

Sunday 10 March



The Vitality Big Half

Please sponsor Constance, Jody and Jordan, who are running the London half marathon to help us support people like Jody's father, Gary, following a stroke.

Sponsor Constance, Jody and Jordan:
<https://uk.virginmoneygiving.com/constancefield>

Tuesday 12 March

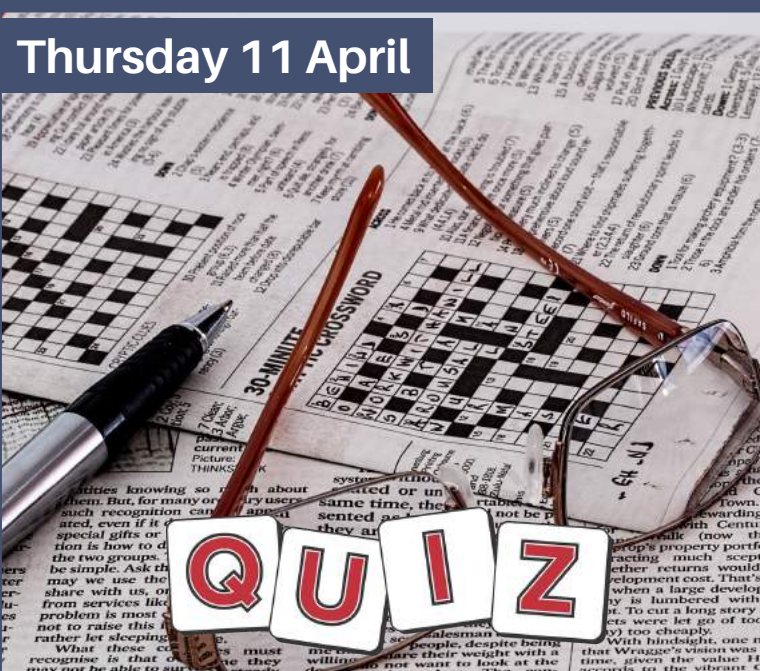


Charity Dinner

Join us for a Charity Dinner at the magnificent 14th century Bruisyard Hall and Barn in Saxmundham, boasting a medieval barn set in 700 acres of Suffolk countryside.

Tickets are £45 each, with tables of 8-10.
Email: teresa@denningtonhall.co.uk

Thursday 11 April



Quiz Night

Join us for a fun quiz night at our Bury St Edmunds hub with clients, families and friends all competing in a friendly social evening. Includes a cold buffet.

£8 per person with teams of up to 4.
Email: davidcrane@headwaysuffolk.org.uk

Saturday 27 April



Cycle Ride & Walk

Our 11th Sponsored Cycle Ride and Walk is a 30, 40 and 50-mile cycle route through Ipswich, Leavenheath Felixstowe and Martlesham, plus a 10-mile walk.

Register and set up sponsorship:
www.headwaysuffolk.org.uk/events