



together  
we can help

**St Nicholas**  
Hospice Care

A Registered Charity No. 287773



**In May 2012 Chris Sampson and Adrian Copsey will set out on an epic 310 mile cycle ride from St Nicholas in Wales to St Nicholas Hospice, Bury St Edmunds.**

**While we are suffering in the Welsh mountains, please sponsor us either at the service counter of *Howlett Of Lavenham* or at [www.justgiving.com/adieandchris](http://www.justgiving.com/adieandchris)**

**Please help us help St Nicholas Hospice**



Howlett Of Lavenham

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