

# FORTNIGHTLY NEWSLETTER

11th MAY 2023 - NO. 03



## Special Day on the Malverns

On Friday 5th May, the Warriors Foundation team and a wonderful group of Friends of the Foundation took to the Malvern Hills, blessed by sun, sturdy walking boots and with great company! The day was a huge success, raising over £3,500, and making everyone feel less guilty about a refreshing drink and indulgent Friday night meal. Thanks to those who donated and joined us - it was very special and fantastic to have you join us on our travels.

## Marathon Maestro, Annie

Annabel Brown joined us at Dementia Cafe a few weeks ago to show off her fantastic fundraising achievement. She donned her running shoes and completed two marathons in two weeks, Paris and Manchester. That's some going!

It was great to have Annie join us to celebrate her achievements and we can't express how grateful we are for her raising money on our behalf!



## Fleeced To Meet You

Our Dementia Cafe team also made the trip out to the Cob House recently, who were incredibly accommodating. The food and coffee was delectable, but the animals were certainly the highlight of the morning! We got to meet some very friendly Alpacas, Pigs and Chickens. Everyone came out and engaged with the animals and had a wonderful time.

A huge shout out to the Cob House team for hosting. It was a really dementia friendly venue and a thoroughly enjoyable, relaxing morning for all.



[www.worcesterwarriorsfoundation.org](http://www.worcesterwarriorsfoundation.org)



@WarriorsCF



Worcester Warriors Foundation



Worcester Warriors Foundation



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# DONATE



Donate today to support the life changing projects ran by the Worcester Warriors Foundation and support 12,000 vulnerable people in your community every year. We have both our Partner and Friend of the Foundation schemes where businesses and individuals can support from as little as £2 per month. For more information please check out our website [www.worcesterwarriorsfoundation.org](http://www.worcesterwarriorsfoundation.org).

## THE BIG WORCESTER QUIZ '23

## Team Name Pending

The Big Worcester Quiz is fast approaching! The Quiz is raising money for a host of brilliant charities, and we're delighted to be chosen as one.

For more information, visit [worcestersleepout.co.uk/quiz](http://worcestersleepout.co.uk/quiz)

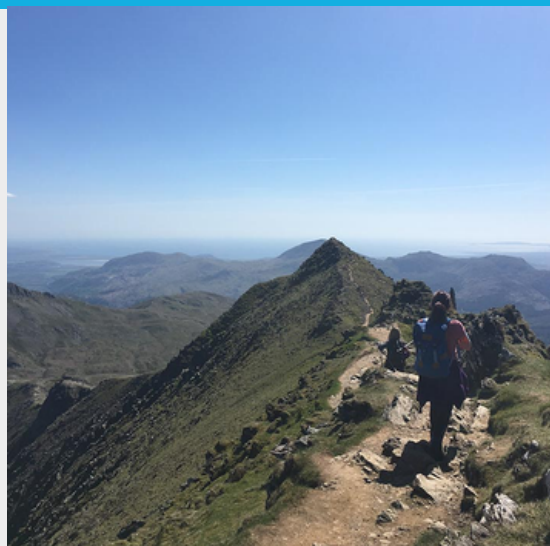
COMING UP

## Conquer Wales' Heights

We're back on our adventures in July as the team cross the border to beautiful Wales. We're taking on Cadair Idris, in what we'll hope will be beautiful blue skies and sunshine.

Keep an eye out on our social media if you'd like to donate.

COMING UP



## GOLF DAY

AT RAVENMEADOW GOLF CENTRE  
IN AID OF WORCESTER WARRIORS FOUNDATION

- £200 PER FOUR BALL WITH MEAL INCLUDED
- PRIZES FOR THE NEAREST PIN AND LONGEST DRIVE
- RAFFLE PRIZES
- CONTACT DAN.HART@WARRIORS.CO.UK

21ST JULY 2023 AT 9AM  
(SHOTGUN START)



## Release Your Inner Tiger

Keen golfer or just fancy a nice wander in the sun? We still have lots of spaces for our Golf Day in July.

It's due to be a fantastic day and you really don't have to worry about whether you come in 5 or 50 over par, we're not the most able golfers ourselves!

We'd love to welcome you at Ravenmeadow. If you're interested, please get in touch with Dan on the adjacent email.

COMING UP



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