



Personal Healthcare across South & Eastern Cheshire & Vale Royal

If you're...

Baking

Running

Singing

Painting

Skipping

Walking

Flying

Climbing

Swimming

Playing

Jogging

Selling

Eating

Competing

Dancing

Racing

...do it for ECHO

July 2017



Julie Green
Executive lead for ECHO

East Cheshire NHS Trust Charity News



Mike Wildig
ECHO Chairman

Pancake Race 2017

With record numbers of teams registered to race this year, we were off to a brilliant start. The snow on Shrove Tuesday morning made things a little too chilly for some, but we carried on regardless and raised almost £450. Thanks to all who registered and even more so to those who stuck it out on the day! Cleaning4Causes took first prize this year—well done!

Keep in touch

If you would like to be on our mailing list, please contact us by email at ecn-tr.echohospitalcharity@nhs.net or go to our website www.echohospitalcharity.org and sign up. We would love to keep you up to date with our charity events, and we'd also enjoy hearing your thoughts and ideas in return.

Support through sport

This spring we saw an increase in supporters taking part in sporting events and raising amazing totals for ECHO. To name just a few, Lydia Melville raised £208.76 running in a local half marathon, and she's not alone.

Ashley Farrall ran the Wilmslow half marathon as did Jane Longmuir, who raised £200 and £590 respectively. Jade is donating her total to the neonatal unit specifically as her baby boy was looked after there in his first weeks. The care he received inspired Jade to make this amazing gesture.

The annual cardiac rehab walk goes from strength to strength every year—this year's total so far is £3169.45.

Jody Sherratt ran a 10k for ECHO, and his little boy Noah ran a 1.5k too!



Jody and Noah Sherratt

They raised £460 to help the children's ward staff buy new equipment.

Aimee Seabridge is one of our most loyal supporters, she swims for our intensive care unit every year and this year donated a brilliant £1070.

Here's proof that you don't have to be an athlete to help ECHO.....Nick and Andy Dixon did the nifty fifty endurance race, which consists of riding round a moped track non-stop for 5 hours!!

We don't mind what you are doing, but please do it for ECHO!

Pop up stall Pick up a little something at our pop up stall in the hospital corridor at Macclesfield. All of our stallholders donate to ECHO so you are helping our charity while you shop, it's a win-win situation!



Our collection tins take an incredible amount in loose change. Over the last six months our collection tins totalled nearly £3500. You will now find our tins in most local co-op stores too.

The Weather Lottery has contributed £1064.12 to ECHO over the last six months. While donating to charity, the lottery offers players the chance to win a weekly jackpot of £25,000. The winning numbers are based on temperatures recorded at various cities across Europe. Go to <http://www.theweatherlottery.com/> and find out more. Anyone can play along!



Customer Care Cake Sale

Our fantastic customer care team held one of their legendary cake sales in March and raised a brilliant £244.01. Thanks ladies, can't wait for the next one, yum yum!

To make a donation

By post Please send cheques to **ECHO Hospital and Community Healthcare Charity, c/o Cash Office, Macclesfield District General Hospital, Victoria Road, Macclesfield, Cheshire SK10 3BL**. Make cheques payable to **East Cheshire NHS Trust Charitable Fund**. Include your name and contact information with your donation and don't forget to include a [Gift Aid form](#) if you are a UK tax payer.

In person - If you would like to donate from a cash collection, please arrange to meet with Laura Houseley who is always delighted to greet our supporters in person.

Online - We can receive donations online—it's really quick, easy and secure. You can give a one off, monthly, quarterly or yearly donations by standing order. To donate to support the ECHO Hospital and Community Healthcare Charity go to www.justgiving.com/ECheshireNHSCharitableFund.

By Text - You can donate by text—it is quick, simple and cost effective. Just text 'ECHO14' followed by the amount you would like to give to 70070 (for example ECHO14 followed by £5 or £10).

Legacies - We are very fortunate to be remembered by a number of people each year with a gift in their Will. Leaving a legacy is a fantastic way to help patients for generations to come and secure the long term future of our charity. For more information on leaving a lasting gift please email us at ecn-tr.ECHOhospitalcharity@nhs.net

Tribute funds—many supporters choose to remember a loved one by setting up a tribute fund in their name. Tribute Funds are very quick and simple to set up via websites like JustGiving. [Please click here for more information.](#)

Remember to Gift Aid - a further 25p is added for every £1 in your donation at no extra cost to you

To make a Gift Aid donation, you need to sign a Gift Aid declaration form or tick the Gift Aid box on our donation envelopes. The [Gift Aid form](#) can be accessed using this link or via our website.

Contact

Telephone Laura on: **01625 661871** Visit our website: www.echohospitalcharity.org
Email us on: ecn-tr.ECHOhospitalcharity@nhs.net Follow us on Twitter: [@echonhscharity](https://twitter.com/echonhscharity)