

NOTDEC NEWS



MARTIN NAILS IT!

Martin Haywood has completed a 4,000 mile bike ride to raise money for the NOTDEC children's centre in Uganda. After ten weeks pedalling, his is the sweet smile of success!

For the last 25 miles, he was joined by 15 cycling buddies and led the peloton home to energetic acclaim from a crowd of family, friends and supporters.



Distance cycling is like banging your head against a brick wall: it's wonderful when you stop! Martin finished his tour de force with a pint at the Newbold Comyn Arms in Leamington Spa. Below he's shown passing beneath the Arc de Triomphe – and then perhaps in Downing Street.



Good Evans!



Martin's marathon has been powered by pedalling and prayer.

Miraculous mechanical support has been provided by Evans Cycles – with free servicing every 10 days and preventive replacement where necessary. Martin had literally NO mechanical breakdowns!

As a "thank you", he started his last 25 miles from the Evans shop in Warwick Street, Leamington Spa. Here, Martin poses with the manager, a mechanic, and fifteen cycling aficionados.

A Weight off His Mind?



Over the 10 weeks and 4,000 miles Martin lost 24 pounds – meaning he's leaner and fitter than he's been for years!

But WHY? At 50, why put yourself through all this?

In May 1998, Martin was diagnosed with testicular cancer. Reaching 50 was a huge milestone, one he wanted to thank God for, one he wanted to mark by making a real difference: by putting something back. The needs of children in Uganda, and of NOTDEC looking after them, spoke to him.

Getting into Hot Water



Until very recently, all NOTDEC's washing was done in cold water. It took forever: and the children's clothes still didn't look clean. Now, thanks to Martin's fundraising, some solar powered water-heating has already been installed (left) so housemothers have warm water in the laundry (right). With plans for hot water showers too, Martin's on-going fundraising is sure to be warmly welcomed!

An Open Goal

It was the words of a NOTDEC child that *first* touched Martin's heart.



It's true. NOTDEC's new site includes a huge football pitch with goalposts and occasionally white lines too. But, unlike our kids here in the UK, NOTDEC children have no football kit.

In tropical Uganda, they play in their everyday clothes – which get very sweaty and dirty.

Martin is negotiating to get them some proper football kit.

Want to help?

Martin's fundraising target is £10,000. To date, including Gift Aid, he has raised over £7,650.

If you've already made a donation, thank you: NOTDEC UK needs people like you!



If you haven't yet donated and would like to help Martin reach his target, it's not too late. Just click the red *4000 mile bike ride* icon on the left to donate via Virgin Money Giving.

And if you can, please Gift Aid your donation – to help the NOTDEC kids even more.

On behalf of Martin, thank you for your help.

NOTDEC UK Trustees