



Charity Number 1169791

Summer 2020

*...an afternoon of style,
sophistication and the
magical voice of
songbird Natalie
Nightingale*

SUPPORTING CONFIDENCE THROUGH EXERCISE

It's Tea at the Ritz – but this year we're asking you to put the kettle on!

Our annual fundraiser Tea at the Ritz is moving online and into your home bringing an afternoon of style, sophistication and the magical voice of songbird Natalie Nightingale.

The coronavirus pandemic means this year's event, renamed Tea in the Blitz to mark the 75th anniversary of VE Day, could not be held in its usual format at The Palace, a former Edwardian cinema in Ibstock. Instead, we're asking you to have fun and recreate it at home – complete with tea, cake, sandwiches - and join us on Sunday, September 20 between 3.30pm and 4.30pm.



Natalie will be performing live through her Facebook page as she takes a nostalgic walk down memory lane to the 1940s with a wartime singalong.

You can watch through Natalie's page – whether you have a Facebook account or not – at www.facebook.com/natalienightingalesinger

If you'd like to request a song, or dedicate one to a loved one, email us at media@scte-activities.org.uk by Monday, September 14.

Tea at the Ritz is one of our biggest fundraisers of the year, so we'd love you to continue to support us by donating for the afternoon's entertainment through our JustGiving page.

www.justgiving.com/scte

Introducing PALS – our new programme for prostate cancer survivors

“Many men find it hard to talk about and live with (prostate cancer’s) – sometimes challenging – outcomes”

*Lynne Showell
SCTE Chair*

We are delighted to announce a new pilot programme for prostate cancer survivors.

Prostate Active Living Support (PALS) is an exercise and activity-based initiative.

Unique in the UK, PALS will work in small groups over eight weeks to help men improve their health and wellbeing after treatment, take back control and learn new ways of managing ongoing issues.

It follows in the footsteps of our In the Pink programme and builds on our track record of delivering tailored courses led by professional and experienced teachers.

Lynne Showell, Chairman of SCTE, said: “Prostate cancer is now the most diagnosed cancer in the UK and 1 in 8 men will be diagnosed with it in their lifetime.

“We recognise that many men find it hard to talk about and live with its -sometimes challenging - outcomes.

“As well as teaching them exercises they can do at home to help, we’ll be introducing participants to new activities they might not have tried before, like walking football and Nordic walking, that will help them build their fitness and confidence”.

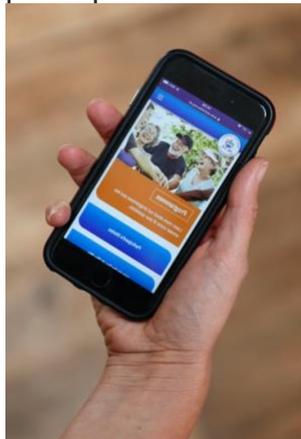
The first pilot programme will run in early 2021, with further programmes planned for 2022.

If you, or someone you know, is living with prostate cancer or post-treatment, they can find out more by emailing info@scte-activities.org.uk

Have you visited our website recently?

We’ve updated our website to make it easier to navigate and to include new information, including PALS.

There’s also a password protected section where in the future we’ll be uploading videos filmed by SCTE of exercises specifically for past participants of In the Pink.



If you’ve not visited recently, why not pop back and have a look? Our thanks to Peter Bourne Communications for their technical help and advice.

www.scte-activities.org.uk

Thanks from county council leader for charity's lockdown efforts

“I’d like to thank our volunteers and community groups for their fantastic work and keeping the community spirit going.”

*Coun Nick Rushton
Leader of
Leicestershire County
Council*

SCTE has been recognised for the work it has done to help people to stay fit since the start of lockdown.

The charity started uploading exercise videos – including Pilates, tai chi, mini circuits and belly dance – to its Facebook page in March. Featuring contributions from regular teachers and guest teachers, more than 2.8k minutes of videos have been viewed since then.

The page has also been regularly updated with links to government guidance, signposting to useful information, exercise and wellbeing tips and inspirational quotes.

It was made possible, along with the work on the revamped website, by a grant from Leicestershire County Council’s Communities Fund Covid-19 Initiative.

Nick Rushton, leader of the county council, said: “It’s great to see that groups have been doing all they can to keep communities thriving during these challenging times and I’m proud that we’ve been a part of it.

“These awards have helped groups such as Supporting Confidence Through Exercise to continue their crucial work and step up activities to support vulnerable people and those isolating.

“I’d like to thank our volunteers and community groups for their fantastic work and for keeping the community spirit going.”

Mandy Geary, a trustee for SCTE, said there had been a great response to the videos and thanked all the teachers for their continued support of the charity.

She said: “Lockdown has been a challenging time, when staying healthy physically and mentally has never been more important – or harder.

“We’d like to thank Leicestershire County Council for their support and Councillor Rushton for his kind words.

“As lockdown eases, we continue to look at ways to support both our past participants and the wider community.”

www.facebook.com/scte.charity/videos

He’s a ‘blooming’ star!

Our very own gardener’s delight Pete Wocha has raised £298 for SCTE by selling his homegrown tomato plants.

Pete grew more than 250 plants and 11 different varieties, and buyers were asked to donate to the charity in return.

“It’s the third or fourth year I’ve done it now,” explained Pete, from Desford. “I was really pleased with the response - people have been very generous.”



Pete, and his wife Pam, are regulars at SCTE teacher Michelle Scott-Worthington's Pilates classes in Newbold Verdon.

He became aware of the work of the charity through some of his fellow classmates, who are past participants of In the Pink.

Lynne Showell, SCTE Chair said: "Pete has once again been a superstar with the selling of his tomato plants. He has produced a great effort and the money he has donated will be of great benefit to the charity. On behalf of all the Trustees we would like to thank him for his fantastic contribution."

Big thanks to Pete and Pam for all their hard work – and to Michelle's son, Sam, who helped out by delivering the tomatoes to their new homes.

- Did you buy plants from Pete? We'd love to see your pictures! Send them to media@scte-activities.org.uk

A fundraising ramble around Leicestershire

If you would like to improve your fitness and raise funds for SCTE into the bargain, why not take part in our Leicestershire Round Ramble? October is Breast Cancer Awareness month and to mark it, we'd like you to join us on The Leicestershire Round, a 100-mile walk around some of the county's best-loved locations.

From Bradgate Park, family home of Lady Jane Grey, the nine day's queen of England, to Melton Mowbray, where you might pick up one of their famous pork pies, there's a story along every step.

The Leicestershire Round Ramble will take place over four weekends, and fundraisers are welcome to join us on all eight days – or just for a morning.

Or if you'd prefer to do it in your own time and way, you're welcome to do it when, and how, you like.

Every 'In the Pink' programme costs £4750 for 10 participants over eight weeks. And this year your support is more important than ever, as like so many charities, our fundraising has been affected by the coronavirus pandemic.

Interested? Email us at admin@scte-activities.org.uk to find out more.

Follow us @scte-charity



Supporting Confidence Through Exercise

Charity No **1169791**

www.scte-activities.org.uk Telephone: 0300 365 9791