

Special pull-out supplement

wetherspoon

Having fun fund-raising £3 million

for



Caring for Children with Cancer



We raised £612



Good clean fun - we raised £250

Our staff and customers need little encouragement to link arms and come up with creative fund-raising ideas which have already helped us, as a team, to raise over £2,900,000 for our chosen company charity, CLIC Sargent.

It's about more than money – we aim for our local events and activities to encourage real community spirit.

This special feature provides an insight into the laughs which we've had raising the money and also into the very serious help and support which it helps to fund.

Get set, ready... go! - we raised over £200



A real team effort - we raised £191,000



Team Wetherspoon

- 1 team
 - 20 nurses
 - 26 miles = £250,000
- Can you help? See pages iv-v

**LONDON
MARATHON
2010**

www.justgiving.com/Team-Wetherspoon

This special feature will introduce you to the great efforts which staff and customers have made during our eight-year association with CLIC Sargent.

During that time, we have held thousands of events, from bean baths to raffles, from body-waxing to sky-diving.



*Dancing for donations
We raised £440
The Winter Seam,
Castleford*



*Families helping families
We raised £715
The Old Market Hall,
Mexborough*



*No time to get dressed
We raised £840
The Richard Oastler,
Brighouse*



Making a real difference with CLIC Sargent

While this feature highlights the fun aspect of fund-raising, there is a very serious side too. Our chosen company charity, CLIC Sargent, provides a tremendous service to families across the UK.

At any one time, 3,000 children and young people are undergoing treatment, in the UK, for cancer or leukaemia. CLIC Sargent helps to provide clinical, practical and emotional support to children and young people suffering from these illnesses, as well as to their families.

The charity currently operates eight 'Home from Home' venues, providing free self-catering accommodation, close to regional paediatric oncology units, for children and their families.

The charity also funds paediatric nurses and play specialists, as well as providing care grants, where possible.

This specialist support costs a huge amount of money – £3,300 to fund a CLIC Sargent nurse for one month, for example. So, every £1 donated and every £100 raised at an event really does make a difference.

Hopefully, this feature will inform and inspire you to join in the fun – and, if you have a great idea for fund-raising, then do have a chat to your local pub manager.

By the way, permitted ritual humiliation of our managers include leg-waxing, chest-waxing, face-painting, dunking in baked beans – use your imagination; they are all good sports.

Not forgetting – local charitable support

As well as supporting CLIC Sargent, as our chosen company charity, we must also **thank those Wetherspoon customers** who have raised funds for local charities, with many of the causes supported inspired by events which have had a very personal impact.



The Dobbins family, supported by CLIC Sargent

Homes from home

Sam's House is one of CLIC Sargent's eight 'Home from Home' venues, all of which offer families somewhere comfortable to stay, free, close to their child who is receiving treatment. They also provide support for other family members.

When Megan's younger sister, Ellen, was diagnosed with cancer, it changed her life too. That is because the family had to bring Ellen to Bristol for specialist cancer treatment. Being too far to drive every day, they stayed at Sam's House, next to the hospital. It became their home, while Ellen was being treated, meaning that the whole family could stay together.



10 very good reasons why we help: Every day, 10 families in the UK are told that their child has cancer

Just imagine receiving that news.

It is nothing short of devastating. The child's treatment can start straight away and last up to three years.

For over 25 years, CLIC Sargent has delivered care and support to these families, through not only a team of dedicated nurses, but also specialist social workers, play specialists and a growing number of young people's specialists.

Cancer changes life in lots of ways: parents take time off work; finances can get tough; families spend more time apart.

Often, in acute cases, treatment can begin immediately, at one of the UK's specialist oncology centres. Just imagine being given just a few minutes' notice to forget all of your work/family commitments and to be expected to relocate immediately to a strange city, where you know nobody.

CLIC Sargent's dedicated and highly trained staff aim to provide normality in extraordinary

circumstances and at all stages of treatment.

During treatment – providing specialist nurses, play specialists and 'Homes from Home'.

In hospital and at home – offering specialist social care and support in the community, services for young people, holidays, grants and a helpline.

After treatment – helping survivors and supporting the bereaved.

All aspects of this support and care cost money. CLIC Sargent relies entirely on donations. It receives no government support or funding; it is only through your continued support that it can, in turn, support families.

That's why your help has, quite literally, changed lives; that's why we and CLIC Sargent welcome any continued support which you can give us.

To find out more about the work of CLIC Sargent: www.clicsargent.org.uk



Can you help our team of 'nurses' to raise £250,000?

With CLIC Sargent nominated as the official charity for the 2010 Virgin London Marathon, it seemed only appropriate that 20 willing Wetherspoon volunteers (including our CEO, pub managers, shift leaders and area managers) should dress up as nurses and run their hearts out.



Meet the team...



Team member: John Hutson

Day job when not dressed as a nurse: CEO, although now it's CRO 'chief running officer'.

Ambitions for the Marathon:

1. Finish; 2. Finish; 3. Finish in under 4h; 4. Finish.

Target time in hours and days: Sub 4h.

Motivation: 1. Personal goal – always wanted to run one. Under 1% of the population has (although there's probably a very good reason for that!); 2. Wonderful opportunity this year to raise money for the company charity (CLIC Sargent) in its inaugural year as the London Marathon's nominated charity.

Furthest that you have previously run:

Before I started the training, about 7m. I'm up to 12m now; nine weeks into the 29-week training.

Is this the first time you have donned a nurse's uniform? ..and last.

What is your favourite training food?

Wine, chocolate, beer, but trying to switch to pasta and rice.

Fund-raising plans: Tap up every person, company, customer I come across. Will you sponsor me?

Biggest fear for the Marathon? THE WALL!

It's there waiting somewhere around 17–20m apparently.

Closing thought: Our combined efforts could raise £250,000. That's awesome; that's the motivation.



Team member: Paul Simon Morris – Pub Manager, The Gatekeeper, Cardiff



Team member: Steve Jones

Day job when not dressed as a nurse: I work in IT, supporting head-office finance systems... I know, stay awake at the back.

Target time in hours and days: Targets are like deadlines: if you listen carefully, you can enjoy the whooshing noise as they sail past, but under 7h would be nice, especially for my friends and family who will be waiting for me.

Motivation: I turn 40 next year, so felt that, rather than buy a sports car and date one of the Pussycat Dolls, I ought to handle my mid-life crisis in a healthier manner.

Furthest that you have previously run: Years ago, I would get out of breath eating a Marathon, never mind running one. The furthest I've run so far is 5 miles... so, only 21 miles and 385 yards to go!

Is this the first time you have donned a nurse's uniform? I used to date a nurse at Stoke Mandeville hospital, so I'll let you decide.

Biggest fear for the Marathon? Being overtaken by somebody dressed as a pantomime horse, when I think I'm running really well.



Team member: Richard Peachment – Area manager



Team member: Mandy Ferries (AKA Ferret) – Head of personnel and training



Team member: Caroline Walters – Head of corporate affairs

To donate: www.justgiving.com

, 20 nurses, 26 miles = £250,000

View all team members' profiles: www.jdwetherspoon.co.uk



Team member: Simon Nicol

(AKA Snic, oh and, according to a colleague, his fiancée knows him as Fluffy Poodle Pie)

Day job when not dressed as a nurse: Finance manager/accountant JDW HQ Watford.

Ambitions for the Marathon: To finish without laddering my tights.

Target time in hours and days: 4 hours to 4h:30m.

Motivation: A sense of achievement and having fun as part of a team.

Furthest that you have previously run: Half Marathon in Berkhamsted last year. (Editor's comment: Mmmn might be one to watch!)

Is this the first time you have donned a nurse's uniform? Absolutely the first!

What is your favourite training food? Pasta, pasta, pasta.

Fund-raising plans: I have done several things, including growing a moustache, cake-bake sale, lottery and raffles.

Biggest fear for the Marathon? Hitting the wall and not finding a Wetherspoon afterwards :)

Team member: Nick Britten

Day job when not dressed as a nurse: Customer services manager.

Ambitions for the Marathon: To win, of course.

Target time in hours and days: 2h:10m, but will settle for 4h:15m.

Motivation: Anything team-mate Lewis can do can't be that hard, plus the only way I can get fit is to have a target.

Furthest that you have previously run: Twelve half Marathons (Editor's comment: The accuracy of the information supplied by team members can be neither guaranteed nor considered legally binding!)

Is this the first time you have donned a nurse's uniform? First time, except for Sundays.

What is your favourite training food? Rice Krispies (Kellogg's - please note that donations are welcome, care of the Wetherspoon in Watford).

Fund-raising plans: I will be running football- and rugby-training sessions, dressed as a nurse.

Biggest fear for the Marathon? Getting beaten by that bloke in that old-fashioned diving suit.

Team member: Dumi Williams

(AKA Haribo Babe - cos I just love Haribos!)

Day job when not dressed as a nurse: Licensing paralegal, legal department.

Ambitions for the Marathon: To complete the race in one piece and to be able to walk at some point afterwards.

Target time in hours and days: Hopefully within 12h, because the car park in central London becomes costly after that.

Motivation: To raise money for CLIC Sargent - what more motivation do you need?

Furthest that you have previously run: A few middle-distance runs. (Editor's comment: "I think she is being a little modest!")

Is this the first time you have donned a nurse's uniform? Yes, in a running capacity at least...

What is your favourite training food? Ginger-nut biscuits.

Fund-raising plans: Harangue all my friends and family and get them to search behind the sofas.

Biggest fear for the Marathon? Not finishing... my kudos would be totally shattered.

Good luck to all of my team-mates. Let the training begin.



Team member: Aaron Haggas (AKA Haggis)

Pub manager, The Bishop Blaize, Manchester

Team member: Steph Kersey

Personnel and training

Team member: Robbie Douglas

Pub manager, The Crosse Keys, London

Team member: Mark McGinty

Head of commercial operations and Lloyds



Team member: James Hume

Kitchen shift leader, The Mary Shelley, Bournemouth

www.jdwetherspoon.co.uk/Team-Wetherspoon

Can you help our Wetherspoon 'nurses'?



More fun and more money raised every year

Our fund-raising years



'02
Barry McGuigan launches our initial target of raising £500,000.



'03
No fools at The Prior John, Bridlington, as a copy of Del Boy's car raises £650.



'04
Curry Night raises £400 at The Drum, Leyton, as our target rises to £700,000.



'05
Team work at The Henry Bessemer, Workington, as our target becomes £2,000,000.



'06
Stepping out at The Myrtle Grove, Bingley – by now, you'd helped us to raise £1.6 million.



'07
'Ears' a funny thing at The Turls Green, Bradford.



'08
Family fun at Globe Hotel, King's Lynn; our new target now being £3 million.

Since 2002, we have held thousands of events which have raised a total of £2,900,000.

What is really great is that, in each year, the total raised has beaten the previous year's total. Yes, we have had a little help from more communities, since we have increased our number of pubs during that time, but your generosity has also seen the average which each pub raises increase from around £300 in 2002 to £670 in 2009.

There's also a special shout to our supporters in Liverpool. They featured in Wetherspoon News in 2003, topping the league table for the amount raised. As you can see, today, they hold two of the table's top spots.

Topping the table are the customers and staff of V-Shed Bristol, having raised almost £45,000 – a quite staggering effort.



Liverpool, 2003

Our top fund-raising pubs – 2002–2009

Bristol	V-Shed	£42,293.72
Bromley	The Richmal Crompton	£27,992.25
Liverpool	The Richard John Blackler	£21,432.59
Liverpool	The Lime Kiln	£19,644.57
Glasgow	The Counting House	£16,705.18
Wrexham	The North and South Wales Bank	£16,703.40

Top pubs in the last 12 months

Bristol	V-Shed	£6,561.00
Durham	The Bishops' Mill	£4,225.62
Leeds	The Three Hulats	£3,979.57
Glasgow	The Crystal Palace	£3,724.56
Manchester	The Seven Stars	£3,685.38
Barnsley	The Joseph Bramah	£3,616.89

How our soccer superstars have raised £822,529

The Kick 4 CLIC Sargent soccer tournament is not only one of our biggest annual fund-raisers, in terms of money raised, but also the one in which the most people participate.

The 2009 tournament saw 400 pub teams, comprising 2,000 members of staff, raise £191,000, with the Thomas Lloyd team (Warwick) the victorious champions.

Our first tournament was held in 2004, when 230 teams collectively raised £78,942, with players from the Sir John Stirling Maxwell, Glasgow, lifting the inaugural trophy.

In total, the tournaments have raised a staggering £822,529, with 2010 seeing that total top the £1-million mark.



Our inaugural winners from 2004 – the Sir John Stirling Maxwell, Glasgow



Our 2009 winners – The Thomas Lloyd, Warwick

So far, you have helped us raise over £2,900,000

How every £1 can make a real difference

All of the money which you help to raise, be it £1.50 or £1,000,000, enables CLIC Sargent to offer the following types of care and support.

Ten ways in which your donations can help:

£1.50 could pay for a set of colourful storybooks for a child aged under 10, putting cancer and leukaemia into words, with illustrations to which that child can relate.

£8 could pay for a DVD to help to prepare a young person with cancer to return to school. It helps the child to keep up with studies and deal with the emotional challenges of meeting friends and teachers – and the experience.

£50 could pay for a CLIC Sargent social worker to be there soon after diagnosis, talking individually to a family. Every family is different, so the social worker will assess its individual needs and offer appropriate support and services.

£180 could pay for a bowling session, with pizza afterwards, for 10 young people with cancer. Activities like this enable young people to come together and share their experiences, helping to reduce isolation and build confidence.

£400 could pay for accommodation for a family at a CLIC Sargent Home from Home, for a fortnight. Here, they can stay together, within walking distance of the hospital where their child is being treated – often many miles from their own home. If well enough, the child can stay there too.

£950 could pay for a specialist break for a bereaved family, allowing them to spend time together and with other bereaved families. Talking to people who understand, in a sensitive, supportive environment, can provide real comfort.



£4,200 could pay for a CLIC Sargent social worker to support families for a month. Our social workers help the whole family, including siblings and grandparents, to understand and cope with the emotional, practical and financial effects of cancer, from the very moment their child is diagnosed.



£45,000 could pay for a CLIC Sargent nurse, for a year. Our nurses provide specialist care in hospital and in the community. Having a nurse to visit, at home or in school, to take blood or change dressings, means less disruption to a family's everyday life.

£570,000 could pay for our Homes from Home service for a year, providing free accommodation for families, near to the UK's children's cancer centres. Children undergoing treatment need their parents close at hand to provide loving support. Our Homes from Home save parents the exhaustion of constant travel or the expense of B&Bs during an already-difficult time.



£1 million could pay for the complete purchase and refurbishment of a five-bedroom site to become a Home from Home, with all furnishings and appliances required to create a comfortable, well-equipped home – where families can be together near a child in hospital.



Team member: Robbie Douglas, Pub manager, The Crosse Keys, London



Take on a challenge of a lifetime

From cycling across the Andes to trekking in Iceland or taking on a half Marathon, CLIC Sargent has the perfect challenge for you!

If you are looking for a new way to become involved, we've picked some of CLIC Sargent's top challenges.

These events fill quickly, so please get on line to find out how you can reserve your place:
www.clicsargent.org.uk/challenges

London-to-Paris Cycle – 9 June 2010

A unique way to travel between two magical capital cities.

Icelandic Lava Trek – 21 July 2010

Experience Europe's greatest wilderness on this long-weekend expedition.

Land's-End-to-John-O'Groats Cycle – 31 August 2010

From Cornish pasties to haggis – on two wheels!

Andes-to-Amazon Cycle – 16 September 2010

Explore the Andes and the lost city of Machu Picchu – by bike.

China Wall Trek 2011

Trek the Great Wall of China as it snakes across beautiful, remote hills.

Everest Base Camp 2011

This challenging trek takes you to the world's highest mountain's base camp.

Rajasthan Tiger Cycle Challenge 2011

Experience Vietnam and ancient Cambodia – by bike.



Team Wetherspoon

Help our 20 Wetherspoon 'nurses' to raise £250,000 as they run the London Marathon 2010 – see pages iv–v

**LONDON
MARATHON
2010**



We raised £400 – The Gipsy's Bell, Edmonston



We raised £110 – The Ward Jackson, Hartlepool



We raised £250 – The Gary Cooper, Dunstable



We raised £900 – The Zachariah Pearson, Kingston Upon Hill

wetherspoon

J D Wetherspoon plc, Wetherspoon House
Reeds Crescent, Central Park, Watford, WD24 4QL
www.jdwetherspoon.co.uk