

**Hello everyone, I'm Margaret and I've been asked to talk about Liam.**

**For those who don't already know, back in June Liam completed a 125 mile sponsored bike ride over 5 days. Can you imagine cycling 125 miles?! It is 5 miles to Howden, so that's the equivalent of cycling to Howden 25 times!**

**Liam raised £375.50 to be split between two charities – The Green Team and Castaways. We can't thank Liam enough because dedication like Liam's is an inspiration to us all. So, we'd all like to thank you Liam – and let you know that we are all proud that you are one of our "TEAM."**

**You're a very special guy!**

**With regards to myself, I've been with The Green Team for some time now. My first involvement was weekly time spent at our allotments at the bottom of Lansdown Road. The pleasure I received from these activities and learning too was immense. It wasn't just the end result of what we grew – it was the journey getting there. Come rain or shine, myself and other Green Team members had the pleasure of working on the allotments.**

**More recently, I've been helping at the West Park site with Janet and other Green Team members. At West Park there is the training room for workshops and 2 polytunnels. It is a really excellent site. I have made up hanging baskets with good advice from Janet and have also planted seeds, watered and sold plants on.**

**I am looking forward to the bulb planting and card making workshops and the special workshop – making a Christmas Wreath or table centre piece.**

**So, a lot to look forward to in the coming weeks.**

**Thank you.**

