

FEBRUARY 2023

# WESSEX CANCER TRUST

**BUSINESS NEWSLETTER**  
by Sarah King



Ready, Steady, Bake

## CAKES4CANCER

1-31st May

Could you host a Cake Off at work and bake a difference this May to raise money for the vital services Wessex Cancer Trust provides for local people living with cancer?

If you and your colleagues love to eat cake and have budding bakers at work why not have a cake eating competition, ask colleagues to make some cakes and then charge per slice, plus you could hold a raffle to guess the weight of the cake.

By taking part you will be helping to support your work colleagues, friends or family affected by cancer.

If your company offers match funding, you could double your donation to Wessex Cancer Trust and make an even greater impact. Don't forget, corporate donations may be eligible for tax relief.

£50 will provide two therapy sessions to help improve well-being and manage pain.



## Newsletter Highlights

**Calling all petrol heads - book your place on our Track Day**

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**Have you got your ticket for our Networking Event at Quob Vineyard?**

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**Hold a Cakes4Cancer Bake off**

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**We need your Help**

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## Track Day at Thruxton



Take part in our Track Day on 12th May and enjoy an exhilarating and memorable experience all whilst supporting Wessex Cancer Trust. Attendees can choose from a morning or afternoon session, plus there is a prize for the fastest lap of the day!

Limited availability so book now to avoid disappointment.

Kindly sponsored by Arc Fire Safety & Security

## NETWORKING AT QUOB VINEYARD

Join us on Friday 10th March for informal networking and a presentation by Sophie Cartledge, from Hormones on the Blink, on the well-being 'hot topic' (excuse the pun) of menopause.

Sophie Cartledge is a certified menopause coach who is passionate about raising awareness of perimenopause & menopause, particularly in the workplace and local community and will share her top five tips for creating a menopause inclusive work environment that will be beneficial to organisations of all sizes.

We'd be delighted if you could attend and meet like-minded businesses for you to work in collaboration with over canapes and a glass of fizz; plus, there will be an opportunity to tour the vineyard after the networking event, so do bring suitable footwear to change into.

### Business Networking Event Connecting Local Businesses



You are invited to a networking afternoon at Quob Park Vineyard

Join us for canapes, a glass of fizz and a Wellbeing in the Workplace presentation, followed by the opportunity for a 30-minute tour of the vineyard.

Date: Friday, 10th March

Location: Quob Park Vineyard, Titchfield Lane, Wickham PO17 5PG

Timings: 12-2pm

Tickets: £20\* (+Eventbrite fee)

Book now!



\*£5 from each ticket will go to Wessex Cancer Trust

Free parking onsite



## We Need Your Help

For anyone who is going through cancer treatment, has had cancer or is waiting for a diagnosis the world will never be quite the same again.

At Wessex Cancer Trust we understand the many emotions our clients may be feeling, our befrienders are trained in how to listen to anyone who walks through our doors and are there to talk through any concerns or issues someone may have.

A donation of £1,290 could fund 15 counselling sessions to help someone live well with cancer or come to terms with a terminal diagnosis.

Corporate support can help us provide this service, so if you are able to take part in our Cakes4Cancer campaign in May, sponsor one of our events, face your fears by taking on a challenge or make a donation, you will be helping those affected by cancer in the local community.

Contact [sarah.king@wessexcancer.org.uk](mailto:sarah.king@wessexcancer.org.uk) or call 0748 7821970