



Help us raise
£10,000
in 2022 for

Jane Scarth House:
Romsey Cancer
Support Centre



SOUTHAMPTON SCIENCE PARK OFFICIAL CHARITY 2022

This wonderful independent charity relies on fundraising to provide emotional and practical assistance to local people whose life is affected by cancer, from diagnosis, throughout treatment and beyond.

There are plenty of easy ways to get involved and every single pound you help to raise goes to providing much needed support for people throughout our area that are affected by cancer. Here are some to get you started.

FANCY GETTING SOCIAL?

Join in the Science Park's SO Social Club events: this year they will all be in aid of Jane Scarth House.

REGISTERING FOR A SCIENCE PARK BUSINESS EVENT?

Don't forget to make that optional donation on Eventbrite!
All monies go straight to the charity.

NEED TO BOOST TEAMWORK?

Enter a team into the Romsey Relay Marathon on 1 May:
www.romseymarathon.co.uk or Walk The Test Way on 25 September:
www.walkthetestway.org.uk

CLEARING OUT AT HOME?

Donate quality unwanted items like puzzles, games, books, crockery, glassware and furniture for resale at Jane's Charity Shop.

POCKETS WEIGHING HEAVY?

Pop a pound or two into the collection tins at Fusion coffee shops and at the Science Park Office.

LOOKING TO UPDATE YOUR CV?

Make your transferable skills count with the gift of your own practical or business expertise such as administration, finance or marketing.

CHALLENGING YOURSELF THIS YEAR?

If you're doing the Southampton Marathon/Half Marathon on 24 April or the Great South Run on 16 October, choose Jane Scarth House as your beneficiary charity.

TIME TO SPARE?

Volunteer some time to help at Jane's Charity Shop at 11a Latimer Street, Romsey, SO51 8DF.

HAD A GOOD YEAR WITH A BIT TO SPARE?

Set up a monthly direct debit:
<https://cafdonate.cafonline.org/12666#!/DonationDetails>

GOOD AT LISTENING?

Talk to the charity about befriending.

KNOW SOMEONE AFFECTED BY CANCER?

Tell them about the wonderful friendly team at Jane Scarth House and how they could help.

PLANS OF YOUR OWN?

Tell us about your fundraising ideas and activities for Jane Scarth House and we'll help you raise awareness across the Park. Email Rachel on admin@science-park.co.uk

HOW YOUR HELP WILL HELP OTHERS

- £25 Means that someone can have a relaxing meditation or reflexology session.
- £30 Makes it possible for someone to benefit from some one-to-one counselling.
- £45 Enables someone to enjoy a creative art for wellbeing session.
- £100 Pays for vital disposable aprons and masks.
- £500 Buys a disposable couch cover so someone can enjoy a complementary therapy treatment.
- £1000 Pays for a day's counselling each week for a month.