

Welcome

Latest NEWS: *...Jeremy to traverse China raising funds for his favourite charities...* A very warm WELCOME to Jeremy Spake.com! Spring is finally here! I don't know about you, but I'm delighted to be able to usher in a little bit of sunshine even if it only lasts a few days. Why not support this months charity - The Russian Red Cross, we all know about the wonderful work carried out by the Red Cross, and I'm delighted to be supporting it's Russian branch throughout 2010, so please help me to help them make the lives of so many others better...thank you! Here's to a great summer! Jeremy

our links...

[this months Appeal...](#) [more news bits...](#) [Supporting Breast Cancer Event - Jeremy to join March Fund](#)
[aid of Breast Cancer!](#) [Adventures planned - Jeremy announces two fundraising adventures for 2010!](#)