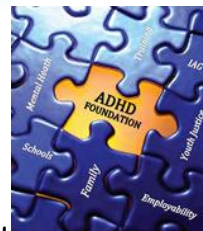
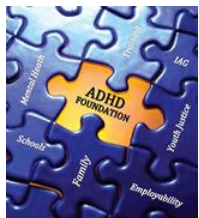


IN SUPPORT OF

COMIC RELIEF

Comic Relief, registered charity no. 326568



Hi all this year the organisation that I work for is working in partnership with Comic Relief. We are aiming to raise money and awareness for young people's mental health. We will be taking on the challenge of a lifetime by completing

A Four Day Trek of the Inca Trail to Machu Picchu in Peru, South America

The Inca Trail is one of the Seven Wonders of the World, and will be physically and emotionally demanding, and a real test of character. I have therefore given up chocolate, alcohol and all things nice and have set myself the challenge to lose 30 pounds in weight and be fit enough for the trek. I have also set myself the challenge of fundraising £3000. Half of which will cover the cost of the trip and half will then be split between the ADHD Foundation and Comic Relief. I would therefore like to ask for your support of this event by sponsoring me.



You will also be able to follow my journey through daily video blogs posted on the comic relief website.

And watch the complete journey on Comic Relief Day
22/23 March 2014

If you would like any further information about this event or the ADHA Foundation please contact me at :cath.millan@adhdfoundation.org.uk/ 07429448068 / 0151-237-2661.. **THANKYOU**