

# Dates for your diary!

Below we've listed all of the events we have got coming up over the next few months. We'd be delighted if you could come along and support one or more of our events by either attending or to volunteer if needed.

You can help for as little or as long as you are able and by giving **even just a few hours of your time** you can help make a world of difference to people affected by cancer right here in Edinburgh. If you can help, can't help this time but would like to hear from us about other activities or would like more information on Maggie's Centres in general, **please contact Marion** on **0131 537 3135** or email [marion@maggiescentres.org](mailto:marion@maggiescentres.org) (if emailing, please make it clear which event you are able to help at).

Event	When	What you can do!...
<p><b>Scottish Gas Staff Fashion Show</b></p>	<p><b>Saturday 30<sup>th</sup> October</b></p> <p>Time to be confirmed but to be there from 6pm</p>	<p><b>Looking for volunteers</b> to come along and help with either selling raffle tickets or supporting the models with their clothes changes.</p> <p>If interested please contact Marion - contact details above.</p>
<p><b>Three for one!</b></p> <p>25th Anniversary team Triathlon Event for Sheraton Grand Hotel and Spa.</p> <p>All activities being held in One Spa</p>	<p><b>Sunday 14<sup>th</sup> November</b></p> <p>Entry costs £25 per person</p> <p>Deadline for entries 30<sup>th</sup> September</p>	<p>The event will be split into traditional triathlon disciplines of swim, cycle and run with one team member tackling each stage.</p> <p><b>To register or for further information contact the One Spa Fitness Team on 0131 221 7777 or email <a href="mailto:info@onespa.com">info@onespa.com</a></b></p>
<p><b>Edinburgh New Town Cookery School</b></p> <p>7 Queen Street, Edinburgh</p> <p>Buffet lunch and wine</p>	<p><b>Friday 26<sup>th</sup> November</b></p> <p>10.15am</p> <p>Tick ets cost £65</p>	<p>Food and Flower demonstrations by Thomas Maxwell of Flowers by Maxwell and Fiona Burrell, Principal of ENTSC.</p> <p><b>To purchase tickets please call 0131 226 4314 or email <a href="mailto:info@entcs.co.uk">info@entcs.co.uk</a></b></p>
<p><b>Christmas Card Shop</b></p> <p>St George West Church, Edinburgh</p>	<p><b>12<sup>th</sup> Oct – 18<sup>th</sup> Dec*</b></p> <p>10.00am – 4.00pm</p>	<p>The Christmas card shop sells cards for a variety of charities, including Maggie's.</p> <p><b>*We need volunteers for our rota days:</b>  <b>15<sup>th</sup> Oct, 29<sup>th</sup> Oct</b>            12<sup>th</sup> Nov, 26<sup>th</sup> Nov – now filled            10<sup>th</sup> Dec – now filled</p> <p>If interested please contact Marion - contact details above.</p>
<p><b>Challenge Scotland</b></p> <p>Inverleith Park/Botanic Gardens, Edinburgh</p> <p>5k run / 6 mile walk / Mile walk</p>	<p><b>Sun 5<sup>th</sup> Dec</b></p> <p>Charity walkers £8</p> <p>OAP, U/18, unemployed £5</p> <p>Under 5s, dogs £2</p>	<p>Walk or stroll 1, 2 or 3 miles on behalf of Maggie's.</p> <p><b>To register please go to: <a href="http://www.challengescotland.com">www.challengescotland.com</a> and remember to choose Maggie's as your charity!</b></p>