



Hands update



...and do bring family and friends

THE idyllic lawn at Kenwood's Farm Cottages (just next door to the car park) will be the setting for the first Heath Hands Family Tea Party, set for 12 May 2002 from 3pm to 5pm. Tickets, for which booking is essential, are just £5 for adults, £2.50 for children or £10 for a whole family with up

to three children. Another Heath Hands first, this spring event will feature a menu of homemade scones, jam and clotted cream, specially brought in from Cornwall. "This event is set to be a grand family get-together and fund-raising event to keep Heath Hands on the go,"

explains Heath Hands secretary and fundraising chair Annabel Wilson.

Apart from the delights of tea on the lawn, the event will feature face-painting for children by artist member Jane Wisner and a sale of exquisite baked goods, all homemade and contributed by members.

Opportunities for volunteers – from baking to serving to washing up – for this event are listed on the programme distributed for members only with this issue of Hands Update. For those willing to bake scones for the event, a recipe is available at the West Lodge Kenwood.

Speaking of fundraising...

THERE is still time to sponsor one of our runners in the Flora London Marathon on 14 April 2002. Here, volunteer Janet Cabot checks out nephew Sam MacGibbon's time as he trains on the Heath for the big event. Born and brought up in Hampstead, 27-year-old Sam now teaches in Croydon. Along with another runner at his school, he helped organise a disco for pupils to raise funds for Heath Hands, and recently spent many hours in his old Hampstead haunts raising sponsorship from friends and family. All of the sponsorship raised by our runners goes towards supporting administrative help for Heath Hands. If you would like to sponsor Sam and help Heath Hands at the same time, ring us at the West Lodge on 020-8458 9102 or e-mail: info@heath-hands.org.uk.

Picture by Nigel Sutton



On your marks: Janet Cabot and nephew Sam MacGibbon.

Volunteers set for litter blitz

A HEATH Hands-inspired project, designed to raise public awareness of the sheer scale of litter on the Heath and to clear the lot at one fell swoop, is the centrepiece of the Camden Volunteer Bureau's contribution to this year's Volunteer Week. The project is set for June 10, the day after a major cross-country charity race on the Heath.

Working with Business in the Community, the Corporation of London and English Heritage, as well as Heath Hands, the Volunteer Bureau is organising a cross-Heath litter blitz to involve employers who will be encouraged to give their staff time off to volunteer for the project. The spin-off should be more willingness to give employees time for community work, as well as a higher profile and increased numbers for Heath Hands.

The project will involve 12 teams of litter pickers.