

Weight Loss Challenge Newsletter 4
14th May 2014



Miss Diane Roberts (Santander)

Mrs Katrina Lawson (Ty Gobaith)

We have been able to hand over a cheque to Ty Gobaith for £4,000-27p. So far this year our fund raising total this year has been from:

- The sale of key rings in the management centre, where £24-27p was raised
- £50 from the School of Education Christmas carol service
- £2000 – the proceeds from the University staff lottery that solely exists to raise funds for Ty Gobaith
- £1,233 from this year's weight loss challenge
- £700 from Santander whose support for the weight loss challenge matched £1 for £1 the 1st £700 that members of the challenge had managed to raise.

Our thanks go to:

Ffion Lisk and the management centre who hosted this year's weight loss challenge and raised funds from the key ring sale

Helen Williams who used to be part of the School of Education and has now moved over to student services

Gillian Barraclough without whose help and that of the finance department team it would simply not be possible for us to have a lottery for Ty Gobaith. The Ty Gobaith staff lottery started in August 2008. Our donations to the childrens hospice from the lottery have now amounted to £19,500.

Members of this year's weight loss challenge. This year's challenge started on January 22nd and ran for 10 weeks. 80 people began the challenge and 47 made it to the finishing line. I hope that you have enjoyed this year's weight loss challenge – with inspirational the talks from guest speakers who included

- **Andrea Smith** from the North wales Spine Clinic who explained how weight can be lost and managed through a healthy lifestyle of nutritional food and exercise
- **Einir Young** who shared the success of her diet regime for sustained weight loss

- **Michael Jones** who shared the outcome of an assignment he had undertaken for his BA degree course at Bangor University. Mike helped to support our motivation to continue to lose weight.

We particularly want to acknowledge the efforts from members of staff who work in Mold and Wrexham. Where they are based made it impossible to attend our weekly weigh-ins, our lunchtime walks and the talks by guest speakers. So well done to them for their unsupported efforts.

Finally to all members of the weight loss challenge, well done and thank you for your personal donations and thank you to those that sponsored your effort.

Joe