

# **300 MILE CHARITY BIKE RIDE AROUND MID AND NORTH WALES**

**(Shrewsbury - Aberystwyth - Llandudno - Mold - Shrewsbury)**



## **RAISING MONEY FOR ROYAL SHREWSBURY HOSPITAL - NEONATAL UNIT TRUST FUND.**

On the 21st December 2009 our newborn baby son Sam arrived into this world. He was 14 weeks premature and weighed just 2lbs. It was a tremendously traumatic and emotional time for my family and we will be eternally grateful for the care and support of the staff on the neonatal baby unit at Royal Shrewsbury Hospital. Their professionalism, care and dedication to duty saved our little mans life in those critical first few hours and the days and weeks that followed.

Jodie and I both feel the need to recognise how indebted we are to the wonderful group of people on the neonatal unit at Royal Shrewsbury Hospital. Therefore my brother-in-law (Andrew), closest friend Dan and I will be undertaking a 300 mile charity bike ride on the 29<sup>th</sup> May – 2<sup>nd</sup> June 2010 around Mid and North Wales. All proceeds will be donated direct to the neonatal unit trust fund.

Any donation, no matter how small, you are willing to give would be gratefully received. There are 2 ways in which you can donate:

- \* Writing your name and contact details and donation amount below for collection on completion of the ride.
- \* Make a donation in advance to our Lloyds TSB Neonatal Ward charity account (Sort Code 30-97-62 Account Number 26877560). Any cheques should be made payable to "Neonatal Ward".

Many thanks in anticipation of your support.

*Stuart, Jodie, Sian + Sam Thomas*

