



4th May 2022

HELLO AND WELCOME

And May the Fourth be with you!! Sorry, couldn't resist! How are you? I hope you are keeping well and are enjoying all the bank holidays we have kindly been given recently. What fun!

I write today from a rainy Runcorn. I hope wherever you are the sun is shining, I believe we're promised a heatwave next week, wouldn't that be nice.

Here at Claire House, as always, there's lots going on. Myself and the team are currently in the middle of a huge planning session which includes marketing and communication. It's something we've not done before, but we want to spend this year focusing on shouting about our amazing volunteers, in the hope of attracting more to join us. We are potentially going to develop a recruitment video, so we can really showcase just how much our volunteers do for us. We're still in planning mode, so we don't know what it looks like yet. But I do know we will need lots of volunteers to be involved, so if you've ever fancied being a celebrity (well, I can't really offer that), but the next best thing is being a part of our volunteer video (surely). Stay tuned for more information!

Of course, our amazing events are going strong, this month we've got the Chester Half Marathon, Wirral Coastal Walk and 100ks of Summer starts up again! If you'd like to get involved in helping out (or running a half marathon), then do drop me a line.



SPEAKER OPPORTUNITY

You may remember in the February edition, we did a spotlight on one of our Volunteer Speakers, Maggie. Maggie shared what a day in the life of a Speaker at Claire House looked like. Well, we're now looking to recruit some more Volunteers Speakers to join the team.

This is a role you can do ad-hoc, on top of your current role, or perhaps you could share this with a friend or family you think might be interested. We're looking for someone who enjoys meeting new people, and wants to make a huge difference to Claire House. These new roles will be covering the Liverpool area, so if you live in Liverpool, or are happy to travel, this could be the role for you. You must be a real people person and be ok with public speaking.

All training will be given, including having a buddy who will help you with your first few talks. We know it can be daunting speaking in public, but what a great topic to talk about, Claire House. Due to the nature of the role, most talks will be of an evening and weekdays. You can do as many speaker opportunities as you like, you can fit it around other commitments, so it's a great role for someone who may work elsewhere, or have family commitments. If you'd like to know more about the role, you can find out here

<https://www.clairehouse.org.uk/jobs/volunteer-speaker/>.



STRICTLY, CLAIRE HOUSE

We're getting back to our usual event program, which is brilliant to see. Our Claire House Strictly event had been postponed during the pandemic, so it was great to be back up and running last weekend.

This event takes place at the prestigious Titanic Hotel, Liverpool in the Rum Warehouse. The room is transformed with glitter and feathers in true Strictly fashion.

Lorna, pictured right, who won the competition, joined 6 other amateur dancers who trained to take part.

Strictly has been running since 2015 and has raised over £210,000 for Claire House, it's one of our much loved events and we are so happy to see it back up and running!! Huge Congrats to Lorna who was crowned Strictly Winner 2022!!



CLAIRE HOUSE TRUSTEES

Ever couple of years, we have to sadly say goodbye to our much loved Trustees and recruit new ones. Due to the Pandemic, some of our Trustees stayed longer than they were expected too, this was to ensure we had consistency during a turbulent time. They kindly stayed on an extra year to help us recover from the pandemic.

Now, however, we sadly have to say goodbye and welcome two new Trustees to the Board. I'm delighted to say that Andrew Selby and Jonathan Bagley are our two new Trustees who are joining Claire House. You may see these Trustees as I know they are keen to meet volunteers in our shops, hospice and at events, so keep an eye out! You can find out all about our Trustee's and their backgrounds here

<https://www.clairehouse.org.uk/about-us/our-people/>



AND FINALLY...

You know I love a peculiar good news story, and this one is not to be sniffed at, literally.

A Welsh firm has found a way of turning used nappies into a road surface. Yes! You read that right.

Over 3 billion disposable nappies are binned each year in the UK alone, and this idea is currently being trialed in Wales.

The nappies are collected and the recovered materials, including cellulose fiber can be used for a variety of purposes including fibre boards and acoustic paneling.

You can find out more about this innovation (if you really want to ;)) at www.nappicycle.co.uk

Just when you think this section of the newsletter can't get any weirder, here we are. As always, look after yourself. Amy x

