be a sell-out so book your tickets early at

www.keech.org.uk/promfest and **www.keech.org.uk/keechfest**

Get ready to party!

Skydive

17 March, 24 June and 22 September

The ultimate adrenalin rush!

"The thought of doing a skydive scared and excited me at the same time. It's an amazing feeling and gave me a huge sense of achievement. It's so good, I've now done two!" Lesley, skydiver, whose dad was cared for by Keech

Sign up at www.keech.org.uk/skydive

Marathon time!

Brighton Marathon (15 April)
London Marathon (22 April)
Milton Keynes Marathon (7 May)

If you're running in any of these or signed up for another exciting running event, we'd love to support you! **Get in touch on letmehelp@keech.org.uk**

Trek Transylvania

30 September-6 October

"I'll never, ever forget trekking for Keech Hospice Care, nor will I ever be the same again. I have laughed, cried but, most of all, I've lived." Kerry, Kerala trekker

Take the walk of a lifetime through Romania's most beautiful national park.

To find out more or sign up, go to www.keech.org.uk/trek

2018 BUBBLE RUSH®

BRAND NEW
to Bedfordshire this summer!

15 July at Cranfield University, Bedford

Come and join hundreds of other Bubblers for an incredi-bubble summer of multicoloured, frothy fun!

Walk, run or dance your way through eight scented Bubble Stations along the 5km route as bubble cannons create a 4ft-deep bubble bath around you.

Then continue the fun at the Bubble Party with great music, food and drink.

Don't miss out! Sign up at
www.keech.org.uk/bubblerush
or call 01582 707940.

Prudential Ride London
29 July

A fantastic 100-mile cycle on closed roads through the capital and into the Surrey hills, before heading back for a triumphant finish on the Mall. **£125 - lowest sponsorship amount out there!**

For your guaranteed place,
sign up now at www.keech.org.uk/ridelondon.

01582 707940 **letmehelp@keech.org.uk** **www.keech.org.uk/whats-on**

NEW FOR 2018!

Spooktacular Glow Walk

27 October
at Keech Hospice Care

"I loved Keech's Glow Walk. From the moment I arrived, the party was glowing and happening! Grab your family and friends - it's a great event, supporting an amazing charity." Claire, 2017 Glow Walker

Join us for new, spooky-themed fluorescent fun, starting with a ghoulish glow-paint party and music in the Glow Hub before you set off into the night on your thriller 10km walk. No ghostbusting involved but beware of the spooktacular marshals! This event is for age 16 or over.

To sign up, go to
www.keech.org.uk/glowwalk
or call us on 01582 707940.

Keech at Christmas

Light Up a Life

2 December

A memorial service to remember loved ones, held at Keech Hospice Care.

More information at
www.keech.org.uk/lightupalife

Keech Christmas Market

24 and 25 November

Start your Christmas shopping here with over 40 stalls offering beautiful handmade crafts and gifts, unique cards and decorations.

www.keech.org.uk/christmasmarket

Santa Run

2 December, Bedford Embankment
16 December, Wardown Park, Luton

"An absolutely moving and amazing day – so many 'Santas', young and old, all wanting to raise awareness and money for Keech." Julie, Santa Run Bedford

On your marks, get set, ho ho ho! Join hundreds of Santas to walk, jog, dance or sprint your way across the finishing line. This fun-filled 5km run has become a firm favourite with all the family.

www.keech.org.uk/santarun

Smiley Sam

From 24 November

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

www.keech.org.uk/smileysam

A Christmas Carol Concert
3 December
at the Priory Church of St Peter, Dunstable

Community events for 2018

Barton Summer Fayre
16 June
Barton Village Hall
Entry: £1; Concessions 50p,

Quiz Night
24 February, 17 November
Raynham Way Community Centre
£9 including ploughman's supper.

60s and 70s Night
7 March, 13 October
Barton Village Hall
£15 including fish and chip supper.

Further details at www.keech.org.uk/whats-on

Get the fundraising buzz and do something amazing for Keech Hospice Care!

Keech Hospice Care is the adult hospice for Luton and south Bedfordshire, and the children's hospice for Bedfordshire, Hertfordshire and Milton Keynes. We provide free, specialist care for adults and children with life-limiting and terminal illnesses as well as vital support for their family and friends.

But, as a charity, around **70%** of our funding for our care services comes from our local community and supporters. We depend on you for our survival: every year, we need to raise over **£5.7 million** to continue making the difference to our patients and their families when it matters the most. We're enormously grateful for whatever you can do or give.

We are here to support you!

There are so many exciting events and challenges you can take part in to raise funds for Keech Hospice Care throughout 2018. You can even organise your own event! Whatever you do, we have a team of fundraising experts on standby to help and guide you.

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