

Matters of the Heart by Professor Peter Weissberg, CBE



The auction list

The 'Matters of the Heart' Dinner Auction is a silent auction, which will allow all interested parties to bid on the lots listed below.

Every penny bid for the auction lots will go to the Cornerstone Classroom Project in helping extend Thriplow Primary School.

We hope the below lots will provide you with food for thought and inspire you with the thought of some unique and interesting gifts and treats for Christmas.

If you would like to bid on any of the lots listed please email Lizzie Duckworth at lizzieduckworth@hotmail.co.uk with the following information:

1. Your name
2. Telephone number
3. Lot number to place bid on
e.g. LOT 1 - Dinner for 2 at Cotto
4. Amount Bid

The email bids for Lots will end on 18th October 17, the silent auction will take place on 19th October at 'Matters of the Heart' dinner ; all email bids will be added to any bids on the night and with each lot the highest bidder will win.

All bids will be confidential. You will only be contacted if you have been successful with your bid. If successful payment for the LOT must be made immediately. Only cash and cheques can be accepted.



Financially supported by: **NW BROWN**
— WEALTH MANAGEMENT —

FOOD and WINE

LOT 1 – Dinner for 2 at Cotto

An exclusive treat for the gourmets of Cambridge.

The outstanding Cotto restaurant now based in the wonderful Gonville Hotel opposite Parker's Piece is offering a 3 course dinner for 2 (no drinks included). Cotto is the destination restaurant in Cambridge and booking in advance is to be advised. Valid until 31 May 18.

LOT 2 – Dinner for 4 at The Bull and Bass in the Hilton Cambridge City Centre

This exciting new restaurant based in Cambridge City Centre is championing the very best ingredients from land and sea. Focusing on promoting sustainability, seasonality and locality in the preparation of the seafood; the Bull and Bass restaurant is certain to become a huge success. They have generously donated a 3 course dinner for 4 people (no drinks included). Booking in advance is advised. Valid until 19 October 2018.

LOT 3 – Easy Dinner Party for 12

Calm your stresses over Christmas with a pre-prepared dinner or lunch for 12.

Lizzie Duckworth, probably the most industrious producer of Cottage Pies will prepare this British Classic dish for up to 12 people and Sarah Deacon, queen of the sweet stuff will make a ready prepared dessert (choice of chocolate roulade, brownies or apple crumble) Valid until 30 June 2018. The dishes have to be collected from Thriplow.

LOT 4 – 6 bottles of red (BARBERA D'ALBA D.O.C. Superiore)

Not to be found on a supermarket shelf, these elegant 6 bottles of red will elevate any occasion.

Barbera d'Alba is a key DOC of Piemonte, north-western Italy. Grown at the Deltetto family winery; it is famed for its tangy, cherry-like quality. It pairs beautifully with first and second courses according to the type of meat. The wine is kindly donated by William and Hilary Russell.

HEALTH & FITNESS

LOT 5 – The Lifesaver lot

Every 3 minutes, someone in the UK is struck by a heart attack. Around 30% of heart attacks are fatal.

We won't all be lucky enough to have a cardiologist to hand if a heart attack were to happen. Empower yourself and your work colleagues with the knowledge of what you should do in the case of someone suffering heart failure. Alice Holmes, a European advance Life Support trainer and paediatric nurse, will provide training. 2 hour Basic life support training, demonstration & practice to include BLS & choking for adults (children & infants training optional if preferred) for up to 12 in a group or individual at a mutually agreed time & venue within 10 mile radius of Cambridge. There is no official certificate given at the end of the training. Valid until 30 June 2018.

LOT 6 – 3 Classes at Yoga Tree

Stretch and eliminate your stresses by taking up Yoga.

Anna Jack, founder of Yoga Tree has kindly donated 3 classes in Vinyasa Flow Yoga at Thriplow Village Hall on Mondays at 09.20 or Wednesdays at 19.30. Valid until 30 April 2018.

LOT 7 – EnjoyFit

Fitness training for anyone and everyone; most of all it has to be fun.

Sarah Elgar, founder of EnjoyFIT is offering a voucher for a consultancy and a 1 hour physical training session. Sarah can provide a tailored exercise plan just for you and nutritional advice. The PT session can be carried out at a studio in Thriplow or at your home (within a 10 mile radius of Thriplow). Valid until 28 February 2018.

LOT 8 – Pilates Inspiration

Try a 60 minute Introductory Pilates mat or reformer session with a level 4 qualified Body Control Instructor.

Get introduced to the exciting and beneficial principles of Pilates in a wonderful one-on-one workout with Julie Bloom to help improve your flexibility and core strength. Valid until 28 February 2018.

BEAUTY

LOT 9 – Hair

Embrace a sleek and chic style to wow.

Laura Friday, experienced, senior hair stylist has kindly donated a wash, cut and blow dry. Laura is based in Melbourn at the 'Looks Good' salon opposite Melbourn Village College. Valid until 30 June 2018.

LOT 10 – Nails

Gloss up your life!

Sophie Nunes-Carvalho, professional make up artist whose repertoire includes film and tv work is offering a gel manicure with a hand massage or a gel pedicure with a foot massage. Sophie will come to your home within a 10 mile radius of Cambridge. Valid until 30 June 2018.

FANTASY

LOT 11 – Game of Thrones Treat

Could this be your fantasy?

She has enchanted millions of Game of Thrones fans and Esquire magazine voted her the sexiest woman alive. Lot 10 is a signed and mounted photo of Emilia Clarke in her role as Daenerys Targaryen.