

## Kind commuters dig deep for kids' charity

CAUDWELL Children's charity has thanked commuters at Milton Keynes Central train station after a collection raised nearly £500 for sick and disabled children.

Travellers trawled their wallets to donate to the charity when four volunteers collected money last month to raise funds to provide much-needed essential life changing equipment, treatment or therapy.

Head of Station Services with London Midland, Richard Brookes said: "Our passengers have been tremendously generous."

Chief Executive of Caudwell Children, Trudi Beswick said: "We are incredibly grateful - this collection will make a significant difference to the life of a sick or disabled child".

## Fundraising ruined by theft of bicycle

A CHARITY fundraiser has had her bicycle stolen from a garage.

Alexandra Wells, of Oxley Park, used her road bike to raise cash for cancer charities but the bike was taken after thieves struck at the garage last week.

It is the second time in six months the rented garage in Wolverton has been targeted.

Alexandra won the bike in a Citizen competition run in conjunction with Phil Corley Cycles.

## Timely warning as summer hols begin

YOUNGSTERS whiling away summer holidays by local rivers and waterways should be aware of the dangers says the Environment Agency.

Fast currents; weirs; locks; cold water and unstable riverbanks pose a risk for even the strongest swimmer

Children should be taught to swim but not left unsupervised.

Environment Agency Waterways Manager, Ivan Forbes said water claims the lives of more than 50 children a year in the UK.

Drowning is the third most common accidental death among Britain's under 16s, behind road accidents and house fires.

## Show artistic skills to win a great day out

TWIST, turn, dodge and splash at Alton Towers this summer by winning this special competition.

Perry's Peugeot, Bletchley, is asking entrants to put their artistic skills to the test by drawing their ideal summer holiday.

The lucky winner will receive a family day ticket for four - two adults and two children - to Alton Towers.

The competition is open to anyone living in the Milton Keynes area.

To enter, post or email your drawing to: 'Perry's Summer Holiday Competition', c/o 1 Park View, Harrogate, North Yorkshire, HG1 5LY or [sophie@thewholecaboodle.com](mailto:sophie@thewholecaboodle.com)

## Now that's a really economical vehicle!

CITY students are doing their bit to fight rising fuel prices by devising a car which goes 1,542 miles per gallon!

A team from Leon School and Sports College took third place in the prestigious Shell Eco Marathon Challenge at Rockingham Motor Speedway last week.

And the environment friendly nature of their Leon-Ardo extended to its construction by using household ladders and recycled material.

**Got a story to tell? Ring newsdesk: 01908 372279**

# How magic bag for life can make real difference

by Anna Sexton

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WALK into any shop now and you'll be offered a choice of bags.

You can pay a little for the plastic carrier to eventually re-use or you can pay more for an organic cotton one and leave with the comforting knowledge you have done your bit to help the planet.

Today, however, a free bag which means much more than those modern-day shoppers has been included with your copy of Citizen First.

And it isn't any old bag. It is a magic bag. For the old, lifeless items you will put into it today will become a new lease of life for someone tomorrow.

By simply using this bag to post off your used inkjet printer cartridges, you will be donating to a Bletchley-based charity - the Helena Kennedy Foundation.

Through a charitable and environmentally-friendly scheme, the Foundation receives £1 for every cartridge which is recycled.

And in taking this simple, free, step you will in turn be helping an organisation which helps disadvantaged students to complete their studies and move into employment.

The Foundation, an independent national educational charity, was created 10 years ago by Dr Ann Limb, chairman of MK Partnership and former principal of Milton Keynes College.

It was set up to take forward in a practical way recommendations of Learning Works, the seminal report by Baroness Helena Kennedy QC which drew attention to the needs of adult learners nationally.

It is run by a small, dedicated team of staff, with its HQ at The Mansion, Bletchley Park, home of the World War II codebreakers.

The concept at the heart of the Helena Kennedy Foundation is simple and has remained the same since it was established.

Firstly, to provide a small amount of money, in the form of a non-repayable bursary, to students in desperate need at a vulnerable transition point in their education and, secondly, to offer some much deserved recognition and personalised support to enable these students to negotiate a successful path through higher education into employment.

The very first bursary winner came from Milton Keynes College, and in its first year the Foundation was able to give just that one award.

Since then, the Helena Kennedy Foundation has expanded rapidly and helped more than 500 disadvantaged students in its first ten years, enabling them to overcome numerous barriers in order to study at



**GRATEFUL: Mohammed Abdi - second from left - a now a doctor thanks to support of the Helena Kennedy Foundation. Also pictured are Baroness Helena Kennedy QC, right, and charity founder Dr Ann Limb centre.**

university and move on to successful careers.

The Foundation relies entirely on voluntary donations to fund bursaries, mentoring and ongoing practical support schemes for students.

This year more than 130 award winners attended receptions at the House of Lords, hosted by Baroness Helena Kennedy QC, the President of the charity.

One of the Foundation award winners, Mohammed Abdi, had just graduated as a doctor of medicine and said: "The Foundation helped me so much - not only financially but mentally.

"The day I arrived at the House of Lords to collect the award transformed me. Nothing is impossible, I thought, and I left there with so much belief in myself."

Another award winner, Lauren Howard, has just qualified as a teacher. She said: "I never really believed I was capable or worthy of studying at degree level until I was introduced to the Helena Kennedy Foundation.

"Simply knowing that an organisation existed which nurtured the possibility of someone from my background actually applying to take a degree course was astounding to me.

"The feeling of validation and the sense of simultaneous pride that I developed gave me the courage to attend interviews at some excellent universities."



**BENEFICIARIES: Baroness Helena Kennedy QC in the gold jacket at the front with some of the students who have been helped by the Helena Kennedy Foundation**

Baroness Helena Kennedy QC said: "The expansion of the Foundation over the last ten years demonstrates the continued need for the support we offer.

"Our aim is to develop and widen this support over the next 10 years in order to help even more students from disadvantaged backgrounds to study at higher education level and enhance their employment opportunities.

"The Foundation's graduates transform lives - their own and other people's."

The Foundation is always grateful for individual donations, however small, and larger organisations can help by sponsoring a bursary.

For more information call the team on MK 363452 or visit [www.hkf.org.uk](http://www.hkf.org.uk)



## Mercedes-Benz unveils bid to beat congestion charge!

MILTON Keynes-based Mercedes-Benz UK has announced its first two-wheel machine - a £1,099 folding bicycle!

With disc brakes, comfy seating and Continental tyres the urban runabout is small enough to pop into the boot, carry on a train or be stored in flat or house yet able to beat the jams in town.

A spokesman said by parking

outside the London congestion zone and beating the £8 daily charge a canny commuter could pay for the bike, which comes in white or Silver Arrow silver, in six months.

It will also appeal to anyone who wanted to travel behind the famous three-pointed star. **ON TWO WHEELS: The Mercedes-Benz bike, left.**