

## July News

**Well it's here again, the second successive year of my bid to raise thousands and thousands for local North Norfolk charities.**

After smashing my target of £26,000 and raising more than £38,000 for 26 local charities last year, this year I am aiming to do it all over again - but with a twist. For every mile I complete, 25 local charities will each receive £1,000, and then for the final mile of the marathon I want to donate £5,000 to the *Supporting Ukraine in Norfolk* Community Foundation's Ukraine fund that is helping refugees all over our home. Our target to raise this year is £30,000.

Our local charities do so much for our community. And as the first MP in the country to open my home to refugees, I know how much support is required especially when the war in Ukraine shows no sign of ending. It is essential we continue to play our part in Norfolk to help those finding safety here.

A list of all the successful charities can be found on my website and how you can generously support them is found at [www.duncanbaker.org.uk/marathon2022](http://www.duncanbaker.org.uk/marathon2022).

From animal welfare to cancer charities or the arts scene to charities that look after children, every single good cause has a special place in our heart.

As Parliament breaks for the Summer, I will be embarking on my Summer Tour again, getting all round our constituency to pick up your issues and try to ensure I can help fix them for you. But before that, I will be spending my first week of the Summer volunteering with the ambulance service. This year I pledged to not be an MP who just talked about issues that affect us, but actually rolled up my sleeves to understand the problems we all face better. After volunteering in a care home at Easter, this time I will be supporting our East of England Ambulance service. We know all our health systems have been placed under enormous strain following the pandemic. I work with so many of them but many of us know the ambulance service has seen particular pressure. I hope my week will help inform me more as I return to Parliament to continue raising the issue and to ensure we can improve our response times for all.

Away from raising money and volunteering, my work in Parliament is bearing fruit. Continual lobbying for better mental health provision in North Norfolk has seen very productive talks at Cromer Hospital as I campaign to bring specific mental health walk in support to our fabulous local hospital. Equally, dentistry is another of my key campaigns. My Father is the retired NHS dentist in Fakenham. He worked in the NHS for 34 years and as such I have a real insight and passion for improving dentistry. We are in early stage discussions for a dental training school at the UEA and vital changes to the profession are on the cards thanks to my campaigning.

I look forward to seeing you in the Summer, on my tour of the villages and towns or just simply jogging as I get in shape for the London marathon and raise even more money for local good causes!

**Duncan Baker**  
MP for North Norfolk

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**our plan**  
for North Norfolk

- 1 Driving jobs and growth**
- 2 More affordable homes**
- 3 Better hospitals and healthcare**
- 4 Supporting rural communities**
- 5 Improving broadband and mobile coverage**
- 6 Helping North Norfolk benefit from post-Brexit opportunities**

