



Please help me raise funds for

A photograph showing the lower legs and feet of several runners in motion on a paved road. The focus is on the runner in the foreground, wearing blue and white sneakers. The background is blurred, showing other runners and spectators.

# Please support James O'Donald

## 2019 GREAT NORTH RUN

Please support me by sponsoring my run

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Duis lorem nulla, sagittis nec nulla eget, gravida mollis quam. Integer rutrum urna vel gravida bibendum.

Donec dictum massa non maximus tincidunt. Integer facilisis, lorem non sollicitudin blandit, neque odio dictum tortor, ac euismod nisi neque a elit.

Donating is quick and easy....

Just visit [www.justgiving.com/james-will-run/](http://www.justgiving.com/james-will-run/)

DONATE NOW WITH  
**JustGiving™**

The Life House, Grasmere Terrace, Columbia, Washington, NE38 7LP  
[info@washingtonmind.org.uk](mailto:info@washingtonmind.org.uk)    [www.washingtonmind.org.uk](http://www.washingtonmind.org.uk)

# Tel: 0191 417 8043

Charitable Incorporated Organisation: No. 1156010

Please help us raise funds for



## FUNDRAISING FOR...

and for coffee and cakes

Washington Mind's mission is to work in partnership with our community to promote recovery and improve mental health and wellbeing.

On Friday 24th October  
At The Holy Trinity Church  
At 11am

The Life House, Grasmere Terrace, Columbia, Washington, NE38 7LP  
[info@washingtonmind.org.uk](mailto:info@washingtonmind.org.uk)    [www.washingtonmind.org.uk](http://www.washingtonmind.org.uk)

**Tel: 0191 417 8043**

Charitable Incorporated Organisation: No. 1156010

# RACE NIGHT



Please help us raise funds for



## JOIN US TO RAISE FUNDS...

and you might even win some for yourself

Join us for a special evening at the races and help us raise funds for local charity Washington Mind

On Friday 24th October  
At The Chesters, Sunderland  
At 8pm

For more information or to book a place contact Liam on:

# Tel: 07843 134037

[www.washingtonmind.org.uk](http://www.washingtonmind.org.uk)