

## Community

# Busing in a blood vessel

GIVING blood is one of the most worthwhile things we can do, and one Year 13 student from Trent College in Long Eaton has made it her goal to get as many of her teachers and peers involved in blood donation as possible.

Katie Schwarz, 18, who is coming to the end of her 'A' Level studies at the school, organised a 'blood bus' from the National Blood Service to visit Trent College on Wednesday, May 12. She had been encouraged to take up the challenge following a talk during a PSHE (Personal, Social and Health Education) lesson, when Keith Sudbury came in to talk to the students about

his son Adrian, who died of leukaemia last year.

Adrian, a talented journalist, was famous for setting up 'Baldy's Blog', through which he shared his experiences during his illness, and which has now been turned into a book. He also wanted to educate the public about bone marrow donation, even taking his campaign to Downing Street.

Katie said: "Mr Sudbury told us that when his son was dying, his wish was to try and encourage as many young people as possible to donate blood and bone marrow. After the lecture, lots of people

were really interested but due to the busy lifestyle at school, many people would probably not have the time to find somewhere to go and donate.

"Miss Matthews, Head of Sixth Form, mentioned that there are mobile buses that visit different places so I thought it would be great if we could get one to come into school."

It was no mean feat: Katie had to liaise with the National Blood Service, complete health and safety assessments, ensure that appropriate facilities were in place and gain enough interest for the bus to visit the school.

"I'm really pleased that we had such a great response," said Katie. "Everyone has been very enthusiastic and supportive. I already give blood whenever I can and it's something I feel quite strongly about. I realise the importance of it as my granddad had leukaemia and I know it requires many blood transfusions.

"Apart from encouraging as many people as possible to give blood now and in the future, an important part of the day was to make the younger students aware of what was happening, so that they might consider giving blood when they are old enough."

# Castle College searches for host families

CASTLE College is looking for additional host families to support its growing international provision. Successful hosts will be paid for providing accommodation, breakfast and evening meals to one or more students.

Shaf Hussain, Director of International & Projects, said: "Each year, the college welcomes international students from more than 20 countries. This enriches the cultural experience of all our students at the college as well as making a valuable contribution to the college's income and to the local economy."

Mr Hussain continued: "For many of the students, it is their first time away from home and they value the experience of living with

a British host. It helps them to improve their English and taste true British family life, and the hosts also have an opportunity to learn about and experience new cultures."

The college is particularly looking for hosts who live in the Attenborough, Beeston, Bramcote, Chilwell, Long Eaton, Stapleford, Toton and Wollaton areas.

The students are mainly aged between 16 and 18, but the college is also looking for hosts who would be willing to accommodate mature students on short-term courses which last up to six months.

For more details and an informal discussion please contact Marlys Murray on (0115) 884 2536.

# ABC LETS website launch

## Surf and swap, share and save

by Jill Burn

THE ABC LETS (Attenborough, Beeston and Chilwell Local Exchange Scheme) was set up in 2001 to renew the kind of neighbourly exchange that used to take place before our lives became too busy and complicated.

If I had a piece of equipment in my garage that I used once a year, such as a long-handled pole for pruning trees, why shouldn't my neighbour borrow it on a day I'm not using it? Or if I had a particular skill, such as sorting out a computer or making up flat-pack furniture, whilst someone else had the time to

look after my cat when I'm on holiday or give me a lift to the station, isn't there some way we could help each other without having to pay £10 or £20 an hour?

This makes sense not only for helping my neighbour but also from an environmental point of view. The important thing is that everyone has something to offer, even if they don't think so at first.

The ABC LETS currently has about 60 members who live locally, which is good for the environment and helps to build a sense of community. We don't deal in 'real' money but in 'Bees' except for where there are real costs, such as petrol.

We now have a website ([www.abclets.org.uk](http://www.abclets.org.uk)) where we can list our skills, offers and needs, 'pay' for services and check our balance of Bees. However, we also

have a printed directory and a 'cheque' book for any members not using a computer.

The website will be officially launched with an evening of socialising and hands-on training on Tuesday, June 8, at Round Hill School, Foster Avenue, Beeston, between 7pm and 9pm. Current and new members will have an opportunity to log on to the website and ask any questions they may have.

Everyone is warmly invited to this free event. Refreshments will be provided and existing members are encouraged to bring items to trade.

For further information, please contact Jill Burn, tel: (0115) 849 5517 or have a look at the website at [www.abclets.org.uk](http://www.abclets.org.uk)



## Run for Treetops Hospice in the Experian Robin Hood Festival of Running

### Sunday 12th September 2010

**Support Treetops Hospice and the terminally ill people of Nottinghamshire and Derbyshire.**

Sign up online at the official website at [www.experianfestivalofrunning.co.uk](http://www.experianfestivalofrunning.co.uk) and choose Treetops Hospice.

Call for a Treetops Hospice fundraising pack or visit [www.hospicerrun.co.uk](http://www.hospicerrun.co.uk)

Get health and fitness testing with Loughborough University Sports Science team.

Choose your event...

- 5km Mini-Marathon
- Half Marathon
- Marathon

Call Kate or Alex on **0115 939 4551**

Email [running@treetopshospice.org.uk](mailto:running@treetopshospice.org.uk)

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