



Welcome to Ronald McDonald House Oxford

Ronald McDonald House Charities (RMHC) is an independent Charity which aims to provide free 'home away from home' accommodation at hospitals across the UK, enabling families to stay close to their child and maintain a degree of normal family life. RMH Oxford has 18 family bedrooms and supports hundreds of families each year.

Welcome to our Summer newsletter. It's been a really busy year for us here at the House, with families from all over the UK staying with us. We've been busy with fundraising events too, and are well on the way to raising the £185,000 it costs us to run the House. If you have a fundraising idea, or would like to get involved in any of our events, please get in touch, I'd love to hear from you. andrew@rmhcoxford.org.uk

We continue to receive a huge amount of support from families who have stayed in the House, and this is evident from our supporter's tree which is filling up with names. To find out how you can get a leaf on our tree drop us an email or call the office and speak to one of the team. Email: info@rmhcoxford.org.uk Phone: 01865 234274

Thank you to all those who donated their room deposits and have made donations large or small and gifts in kind, you are too numerous to mention but we really appreciate all your support.

How You Can Help

- ♥ You can help us by setting up a regular gift (**Standing Order Forms available**) or making a one-off donation via our website, or you can send a cheque to us.
- ♥ You can organise a fundraising or sponsored event such as a sponsored walk, quiz night, coffee morning or car boot sale. You can also help your local school to organise a fun day, fete, cake sale, own clothes day or sports day – the list is endless!
- ♥ A great way to fundraise is to take part in a sporting event! If you are a keen swimmer, runner or cyclist there are many events you can take part in or simply organise an event yourself.
- ♥ We need to spread the word about the charity and the House. Remember fundraising events can be a very enjoyable experience and can be a great way of getting all your family and friends together.
- ♥ If you would like to be featured as a case study or have any other enquiries please contact Andrew our Fundraising Coordinator - andrew@rmhcoxford.org.uk



We need auction & Raffle prizes for this year's Gala Fundraising Dinner in October. Could you help by donating an item, or would you be willing to contact businesses in your community and ask for support? If you can help in any way please contact Andrew at the email address above.

RMH Oxford Marathon Runners Conquer Rome!



We went, we saw, we conquered! On March 20th 9 runners from RMH Oxford stood in the shadows of the Colosseum waiting for the starting gun, at the start of their 26.2 mile journey. 6 hours later all 9 runners stood proudly back at the Colosseum with their Maritona di Roma 2011 finisher's medals.

For the 9 members of the team their journey has been much longer than 26.2 miles, many of them starting their marathon training last year and spending many hours throughout the winter running in all weathers in preparation for the big day.

Huge congratulations to all 9 runners who put in a massive

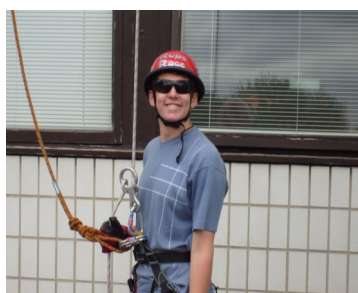
effort on the day and have helped make this the most successful fundraising event we have ever held. Between the 9 runners we have raised over £17,000 to help RMH Oxford continue supporting families at Oxford's children's hospital.

We couldn't have done it without our fantastic support team in Rome who cheered us on around the course, and were there for us at the end to help us back to the hotel on our very weary legs. Thanks to Chris and Pennie from www.eventaiduk.org for organising such a fantastic trip to Rome, and for looking after us all so well. Thanks to Michelle, Diane, Stuart & Lester for their enthusiastic support.

The biggest thanks go to our runners for their hard work, here's how they got on:

- ⊗ **Helen Rees** 3hrs 51mins 37 secs
- ⊗ **Lee Amey** 4hrs 08mins 59secs
- ⊗ **David Crosthwaite** 4hrs 18mins 42secs
- ⊗ **Paul Wilding** 4hrs 19mins 08secs
- ⊗ **Andy Boon** 4hrs 22mins 07secs
- ⊗ **Steve Breakspear** 4hrs 53mins 44secs
- ⊗ **Andrew Tee** 4hrs 53mins 44secs
- ⊗ **Zoë Surman-Francis** 6hrs 08mins 52secs
- ⊗ **Ed Nieburg** 6hrs 08mins 52secs

If you'd like to join the RMH Oxford team for the Rome marathon in 2012, email: andrew@rmhcoxford.org.uk



40 daredevils take the plunge and help make a difference...

On May 22nd we welcomed 40 supporters to the hospital, and then asked them to abseil 100ft down the side of the building!

It was a fantastic day and was really good fun for everyone that abseiled, and for the many families and friends that came along to cheer us on.

We have raised over £12,000 through sponsorship so far which is a great success.

RMH Oxford Golf Day

26th May saw the return of our annual golf tournament, hosted by Perry Akhtar. This year we returned to the excellent Overstone Park Golf and Leisure Resort in Northamptonshire. Well, what a day! We had sunshine, rain, wind, thunder and lightening, and at one stage we were told that if the lightening got any closer we would be asked to get off the course! Luckily that did not happen and all teams managed to play the full eighteen holes, some better than others.

A whopping £16,585 was raised, helped by Flamefast who sponsored the event.





Sponsored Walk in the Park

On Saturday 18th June we joined our friends John & Liz, with their boys Jake & Josh for a sponsored walk around Irchester Country Park in Northampton. Despite the wind and rain a great day was had by everyone that turned up to support us. Thanks John & Liz, we look forward to next year's walk!

Reading Half Marathon & Green Park Challenge

Congratulations to all the runners who took part in this year's half marathon & fun run in Reading's Green Park.

"Team Hine" continue to fly the flag for RMHC in Reading and turned out in force, and in their running vests to raise awareness of the charity in their community.

As well as having a great day, and all completing their runs they have raised more money for the Oxford House.

It looks like we might have a new team of future marathon runners in the making!



Jonty Hine (front centre) & friends gets ready for the start



Summer Garden Party

On Sunday 26th June Nicholas and Cherry Jones invited us to join them for a summer garden party in the grounds of their beautiful home in the Cotswolds. There was a hog roast and salad buffet lunch followed by an afternoon of family entertainment including a magician, bouncy castle, trampoline, and face painting. Over 200 people came and enjoyed the sunshine, and so far over £16,000 has been raised for the House. Special thanks go to the Oxford Mother's Union for their continued support, and for baking so many wonderful cakes and scones for the party.

RMH Oxford gets a "Big Yellow" helping hand!

As RMH Oxford continues to develop, storage space in the House for fundraising equipment, merchandise and donated items has become a really tricky issue. It seemed the obvious solution would be an offsite storage facility, but we could not justify a monthly rental cost.

Just when we had started to give up on the idea we received a phone call from Matt Clark, manager of Big Yellow Self Storage in Oxford, kindly offering to support us by providing a free 30 sq. foot storage room.

Having this storage space has been a lifeline for us as we can now store donated items and fundraising equipment in a safe & secure location that is easy to access 7 days a week.

The House can now also look at getting better deals on merchandise as we have the space to store boxes and this means we can buy items in bulk and save money.

Thank you Matt and the team at Big Yellow Self Storage in Oxford, you are helping us to continue helping families of seriously ill children.





RMH Oxford Gala Fundraising Dinner

Ronald McDonald House Oxford is proud to announce its annual gala fundraising dinner. This year's exclusive black tie event will be held on Saturday 1st October at the prestigious Heythrop Park Resort.

Once again we have a glitzy night planned and we'll be saying a big thank you to our supporters, welcoming new friends to the Ronald McDonald House family, and of course hopefully raising thousands of pounds to help keep the House running for another year.

The evening kicks off at 7.00pm with a champagne reception followed by a 3 course dinner with wine. During dinner we will have guest speakers talking about their experiences in the Ronald McDonald House and the work it does within the Oxford Children's Hospital.

After dinner you will have a chance to get your hands on some very special items in our charity auction, and we'll also have a raffle packed with fantastic prizes. The night will be topped off with music & dancing into the small hours.

Tables of 10 are available at £750 each if you want to bring a group of friends or colleagues, or you can book individual places at £75 each. Places are limited so I would ask you to book your places without delay to ensure you don't miss out on what promises to be a very special evening. For details on booking please email: galadinner@rmhcoxford.org.uk

House Wish List

If you could help us by donating any new or used (but in good condition) items it would be greatly appreciated. At the moment we would like:

- ♥ Baking Trays & Frying Pans
- ♥ Children's DVDs'
- ♥ Children's toys (No soft toys please!)
- ♥ Large Artworks for the House
- ♥ Bath Mats & Towels
- ♥ Toiletries—shampoo etc
- ♥ Tinned foods for families
- ♥ Sandwich Toaster
- ♥ Children's Cutlery
- ♥ Batteries AA & AAA size
- ♥ Travel cots



We hope you enjoyed this edition of the RMH Oxford newsletter and welcome your feedback as well as your contributions to the next edition. Please send any information, which could be House news, fundraising events or opportunities, or any questions you have to Michelle Francis (House and Family Care Manager).

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