

DRAWN TO THE LIBRARY.

The partnership between Tavistock Library and Drawn to the Valley goes from strength to strength

After six members held a very successful Open Studio in the community rooms last year, a variety of exhibitions have taken place. Members cards are being sold all year round and two additional members will join the existing Open Studio group this year.

Now Tavistock rep Katy Choroszewska with the help of committee member Anne Payne and the curating skills of Sally O'Neill, have put together an exhibition Drawn to the Library. Thirteen Tavistock members have their work exhibited, a truly diverse selection together with a programme of workshops and demonstrations.

Why not come along and learn how to do something from the list of workshops which you find on page 5?

Drawn to the Library will open on Tuesday 3rd May and continue for three weeks until Saturday 21st May as part of the Tavistock Music and Art Festival. It promises to be a showcase for the talented members of Drawn to the Valley.

The exhibition will be closed Wednesdays and Sundays but open all other days. To book a workshop place please email [Katy.Choroszewska](mailto:Katy.Choroszewska@drawntothevalley.com)

Workshops are limited to six participants and there may be a small fee to cover materials. To see demonstrations, just drop in.



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MISSION STATEMENT

Drawn to the Valley provides a great network for artists, a way of keeping in touch and exhibiting work inspired by their passion for the beautiful Tamar Valley area and beyond.

OUR VISION

Drawn to the Valley group is an artist led initiative, membership is open to professional artists and craftspeople living and/or working in the Tamar Valley area. Drawn to the Valley was formed by the artists themselves over a decade ago, mainly as a support network, but also in order to promote the Tamar Valley area, bringing the area of natural beauty to life through art.

We encourage content for the newsletter, do email us your news. Please share your news and latest work on our social media pages:
facebook.com/Drawn-to-the-Valley
Twitter - Drawn2Valley
Instagram - #drawntothevalley

COPY DEADLINE IS THE LAST DAY OF EACH MONTH



Administrator: Ren Jackaman
Tel: 07878 368857
contact@drawntothevalley.com



PICTURED: 'Experimental Drawing' workshop with Sally O'Neill at Drawn to the Library

Featured Artist – Jane Athron

As a visual artist I aim to create that which invites the viewer to form their own interpretation of my work. I hope to stir in them, perhaps, a memory, an idea, a vision, an emotion or to start a dialogue. I am fascinated by what each person brings to and also what they take away from each image.

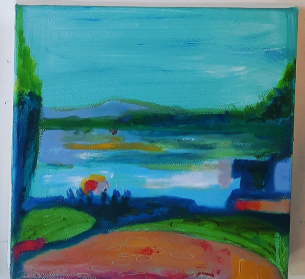
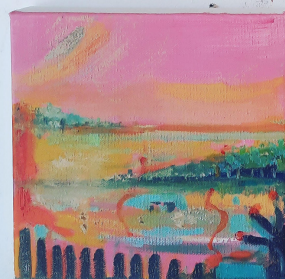
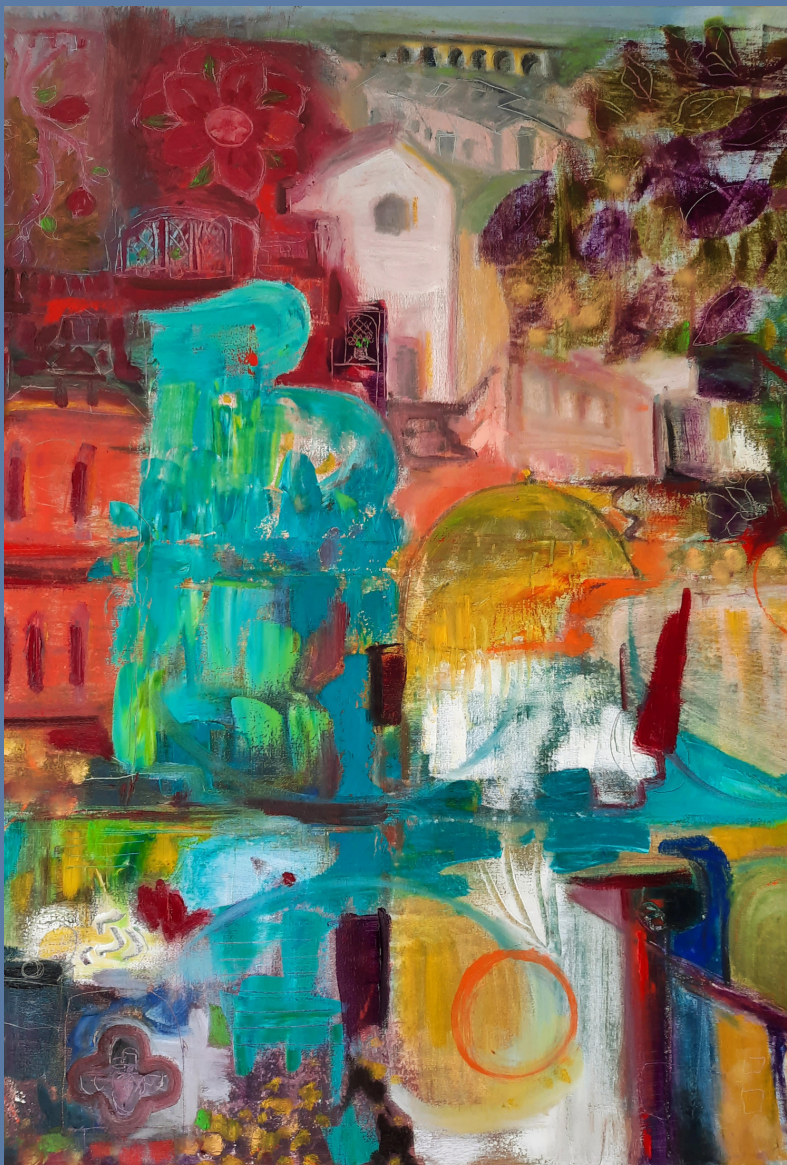
I find inspiration from my childhood memories in Devon, living over two decades in Mexico, literature and poetry, art history, myths and folklore, my own dreams, politics and the natural world, along with the ups and downs of everyday life.

I work by project in an organic way. I do not have anything fixed in mind. I use the initial idea as a jumping off point and proceed to wherever it may take me, with the use of colour,



shape, mark making, negative space etc. Some work happens almost automatically and others I have more of a struggle with. From the offset I never know which it will be. The process of discovery and the unfolding of a 'narrative' are outcomes that excite me and encourage me on.

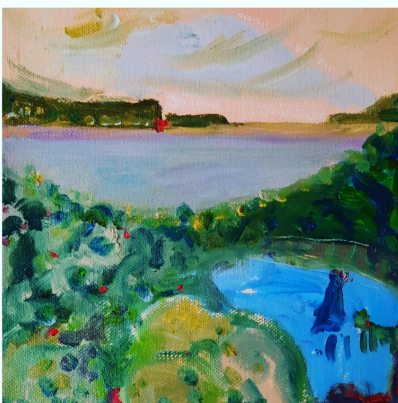
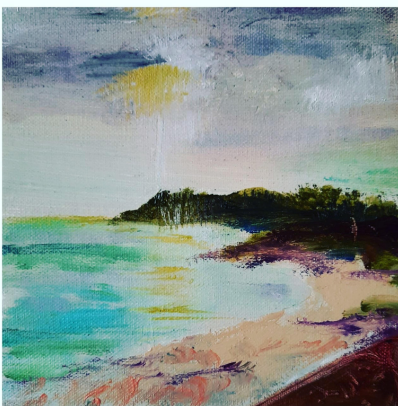
LEFT: Cotehele House
BELOW: 4 x Small Works
Both water mixable oils on canvas



Featured Artist – Jane Athron



ABOVE: I Went to Japan
BELOW: Devil's Point 4 x Small Works
both water mixable oils on canvas.
BOTTOM RIGHT:
Thursday's Child - Acrylic on Canvas.



Q: What's the best work related thing you have done recently?

A: I'm really pleased that recently I have started painting abstracted landscape.

Q: Where's your favourite place?

A: My favorite place in Devon is Dartmoor and especially Grimspound.

Q: What's your favourite book and/or film?

A: My favourite book as a child was Kenneth Graham's Wind in the Willows, and film was Wizard of Oz.

As an adult my favourite book is Gabriel Garcia Marquez's A Hundred Years of Solitude.

Q: Who would you most like to meet (anyone dead or alive)?

A: Would like to have met Ghandi, and admire Frida Kahlo's undaunted spirit.

Q: What irritates you?

A: Fashion and trends irritate me, and the natural world and human courage inspire me.



News from our Members

CAROLYN WIXON

Artist in Paradise Exhibition at The Castle in Bude between 28th May and 16th June.

The "3 Islands Exhibition" shows aspects of Drawn to the Valley artist Carolyn Wixon's journey from Cornwall to Kenya to the Seychelles and back. It focuses on the island of Lamu, the island of Mahe and the areas of Dartmoor and Cornwall in the British Isles.

Carolyn explores the way traveling has had an impact on her work over the last six months through paintings, sketches and stories of the people and places she has seen.

The exhibition will continue from 17th June until the 28th July at Tavistock Library.

You can view Carolyn's Gallery [HERE](#)



JACKIE LOWMAN

Earlier in the year I received an email from Thompson's Gallery in London inviting me to join them for their summer exhibition from 8th June to 2nd July 2022. My pictures have arrived safely and I'm really looking forward to this exciting event.

Thompson's Gallery
Summer Exhibition of Cornwall Artists
3 Seymour Place,
Marylebone,
London,
W1H 5AZ

You can view Jackie's Gallery [HERE](#)

MATTHEW KAVANAGH

The Box, Plymouth will be stocking my greeting cards in their shop.

I am very proud to be showcasing my cards at Plymouth's new £46 million cultural destination.

The museum, gallery and archive is proudly led by Plymouth City Council in Britain's Ocean City.

You can view Matthew's Gallery [HERE](#)



TELL US ABOUT YOUR NEWS - Copy deadline is always the last day of the month

WHAT'S ON?

SPRING EXHIBITION

THE VALLEY AWAKENS

TAMAR VALLEY CENTRE
Drakewalls, Gunnislake,
PL18 9FE

SATURDAY 28th MAY - SATURDAY 4th JUNE
10:30am - 4:30pm Daily

www.drawntothevalley.com



DRAWN TO THE LIBRARY

Tues 3rd to Sat 21st MAY 2022



EXHIBITION and ART WORKSHOPS at TAVISTOCK LIBRARY

Plymouth Rd, Tavistock PL19 8AB

Opening Mon, Tues, Thurs, Fri 9.30 to 6pm

Closed Wednesday. Saturday 9.30 - 4pm



Drawn to the Valley in partnership with Tavistock Festival
For more information visit www.drawntothevalley.com

Portrait Clinic at Ocean Studios



Mark Fielding runs a weekly Portrait Clinic at Ocean Studios in Royal William Yard. It's a brilliant way to hone your drawing skills through portrait sketching. A casual untutored session lasting two hours in the cafe at Ocean Studios, the new home of Drawn to the Valley. Mark will give feedback on request and the coffee's great too!

Our group page is [HERE](#)

Click [HERE](#) to book

10am til 12pm on Wednesdays. Except 11th May.

It costs £5 and everyone is welcome!

ART WORKSHOPS and DEMONSTRATIONS AT THE LIBRARY

To book a place at a workshop please e mail Katy at

katycho@icloud.com

Places are limited to 6 per workshop so please e mail asap!

To see the demonstrations please just drop in.

The workshops will make a small charge for materials used.

Date	Artist	Workshop / Demonstration
Tuesday 3rd May 10am - 12 noon	Sally O'Neill	Experimental drawing Workshop
Tuesday 3rd May 2.30pm - 4.30pm	Ian Penrose	Landscape painting with acrylics - Demo
Thursday 5th May 10am - 12 noon	Katy Choroszezwska	Draw and stitch Workshop
Thursday 5th May 2.30pm - 4.30pm	Stef D'Amico	Mindful Drawing Workshop
Tuesday 10th May 10am - 12 noon	Lyn Edwards	Concertina book making Workshop
Tuesday 10th May 2.30pm - 4.30pm	John Dixon	Plastic art Demo
Thursday 12th May 10am - 12 noon	Jane Lee	Drawing with pastels Demo
Thursday 12th May 2.30pm - 4.30pm	Dave Mather	Oil painting Demo
Tuesday 17th May 10am - 12 noon	Gilly Spottiswoode	Linoprint a Card Drop in workshop
Tuesday 17th May 2.30pm - 4.30pm	Linda Worsey	Sashiko stitching Workshop

WHAT'S ON?



THE FLAVEL JUBILEE ARTS FAIR A FLAVEL FUNDRAISING EVENT

The Flavel Jubilee Arts Fair
June 2nd & 3rd 10.00 – 16.00

This is a wonderful opportunity to display and sell your work over the Jubilee Celebration Weekend, when there should be plenty of visitors in Dartmouth!

Pitches in the auditorium will include a table that contributors will be able to dress in their own style to display their work. The Gallery area will be wall space only, and individual/multiple spaces can be hired for the week beginning 30th May. It will be the contributor's responsibility to deal with any money transactions for the sale of their work. Contributors will be responsible for their own stands during the Fair.

Costs:

- A pitch in the auditorium area including a table for one day -£40
- A pitch in the auditorium area including a table for two days -£60
- Gallery will be wall space only and will be for a week beginning 30th May:
- For a gallery space of 1.5 m -£20
- For a gallery space of 1.0m -£15
- All prices quoted are subject to 20% VAT

Bookings must be made in advance, and payments must be received by 26th May at the latest.

Please contact Lindsay Ellwood to book a space or for more information:

lindsay.ellwood@btinternet.com





**OVERCOMING
MULTIPLE
SCLEROSIS**

**Clare Law Workshop
Just £10!**



**Oil painting
with a pallet
knife,
raising money for
charity**



Sun 15th May
A rare opportunity to work with International Artist
Clare Law.

Clare is running two palette knife workshops
in The Carriage House 11am and 2pm.
15 places in each and sessions are just £10.
You will come away with a mini canvas and easel
of your own to keep. Booking essential by email:
tessajanedesigns@gmail.com
We'd like to thank Clare as all proceeds go to
Overcoming MS for these workshops.

TERESA WICKSTEED

Member of UK College of Sound Healing
BA Hons, MA, PGCE



Individual Sound and Distant Healing in my Yurt
on the Rame Peninsula

07968941854

FIRST DISTANT HEALING FREE



Teresa@teresawickstead.co.uk

Forest for Cornwall

Koos rag Kernow



Forest for Cornwall is joining the annual call from the Tree Council to take a walk in our beautiful woodlands in May. This a fantastic time of year to appreciate them as they come into leaf, carpeted with woodland flowers. We have organised four walks across the county during May:

Thursday 12th May – 10.00: Kilminorth Woods, West Looe: Join tree expert Ben Norwood for a fascinating stroll through these lovely woods. Register [here](#)

Friday 13th May – 13.00: Tehidy Woods, Camborne: A guided walk with woodland manager Gavin Henderson and tree officer Nick Cooper. Register [here](#)

Thursday 19th May - 14.30: Coosebean Woods, Truro: Join country ranger Chris Waddle to explore this woodland restoration project. Register [here](#)

Friday 27th May – 14.00: Luxulyan Valley Woods, St. Blazey: Meike Weiser and Jenny Heskett will lead a stroll through beautiful Luxulyan valley. Register [here](#)

Places are limited so please click on the event links now to register your free place.



**LOUISE COURTNELL ON
ROBERT LENKIEWICZ
ARTIST & TEACHER
A Talk at the Old School,
Stoke Climsland
28th May at 7 p.m.**

**TICKETS: £5
(includes a glass of wine)**

Louise Courtneil met Plymouth artist Robert Lenkiewicz in 1987. He became her mentor and teacher and there followed an intensive two year 'apprenticeship' in painting. She has also featured as a model in his paintings.

Her work includes landscape and still-life, however she has always had a passion for portraiture. She has been a regular exhibitor at the National Portrait Gallery, (BP Portrait Award) from 1991 to 2001 and was commended for two self-portraits. Commissions have included Dr. Rowan Williams, (2002) and Robert, Earl of Edgcumbe, (2008).

Tickets for this event are available from Jo Pescod 01579 370200, Helen Adams 01566 782129 or from The Old School, Stoke Climsland.

TVAONB – Calstock Wetlands & Footbridge



A new footbridge, created as part of the River Tamar Walkway & Wetland Project in Calstock, is now open, enabling the local community and visitors to enjoy the wildlife that is flocking to the recently flooded wetland area.

The footbridge is the final piece of the jigsaw in this £3.1 million flood defence scheme in the village of Calstock in east Cornwall, delivered by a partnership between the Environment Agency, Tamar Community Trust, Calstock Parish Council, Calstock Footpath Society and Tamar Valley AONB. It has been designed and constructed to span the breach through the old flood embankment (now redundant as a flood defence) and to maintain the much-valued permissive footpath. This was a condition imposed by Cornwall Council on the Environment Agency's planning application for the wider flood defence and habitat creation scheme.

The community's new footbridge is an integral part of the works, maintaining the 1.2km stretch – described as a jewel in the crown – of the Tamar Valley Discovery Trail that extends some 35 miles from the north to the south of the Tamar Valley Area of Outstanding Natural Beauty. Walkers can safely use the bridge now, and it will be officially opened on Tuesday 14th June at 4:30pm.

Jane Kiely, Chair of Tamar Community Trust, is delighted that the project is now complete; "Tamar Community Trust is delighted to see the bridge open, enabling people to once again enjoy this fabulous stretch of the river and the new wetland habitat. It's great to see the increasing abundance of wildlife beginning to use the wetlands, too, include sedge and reed warblers, Canada geese, shelducks, moorhens, heron, little egret and even an otter! Thanks to all our partners on this scheme for the hard work and determination in getting to this stage."

SOCIAL MEDIA FOR MAY

This month's hashtags are:

**#Mayinthevalley #springexhibition #drawntothelibrary
#tavistockfestival #thevalleyawakens**

Cadsonbury Woods Working Day



On Saturday 23rd April, a group of Drawn to the Valley Members congregated at Cadsonbury Woods for a morning of drawing and socialising. The group enjoyed a leisurely walk through the mile or so of National Trust owned woodlands and two brave members even climbed the steep track up to Cadsonbury Hill Fort, which commands spectacular views over the Lynher Valley.

A couple of members stopped to sketch and paint scenes of the river. All agreed that this largely unknown spot is an absolute gem and well worth exploring. Joining us were also Molly the Jack Russell and Scruffy the rescue Collie, owned by Ren Jackaman and Pippa Howes respectively. We also witnessed the strange sight of a cormorant fishing in the Lynher.



FROM TOP LEFT TO BOTTOM
RIGHT

David Mather sketches at
Newbridge

Molly

Mary Toon & Maggie Lintell

Pippa Howes & Scruffy

Lynher River



This was the first of the new format working days, which involve meeting up at a local beauty spot. The next of this type of working day will take place on Saturday 18th June, meeting at 11 a.m. the main car park in Minions to explore this part of Bodmin Moor and the famous Cheesewring and Hurlers stone circle, also taking in the wonderful views from the top of Stowe's Hill. Well behaved dogs will be very welcome, bring a packed lunch, or buy a pasty or cream tea from the local shop and tea room.



Treehill Cottage Working Day



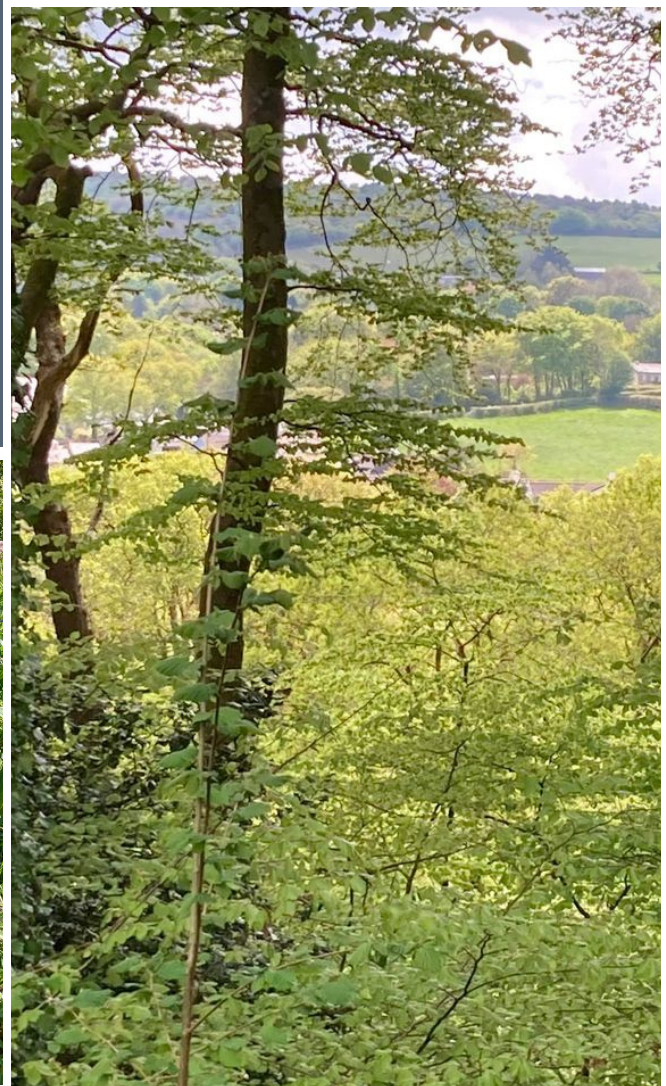
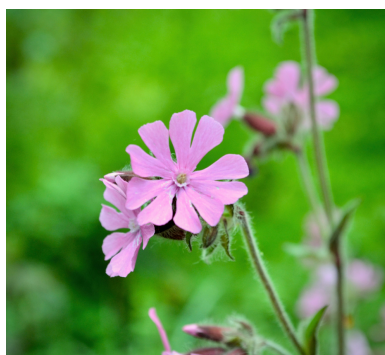
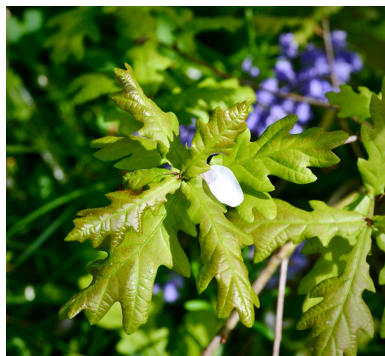
On Saturday 7th May a group of Drawn to the Valley Members came to Treehill Cottage in Lower Downgate to explore the gardens and the woodland which borders it.

The weather was glorious and spring flowers were abundant. The blossom from the apple trees was just beginning to fall. Everyone agreed that the spot was idyllic and worth further exploration.

The visitors were greeted with tea and cakes and then taken on a leisurely stroll through the acre of gardens and on to the circuit around Downgate woods.

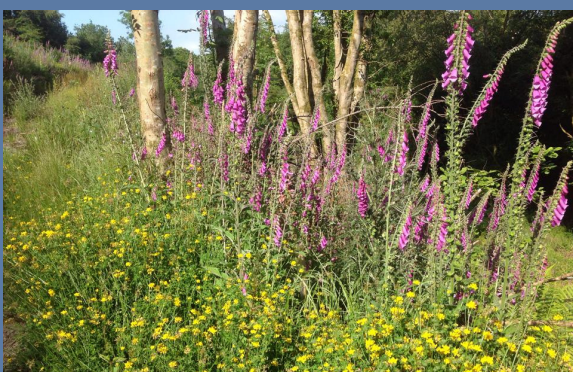
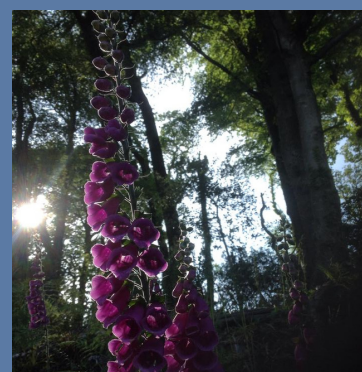


FROM TOP LEFT TO
BOTTOM RIGHT
Tea and cake in the garden
Apple Blossoms
View from the wood
Oaks leaves and wild
campion
Path beneath apple trees



This was such a popular visit that a new date has been added to return to Treehill Cottage on Saturday 16th July, in time for the wonderful display of foxgloves in the woods.

If you would like to join us there, please reserve a place by emailing:
contact@drawntothevalley.org



More Artist Working Days

LAMERHOOE, Nr. Horsebridge
21st May

Paul Jeffries has generously invited up to ten people to come along and enjoy his garden and the views across the valley. If you wish to take part, please let us know in advance. Off road parking is available.



PENTILLIE CASTLE St. Mellion, PL12 6QD
5th June, 24th July.

Gather at 11 a.m. in the main car park

An education form to be completed for each visit.
There is no charge but there are lovely teas on sale.
Toilets on site.

DRAWING DAYS AT THE GARDEN HOUSE
17th May, 16th August and 11th October.
10.30am-4pm £6 entrance fee.

COTEHELE HOUSE & GARDENS
1st July.

Opening hours 10:00 to 17:00

Free entry for any artists. Non-members (of National Trust) to pay for car parking.
Café and toilets on site.

Please wear sensible footwear for exploring the gardens. Artists are requested to engage with visitors while working at Cotehele.



This is a perfect opportunity for all artists hoping to exhibit in the upcoming collaboration between Drawn to the Valley and Cotehele House. We have managed to secure a month's long exhibition in the upstairs gallery. This is an amazing opportunity for our members to exhibit in the beautiful, light filled room that used to house the shop/gallery space. Titled 'Tamar Valley Through the Seasons' the exhibition will run from 16th September 2022- 15th October 2022. Due to space constraints we can only accommodate 30 artists in this exhibition, so if you are interested look out for the call for submissions. We anticipate that the email for applications will go out on 4th July with more details.

In the meantime, to kickstart and inspire you for this amazing opportunity Kathy Lovell invites you to join her for a circular walk round the estate of the house during the working day.

TO BOOK PLEASE EMAIL: contact@drawntothevalley.org

OPEN STUDIOS – We have reduced the fees

Open Studios applications were launched at the beginning of April and the deadline has been extended to May 14th because very few applications had been received by the original deadline of 29th April. The minimum number of participants needed to render Open Studios viable is 50, so this was a cause of concern. Feedback from members has made it clear that the cost of living crisis is having a knock on effect and that the standard fee (which has remained largely unchanged for several years) has become financially non-viable for most of you. The Committee has heeded your concerns and we believe we have a viable alternative to the current format.

The most significant cost associated with Open Studios (and consequently, the only area in which a big enough saving can be made) is the brochure. To allow Open Studios to take place in 2022 the following has been decided:

ENTRANCE FEES

- The entrance fee for a solo artist to be reduced to £40
- The entrance fee for sharing artists to be reduced to £35 (£5 less to reflect less signage required)

MARKETING

- The brochure will be reduced to 1000 print run (cost approximately £1 per copy)
- Hard copy brochures will be available in venues ONLY.
- A5 Flyers and posters will be used to advertise widely in hard copy and digital format.
- Flyers and posters will include a QR code leading directly to a digital turn page copy of the brochure on the website.
- Social Media/website marketing strategy to be maximised as the most effective and cost free option.
- The emphasis will be to provide a digital option as the primary source, this reduces both cost and carbon footprint.

BROCHURE DESIGN

- A simplified design in a smaller format.
- The brochure will be the same size as the Drawn to Make brochure (square 13.5cm x 13.5cm)
- ‘Venue Menu’ will appear at the beginning of the brochure and will be a key to the artist entries that follow.
- The ‘Venue Menu’ will give each venue a number, detailing address, location, opening times and icons indicating facilities available.
- There will be NO maps, these require an expensive licence to use.
- Venue directions will be negated by the use of a What3Words reference, all applicants will be required to supply this information.
- Each artist to receive exactly the same space in the brochure, with entry linked to the venue number
- Artist entries will NOT include a biography to allow for a concise format.
- Artist entry to include:
 - Image
 - Name
 - Discipline
 - Phone
 - Email
 - Website and/or DttV website profile link
 - Social media tags
 - Commissions

Those participants who have already completed their application need do nothing for the moment, the information you have given is enough to start and we will get in touch to establish your What3Words reference.

Additional applicants will be able to access an updated form [HERE](#)

The committee would like to extend thanks for your support and patience in this matter and apologies for any inconvenience caused.

OPPORTUNITIES FOR ARTISTS

TRESORYS KERNOW - LAUNCESTON

A collaborative pilot project developed by Cornwall Museums Partnership (CMP) and Creative Kernow (CK) and funded through the Community Renewal Fund. The project aims to test out new ways of commissioning sustainable cultural activity in town centres.

This project envisages a small group of creative practitioners with different practices, such as fine art, ceramics, printmaking and poetry, having an ongoing presence in the centre of Launceston for a period of up to ten weeks. These creative practitioners would find their own ways of engaging both local communities and visitors with their creative practice. This could include workshops, talks, conversations, exhibitions but may take many other forms.

A range of activities and events will be taking place across Cornwall during the spring and summer of 2022 in the following locations: Saltash, Lostwithiel, St Austell, Penzance, Porthcurno, Newquay, Truro, Bude, Bodmin and Launceston. There will be multiple organisations and individuals involved in many ways.

Studios on the High Street is a programme of residencies for artists and other creative practitioners that will be happening in two empty shops and a pub/hotel in Launceston for up to ten weeks, starting in mid-May 2022. It is open to anyone with an established (at least two years) creative practice and can include individual creative practitioners or a groups of creative practitioners.

There are three different locations in Launceston town centre that will be available for use. One of these is the lounge inside the entrance of the White Hart Hotel. This can accommodate one person. The other two locations are empty shops. One of which can accommodate three people and one can accommodate two. We hope to confirm exactly which two shops will be available very soon, but wanted to get this brief out before Easter as the timescale is quite limited.

In your proposal, please let us know whether you'd prefer to work alone or prefer to share a space. If you have a collaboration in mind, please make that clear too.

We believe that cultural activity can play an important role in regenerating town centres, giving people a good reason to spend time there. We also believe that artists and creative practitioners of all types could play a key part in this. For many people, art and creative practice often takes place out of sight or in spaces not accessible by all. By placing creativity at the heart of a community we hope to inspire more people to both enjoy and engage with many artistic forms. For many artists there are a lack of studio spaces available and opportunities to engage with wider audiences. Studios on the High Street will enable artists and creative practitioners to try out new spaces and ideas whilst also reaching out to new audiences.

TAMAR VALLEY AONB COMMISSION

TVAONB are looking to commission two awards to present to the Valley Champions at their Annual Forum in June. They tentatively suggest, perhaps a glass award featuring an avocet, on a plinth created by a local artist. If you think this is something that you might be able to help with, please email contact@drawntothevalley.org.

BRITISH ART SHOW 9 - Open call

Can you help create and deliver a creative programme of activities and events across Plymouth in the run-up to and during British Art Show 9 (8 October to 23 December)?

The Box is looking to work with an organisation or individual to develop a creative programme of activities/events, which engages interest in the show and supports people to explore their own creativity in response.

Applications welcome from those who wish to plan and deliver all of the activity as well as from groups of organisations who wish to produce an umbrella programme of work in response.

A webinar where you can find out more about the opportunity takes place on Friday 20 May at 11.30am. There is no need to book - simply [use this link](#) to join it. The passcode is 478754.

OR Click [HERE](#) for instructions on how to apply.

WORKSHOPS

BATTLING ON WORKSHOPS – dates available...

AN ARTIST EXPERIENCED IN GLASS, CERAMIC OR MOSAIC WORK IS SOUGHT FOR A SPECIFIC PROJECT:

- Monday 23rd May at Merryhue to create a mosaic Celtic Cross for the Jubilee event at Callington.
- Tuesday 31st May at Merryhue to create a mosaic Celtic Cross for the Jubilee event at Callington.

AN ARTIST IN ANY DISCIPLINE IS SOUGHT FOR A WORKSHOP OF THIER CHOICE:

- Monday 27th June 11 a.m. to 2 p.m. at Launceston Methodist Church

MUD MAIDEN PROJECT – Artist sought...



We are looking for an artist to create a large scale 'Mud Maiden' Sculpture at Merryhue Farm in conjunction with some volunteers from Derriford Hospital staff team in June. The sculpture would be made out of natural materials, mainly clay sourced from Merryhue site and would be sited next to one of the lakes on the 124 acre site. There would be 2 days paid work for the artist, at £300 per day, the first day sorting our and preparing the site and materials and the second day would be working with the Derriford volunteers to create the sculpture. This project is the start of a long term venture between Derriford Hospital staff and the Research Market Garden Project at Merryhue and we are currently working towards the 21st June for the sculpture making day, although this could change.'

If you are interested in being involved in this project and creating a 'Mud Maiden' sculpture then please contact Sue Johns at sue@batting-on.com to arrange a meeting or for more information.'

TAMARA PROJECT WORKSHOPS – Opportunities Coming up...

Drawn to the Valley in partnership with the Tamara Landscape Project are looking for expressions of interest in providing workshops once a month within the TVAONB. Costs of materials to be covered up to £150. In particular, we have a date looking for an artist:

Thursday 28th July between 1 p.m. and 4 p.m at Calstock Village Hall.

There will be more dates to fill in the coming months, so please email Ren for more information on contact@drawntothevalley.org

Charity request from Samworth Bros.



To the artists at Drawn to the Valley,
We are 'The Mighty Chondria'. As a team of 4 we have pledged to raise money while taking on Samworth Brothers triathlon style Charity Challenge!

After being postponed in 2021 due to Covid-19 we are pleased to announce the decision has been made to forge ahead with the biannual Charity Challenge on Saturday 18th June 2022. Many charities and other good causes have suffered greatly from a massive decline in charitable donations during Covid and the amazing level of fund raising that the Charity Challenge generates is needed more than ever.

The challenge has raised £2.2 million for good causes since it was launched in 2007. Our focus now is on making the 2022 event the greatest fundraiser yet. Our previous event record is £385,000 and we would like to ask for your support in smashing that total.

The challenge will be held in the Brecon Beacons. As with previous Challenges, the event is a triathlon style challenge, high levels of fitness and stamina are required. The route involves 9km on foot with a 322m elevation, 12 km canoe section followed by 37km on bike with a 990m elevation.

Each participating Charity Challenge team pledges to raise £2,000 for their charity. As team 'The Mighty Chondria' from Westward Laboratories we will be raising money for our two chosen charities:

- The British Heart Foundation - whose vision is a world free from the fear of heart and circulatory diseases. Money raised goes to research cures and treatments, so we can beat heartbreak forever.
- The Alzheimer's Society - who are the UK's leading dementia charity who campaign for change, fund research to find a cure and support people living with dementia today.

On Thursday 26th of May we are organising an online raffle and I am looking for raffle prizes which I can use to help raise funds.

We would be hugely grateful for any donation Drawn to the Valley is able to make to help support our fundraising efforts. All donations will be properly thanked and acknowledged on the evening.

Raffle Donations can be sent to the address below, addressed to Vicky Le-Seelleur. Collection can also be arranged.

Westward Labs, Granite Way, Moss side Industrial Estate, Callington, PL17 7SB

Phone: 07976064652

Email: Vicky.leseelleur@westwardlabs.co.uk

There are currently 45 Teams of 4 competing all of who work at a mixture of Companies including:

• Ginsters • M&S Food • Interfood Technology • Branston • Barnett Waddingham • Trewithan Dairy • Cranswick • Silbury • Coveris • Ph Hull & Sons • Point 74 • The Oval Partnership • The Foyle Food Group • JDM Food Group

More information can be found at:

<https://www.samworthbrothers.co.uk/charity-challenge/charity-challenge-2022/>

COMMITTEE - WHO'S WHO



Sue Coleman
Joint Chair &
Sponsorship/
Fundraising
Coordinator



Juliet Cornell
Joint Chair &
Social Media
Coordinator



Gilly
Spottiswoode
Treasurer



Lyn Edwards
Outreach
Development
Coordinator



Kathy Lovell
Committee
Member



Stef D'amico
Committee
Member



Anne Payne
Committee
Member



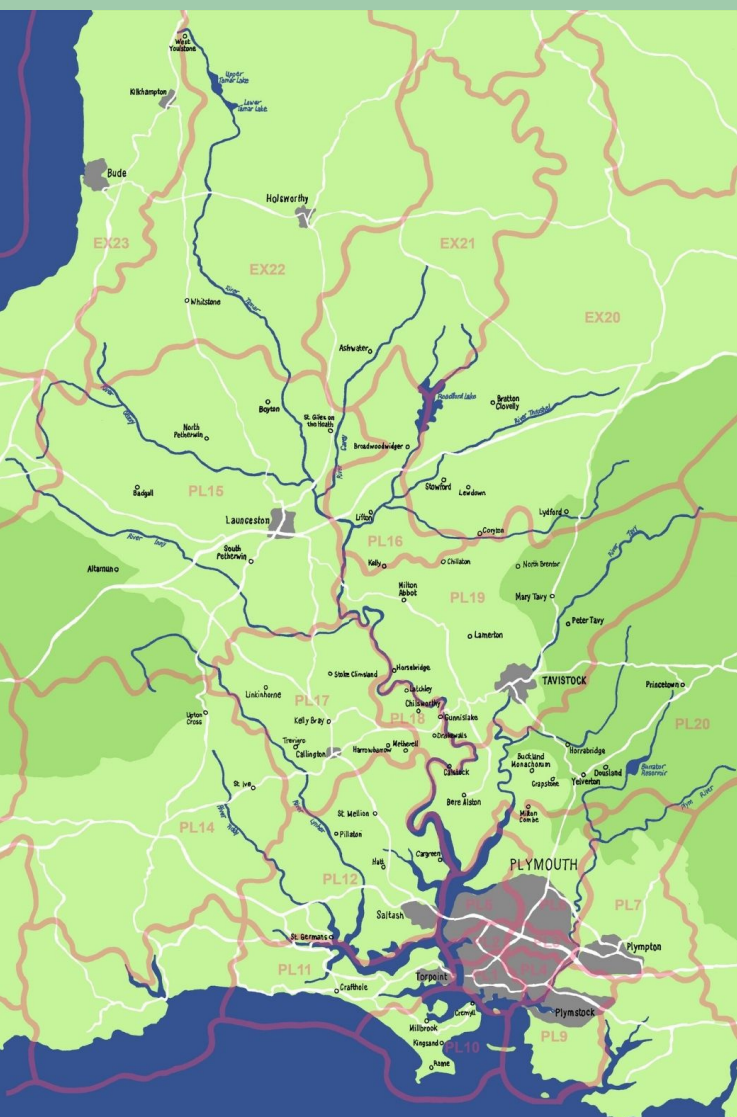
Jayne
Ashenbury
Committee
Member



Debra Parkinson
Committee
Member



Ren Jackaman
Administrator



WHO'S YOUR AREA REP?

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