

# Two marathons in two days for fundraiser Mark



■ From left to right, Scott Shacklady, Sean Fidler, Rachel Meziani, Mark Hall, Nathan Crimes, Leah Cunah, Carl Hearn.

A FEW weeks ago the fundraising team received a call from Chester resident Mark Hall whose daughter had recently been admitted to the Children's Unit to say that he was planning to raise funds for the charity.

Mark's wife, Liz, who works at the Countess, told him about the Babygrow Appeal and Mark decided he wanted to do something to support this ambitious project to raise £3million to build a new neonatal unit at the hospital.

Several days later he had set himself the challenge of running not one, but



two marathons, on consecutive days and had also managed to find 7 friends to join him as well! Community and events fundraiser Kathy Kenney helped Mark plan the route which on day one starts at Littleton, goes through Newton,

Saughall, Queensferry, Saltney, Chester Boughton, and Aldford, finishing at Waverton. Day two is a similar route but starting and finishing in Hoole.

Mark is a personal trainer and his company Halls Health and Fitness will be helping the team plan a training schedule and prepare to the event.

The date for this incredible challenge has been set for September 7 and 8 and Mark has set up a Just Giving page where people can sponsor him at: [www.justgiving.com/hallshealthandfitness](http://www.justgiving.com/hallshealthandfitness)

● DONATIONS can also be made by texting 'BGMC79' (Quoting any amount up to £10) to 70070.

Staff Profile: Dr Steve Brearey – consultant paediatrician and lead for Neonatal Unit



■ Dr Brearey is pictured with called Joshua Walker DOB 12/02/2013 27+2/40. 1.170kgs (2lbs 7ozs)

How long have you worked here? I have been working in this role here at the Countess for the last 5 years.

What do you enjoy most about your work? It is immensely rewarding caring for small, ill and vulnerable infants during such stressful times for their parents. I share with parents their journey over several months as their baby progresses from a tiny preterm infant receiving lots of intensive care to the point of being well and healthy enough to go home. It is always a pleasure to see the families again in clinic and see how well the babies are growing and developing.

What will having a bigger neonatal unit mean to you?

The nurses on the unit do wonderful work and are very professional despite the lack of space around the incubators. Neonatal intensive care has improved in recent years but requires more equipment which we have very little space for. In addition, the risks of infection for the babies is greater, the closer

they are to each other. Parents also need space by the incubators and for siblings who are visiting. The new unit will have a quiet room for talking to parents about their baby's care – this is really important when their baby is very sick or if we need to break bad news to them.

I have been really impressed by the support given to this appeal by the general public and staff at the hospital and inspired to do more myself. The second long distance River Dee swim takes place on 14th Sep in aid of the Babygrow Appeal and in memory of a swimming colleague, David Casson, who sadly died in 2009. If anyone would like to take on a slightly different challenge and raise money for Babygrow please enter online via [www.BLDSA.org.uk](http://www.BLDSA.org.uk). There is a six-mile and three-mile event, wetsuit and non-wetsuit, both finishing in Chester with lots of prizes and cake at the end! We raised over £2000 from last year's swim and want to do even better this year.

## Zumbathon to support appeal

THE BIG Daily Deal Company in Chester have been supporting the Babygrow Appeal for several months in various ways and have just announced they will be running a zumbathon at Cheshire County Sports Club, Plas Newton Lane, Chester, on Sunday, July 7, between 1pm and 4pm.

It costs £8 for the three hour session with over 10 fantastic instructors from across Chester and the Wirral taking part, and although participants are not required to raise sponsorship, the fundraising team at the Countess said they hoped that some people would choose to support the Babygrow Appeal by getting sponsored to take part in the event.

"Anybody raising over £50 in sponsorship will be put into a draw to win more than £300 worth of shopping, dining and entertainment vouchers" said fundraising manager Janet Ratcliffe.

## Quizzers' aid

THE fundraising team were delighted to receive a cheque for £273 from members of the Ashton Hayes Pub Night Quiz organisers who held a quiz recently to raise funds for the appeal.

Community and events fundraiser Charlotte Mansell said that she would be delighted to hear from any other quiz teams planning an event for the charity. "We are happy to provide a T shirt for the organiser and leaflets and other promotional material," she said. Contact Charlotte on 01244 366672 for information.



■ Natalie from the fundraising office getting in the mood for Chester's Biggest Zumbathon... coming in July!

## Fancy dress is optional for event

JENNIFER Emery, who runs Big Daily Deals Chester, added "I have been running successful charity Zumbathons for several years now and it is great to see so many women and men of different ages, shapes and sizes take part in the event together with a common goal to raise much needed funds for the chosen charity. "We are expecting this to be a sell out so it is recommended to purchase your tickets in advance.

"For the Babygrow Zumbathon we are encouraging participants to either come dressed in their Onesies or as Nursery Rhyme characters (although fancy dress is optional)."

The Big Daily Deal Company Chester already donates 10p to the Babygrow Appeal for every person that subscribes to the Big Daily Deal

Company via the charity button and signs up for Chester deals.

The Big Daily Deal Company provides discounted deals of between 50-90 per cent off great things to eat, drink and do in and around Chester so you have the opportunity to save money on things to do locally but at the same time help to raise the much needed funds for the Babygrow Appeal.

For further information visit [www.bigdailydealcompany.co.uk/](http://www.bigdailydealcompany.co.uk/) discount/previous and if you would like to purchase a ticket for the event the please contact Lesley Woodhead in the fundraising team on 01244 3664505 or for further details of the event contact [jennifer@bigdailydealcompany.co.uk](mailto:jennifer@bigdailydealcompany.co.uk).



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