



## ST BARNABAS LINCOLNSHIRE HOSPICE

I hope you are all enjoying the glorious weather at the moment. It's so nice to see everyone out and about.

The **On Yer Bike** 100 km cycling challenge asks you to complete 100 km (62 miles) of cycling by the end of the summer. You can enter alone or as part of a group, or make a virtual group through Zwift. There is a fund-raising target of £100, so make sure your family and friends see those lycra-clad selfies and add your JustGiving link to the post. Once you have signed up, join our *Adventure with St Barnabas* Facebook group to share routes, advice and photos. Each participant can choose a free St Barnabas branded cycling top or cotton T-shirt, children can choose a T-shirt or a water bottle. We will send you a medal (by the end of August) and a virtual pat on the back once you've completed the challenge.

The **Lincoln Imp Trail** launches this month in support of St Barnabas Hospice. The city centre will be brimming with 30 individually designed, hand-painted imps, making a fun, family-friendly experience. Download the app, log your visit and find out a little more about each imp. You can download a map from <https://lincolnimptrail.co.uk> or get a printed map from the Tourist Information Centre in Castle Square.



Our shops are open and we are taking donations, but we ask you to book an appointment for donations as we have limited storage space. Can you also limit your donations to a maximum of ten bags/boxes at donation centres and three bags/boxes in shops. Book a slot for donation centres on our website or call ahead to the shop to make sure they have space.

Your donations count. A one-off donation of £20 allows us to provide one hour of care for a patient at home; a monthly donation of £34 funds a physiotherapy session.

We also need volunteers. Can we tempt you to gift us a few hours of your time; serving customers, making tea, sorting donations; there is a role to suit everyone. Go to our website or call 01522 518221 for more information.

**Rebecca Hooten**

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