



COULD YOU GIVE A PET A HOME?

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In Memoriam

In loving memory of
Margaret Brown and Margaret Green

on their birthdays on 20 January.

Good night, god bless, see you in the morning god spare us all.

Also, to my other sister Gladys and my beautiful niece Theresa.

Love you always
Marie and family x



Lloyd Winston Francis
who passed away 19th January 2012

My brother, I love you dearly, death leaves a heartache no-one can heal, love leaves a memory no-one can steal.
From your loving sister Lyleith Francis

I'll run in memory of sister

CHILDBIRTH DEATH SPURS MARATHON BY GYM BOSS

By **JAMES CRACKNELL**

A GYM manager is running the London Marathon in memory of his sister who died in childbirth.

Vauxhall resident Richard Bell hopes to raise £5,000 for Action on Pre-eclampsia, a charity working to tackle the condition, which took his younger sister Annamarie's life.

The 25-year-old died in 2010, along with her baby son, Matthew.

Mr Bell, of Nine Elms Lane, will be running this year's 26-mile race through central and South London alongside his best friend Louis Swithenbank, in memory of both of his sister and nephew.

The 33-year-old said: "Action on Pre-eclampsia is an incredibly important charity to me.

"Raising money for them is my way of keeping my sister and nephew's memory alive.

"Because it's such a small charity, it's great to be able to help them in the incredible work they do."

Mr Bell has run the marathon before in four-and-a-half hours, and wants to improve on that time this year.

To sponsor him, visit www.justgiving.com/rickandlouis
james.cracknell@slp.co.uk



CHARITY RUNNERS: From left, Richard Bell and Louis Swithenbank; Inset Annamarie Bell

Ex-offenders will learn how to bounce back...

A CHARITY is hoping to support hundreds of ex-offenders by teaching them painting and decorating skills at some of South London's biggest regeneration projects. Bounce Back has been working with Lambeth council and its development partner Rydon Construction to bring empty properties back into use on the revamped Myatts Field North estate in north Brixton.

It is now setting its sights on making sure former prisoners have a hand in the multibillion-pound regeneration projects at Battersea Power Station and Elephant & Castle. Last year, the charity gave ex-prisoners a chance to spruce up TV chef Nancy Lam's Enak Enak restaurant, in Lavender Hill, Battersea.

Bounce Back secured the support of Crown Paints to supply the materials and the ex-offenders took to the task with gusto, according to the charity's chief operating officer, Victor Roffey.

He said: "This was an example of what we want to do across London - including some of the biggest regeneration projects planned for London. Nancy Lam said she wanted to give ex-offenders a hand by letting



SPRUCED-UP RESTAURANT: Nancy Lam is flanked by Bounce Back's Wayne Burnett, Weldeab Ghebremedhin, Joe Pojunas and Michael Hanson

them learn vital employment skills in painting and decorating. "More and more organisations are following suit and giving Bounce Back the opportunity to provide opportunities for

former prisoners to get on the job ladder." The charity is also expected to take a leading role in decorating the new training centre for prisoners at HMP Brixton, in Jebb Avenue, Brixton.

Surprise your love this Valentine

3x1 DISPLAY
UP TO 20 WORDS
£10 incl VAT

Tracey
Roses are Red,
Violets are Blue,
Sugar is sweet,
and so are you.
Dave x

6x2 DISPLAY
UP TO 25 WORDS
£15 incl VAT

Christine
*You will always
be the love of my life,
I want to ask you if you
will be my wife?
Always & forever*

John
xxx

Place your Valentine message in the **South London Press** to tell them that special person in your life how much you love and care for them.

Or why not throw caution to the wind, take the bull by the horns, go all the way and ask them to marry you?

Your message will appear in the South London Press on Friday 14th February.

Simply call Candy Brown on **020 8768 8660**
email: candybrown@slp.co.uk

Deadline Tuesday 11th February at 4pm