



## NEWSLETTER

December 2015, Issue 1

### WELCOME

Hello and Welcome to the first issue of our newsletter.

We are very excited to present our first newsletter to our partners and supporters. Our goal is to keep you informed on recent and future events, details of forthcoming projects and general information about Imara.

We welcome contributions from our supporters and partners. If you would like to feature in our next newsletter, contact us at [info@imara.org.uk](mailto:info@imara.org.uk)

### Latest Imara News

**New Staff:** We would like to give a huge welcome to Jenny and Sabina to Imara who joined our admin team in November.

**New website update:** We will be updating our website [www.imara.org.uk](http://www.imara.org.uk) in the new year. Watch this space! If you would like to see anything on our website, please email and let us know.

**Successful Bids:** We are happy to announce our bid to the following funders have been successful!

**Esmee Fairbairn**  
**The Jones Trust Community Fund**  
**Post Code Community Trust**



Christmas and New Year greetings to all our supporters from Cath and Tamsin!

We are delighted to be sending out the first of our IMARA newsletters and hope that you enjoy reading about some of our successes over the past year and some of the exciting things that we are looking forward to in 2016.

We want to take this chance to say thanks to all of you who have supported us with fundraising, donations, supportive words and good wishes. It means a lot to us and we are hoping to have a big push to expand our supporter base.

A big thanks and welcome to our new administrators Jenny Wong and Sabina Tajbhai, who have joined the team this Autumn and have put the newsletter together.

We have an exciting Valentine's raffle coming up, with three fantastic prizes that have been donated by individual supporters, Centre Parcs and Bella Italia, so don't miss your chance to win a holiday, a day out or a three course meal!

Imara is facing new challenges in 2016 as we work towards making the service more sustainable. We have several funding applications in the pipeline, which will enable us to bring in more money through contracts and tenders, so that we are less reliant on our grant aided funding. Exciting times as we develop partnerships and links with advisors and businesses and we look forward to keeping you updated over the year!

We hope that you all have a peaceful holiday time.

# Fundraising

## 6 Dale Challenge

By Scott Browett

About 1 year ago I was thinking about doing another charity event which I do each year to give something back into the community. I have been charity events now for 4 years and each year I was doing it for a chosen charity of someone's choice. Last year I invited some friends round to my house for a get together and the basis was to talk about a charity they wish to do a challenge for. I knew what the event was but no idea who to raise it for. The event would be a 25 mile walk and it had to be completed in 11 hours otherwise we failed. The walk covered 6 dales of the peak district and I was excited by it. After we all spoke it was voted that a local charity called Imara was the one everyone was keen to raise for. I just loved what they were about and the struggles they face and I knew we would raise money and smash the challenge in record time. In July 2015 10 including a dog set out and completed the 6 dale challenge in 10 hours. This was a pleasure to do and one I will never forget. We raised around £1600 which was an amazing feeling handing the money over to the amazing people of Imara. I am already in the process of organising the next challenge which will be the Hadrian's wall walk and this will be for Imara once again.



## Local Giving Update



Local Giving had two great match fund campaigns in October and December that Imara took part in.

Grow your tenner saw £10 donations doubled, we raised **£663.42** and Give me 5, we raised **£87.50!**

Thank you to all those who have donated and remember you can keep donating through our local giving page on [localgiving.com/charity/imara](http://localgiving.com/charity/imara)



## Training Courses at Imara

In partnership with the Lucy Faithfull Foundation, a registered child protection charity which works across the UK to prevent child sexual abuse, we are holding the following courses in March and April 2016.

Pre-pubescent children with sexual behaviour problems, Wednesday 16<sup>th</sup> March 2016 9.30am – 4.30pm

Assessing non-abusing mothers and partners, Wednesday 20<sup>th</sup> April 2016, 9.30pm – 4.30pm

**Cost: £90 for each course, or £85 each for if booking for both courses.**

To find out more information on the above courses, please contact us at [info@imara.org.uk](mailto:info@imara.org.uk)



Offering accredited training and CPD:-  
PICT (Parks Inner Child Therapy) Trauma & Abuse  
Specialist Skills Training  
PICT introductory workshops  
Hypnotherapy Training  
Specialist workshops and CPD courses  
For further information please visit:-  
[www.mindworks-training.com](http://www.mindworks-training.com)  
Or, Telephone 01773 761459



# 100<sup>th</sup> Mark Run – We need you

Our director Cath Wakeman will be doing her 100<sup>th</sup> mark run at Forest Rec Parkrun in March. To celebrate Cath's 100<sup>th</sup> mark run, we're looking for **100 volunteers** to run with Cath and raise money for Imara. If you would like to get involved or would like more information, please contact the fundraising team at [info@imara.org.uk](mailto:info@imara.org.uk)



## Upcoming Fundraising Events

December 2015: A Disney Christmas, Red Dance Group.



## Shout Out's

We would like to give a very special shout out to the following people who have donated and supported Imara this month.

**Scott Browett** for donating art therapy materials.

**Forget me Notts** for our Christmas selection boxes

**Boots, Mansfield** and **Boots, Giltbrook** store for donating some fabulous prizes for our raffle.

Thank you all so much for your kind donations!

## #Throwback

Our throwback of the month is the Pink Collar Boxing match in February, 2015 where our warrior welsh took part in a three, two minute round fight against her opponent and raised just over £1200 for Imara. We also want to say a massive thank you to Stacy Gray who took part and raised funds for Imara.



Front row: (L-R) Janette Welsh - Steph White - Stacey Gray  
Back row: Demi Harman - Laura Terry - Siobhan Pointon

## Restaurant Vouchers

Visit [www.vouchercodes.co.uk](http://www.vouchercodes.co.uk) to print off your voucher and to find more amazing deals.



25% off your Food bill at ASK Italian (expires 3<sup>rd</sup> January 2016)



25% off your Food Bill at Harvester (expires 31<sup>st</sup> December 2015)



2 Courses for £10.99 with advance Bookings (expires 31<sup>st</sup> December 2015)



3-Course Lunch Menu and a Glass of wine for £14.95 Loch Fyne, (expires 31<sup>st</sup> December 2015)