

### The Friary Newsletter, August 2024

Summer's in full swing at the Friary Drop-In Centre

### **Sponsor our Robin Hood Half Marathon Runners**

Donate



## **Welcome to the Friary**

The latest news and events, direct from our Drop-in Centre



Are you ready for our next bargain sale? Next Saturday August 10th we will be open and ready to go with some incredible deals on a wide range of goodies. From vintage clothing to electronics, as well

### as refreshments and homemade cakes, there's something for everyone at prices you won't believe!

# Spread the word and invite your friends and family to join in on the fun. Trust us, you won't want to miss this - see you there!

#### **The Friary's Allotment Project**

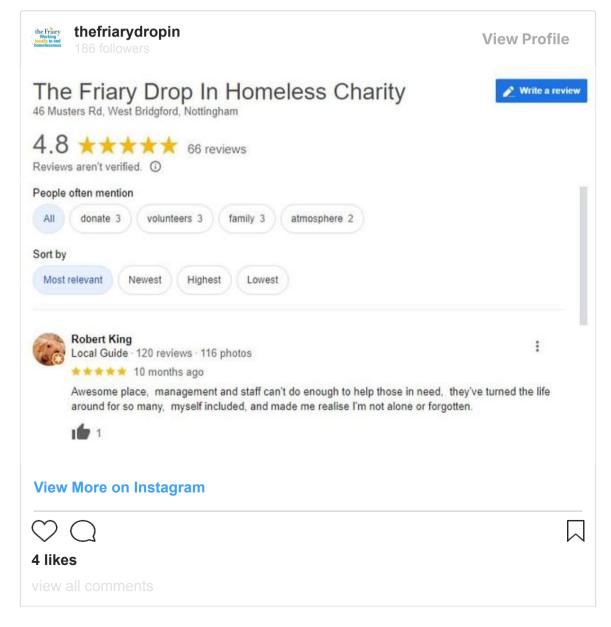
We've had a huge bounty to harvest at our allotment this month! We've been sampling potatoes, beans, beetroot as well as lots of fruit such as blackberries, raspberries and plums! The apples are still quite sour, but we look forward to eating them in a month or so. Thanks so much to Councillor Sara Dellar who stopped by for a tour of our sites during one of our Friary Allotment Project sessions.



Thanks to everyone at the **Lady Bay Open Gardens** who showed their support for the Friary! Whether you hosted a garden yourself or just visited, we are very appreciative. We were also blown away by the creativity of the "Garden in a Wheelbarrow" entries, they were all so impressive! Looking forward to next year already.



## **Rate us on Google Reviews!**



#### **Robin Hood Half Marathon with the Friary**



In just two months, our runners will be embarking on the Robin Hood Half Marathon 2024. With this in mind, the Friary has started a new **Run Club** - you don't have to be a marathon runner to get involved, all abilities are welcome. We already have 30 members! Join us:

#### When: Every Thursday at 6pm

Where: The Ferry Inn Car Park, NG11 7AA

What: All abilities welcome as we embark on a 5k run around the River Trent.



If you're interested in running the marathon in support of the Friary, we have a limited number of **FREE ENTRY** codes - please register your interest <u>here</u>.

Of course, if you're not up for the challenge yourself, you can still sponsor our runners on our <u>JustGiving page</u>.

#### Meet the team - Charlotte



Charlotte is our Resources Manager; she ensures that the Friary has everything it needs to run smoothly on a day-today basis. You will usually find her in the stores of our Drop-In Centre.

#### How do you start the day?

With a smile and a spring in my step.

What does a day at work look like for you?

donations from Wilford Lane Coop. I make sure the coffee bar volunteers have everything they need to start the morning. Then I make and give out food parcels to our visitors, and do loads of laundry. After we close, I sort through any new donations and ensure our stocks are replenished with food, clothing and toiletries.

# What did you want to be when you were younger?

I wanted to be a hairdresser - I would cut all of my friends' hair (not very well!) What do you do outside of work to unwind?

I love to walk and I go to the Friary Run Club on Thursday evenings.

#### What is my hidden talent

I can do the splits.

# What do you hope to achieve in this year?

I'd like to travel more.



## Join Us!



### Volunteer with us today

We always have a wide range of volunteer opportunities available. Check out our current listings on our <u>website</u>

Sign up online today and make a difference in your community

Sign up

# Thank you to our donors!

We couldn't have offered the services and support we do without the help of our generous donors and supporters. Thank you for everything you've helped us achieve this year.

Become a donor today or leave a gift in your will

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#### The Friary Drop-In

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