

action medical research
for children

Autumn/winter 2018

touching lives

The Action Medical Research magazine

BORN TOO SOON

Freya's story and joining together to fight premature birth

Plus

Research success: reducing the risk of stillbirth

Helping children born with heart conditions

From the editor

At Action we hear many stories about babies who have been born prematurely. Some, like cover star Freya's, thankfully have happy outcomes. But sadly some don't. Despite advanced medical care, some babies don't make it. And others who do can suffer long-term disabilities caused by their early arrival, such as cerebral palsy or learning disabilities.



Common to all the stories shared with us are the fear and uncertainty for the future that families face. With weeks, sometimes months spent in hospital. As one mum put it: "When babies are born extremely prematurely, all the lovely bits of having a baby are taken away."

This is why we've launched the BORN TOO SOON campaign. You can read all about it in this issue and ways you can get involved.

Also in this issue is great news of positive results from research you've previously helped fund – work towards unlocking the causes of pre-eclampsia and findings that are already helping women to reduce their risk of stillbirth. Plus new research, including work that hopes to further reduce the numbers of babies born with spina bifida.

I hope you enjoy reading about how, together, we can all make a difference for sick babies and children.

Thank you for your support.

Clare

Clare Airey, Editor

PS Don't forget to enter our word search competition on page 15 – you could win a cuddly Paddington Bear™



Action Medical Research is a UK-wide charity saving and changing children's lives through medical research.

Touching Lives is Action Medical Research's magazine for supporters.

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Touching Lives is also available to download at action.org.uk

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**BORN
TOO
SOON**

FIGHTING TO STOP PREMATURE BIRTH

More than 61,000 babies are born prematurely each year in the UK. Tragically more than 1,000 lose their little lives as a result of being born too soon – making premature birth the biggest killer of babies in the UK. **It's too many. Far too many.**

We know through medical research we can **STOP** the devastation caused by premature birth. That's why we've launched our **BORN TOO SOON** campaign.

Parents. Children. Families. Communities. We're all working together to raise **£1 million by 2020** to fund groundbreaking medical research that could go on to benefit millions worldwide.

"This really is a cause close to my heart. My mum developed pre-eclampsia when she was expecting me, and I was born prematurely – I could so easily have not been here today if it wasn't for medical advances. It's still the biggest killer of babies in the UK. So join me, and fight back."

- Together we can find the answers.
- Together we are unstoppable.



Join the fight. Read more about the campaign on pages 8-11 and find out how you can get involved. Help spread the word and fight back against premature birth.

action.org.uk/borntoosoon



BORN TOO SOON Ambassador Davina McCall

Helping children born with heart defects

Up to half of all children born with a heart condition also experience problems with learning and development. Action is funding new research to try and discover why.

Thanks to major medical advances over the last 50 years, the majority of children born with a heart condition now survive. But researchers have found that they tend to do worse at school, with many experiencing problems with movement, coordination, memory, hyperactivity, attention or speech and language skills.

Holli, now almost 16, was born with multiple ventricular septal defects, or holes in her heart. She had open heart surgery to repair these when she was 15 months old, and needed further surgery when she was nine to replace her tricuspid valve.

After Holli's first open heart surgery, her mum, Linzi, noticed a change in her little girl. "She had started to use simple words but after the operation, she stopped speaking," says Linzi.

Holli was referred to a speech therapist for extra support and when it came to starting school, her parents were careful to choose a smaller setting. "She seemed to cope well," says Linzi. "In reception she was buddied up with another child whose mum was a teacher at the school, to improve her speech. She always struggled with numeracy but I'm not good with maths so thought this was a family trait."

But more recently, after paying for private tests, Holli has been diagnosed with dyslexia and dyspraxia. "Knowing what I do now and looking back, she struggled with things like catching a ball, learning to ride a bike and balancing – which are all linked to dyspraxia," says Linzi. "And her dyslexia assessment showed she has no working memory, which is why she struggles with maths."



With Action funding of £174,000, new research aims to help children like Holli. Led by Professor Serena Counsell at King's College London, researchers have already collected detailed MRI brain scans of 80 newborn babies before they underwent heart surgery. They will repeat these scans on the children, who are now around two years old, and compare the images with those taken from a group of healthy children. They will also assess movement, learning and language skills.

Professor Counsell says: "We need to understand why so many of these children go on to experience difficulties that can have a major impact on their life chances. Our aim is to reduce the long-term effects of congenital heart disease on brain development, helping children to achieve their full potential."

Linzi says: "If this research helps children to be spotted earlier and get the support they need, it can only be good."

Congenital heart defects are common, affecting almost

1 in 100

babies born in the UK each year

"After her first open heart surgery, Holli stopped speaking"

These are just some of the new research projects we're funding thanks to your support.

Testing a new supplement to prevent spina bifida

Past Action funding helped discover the importance of taking folic acid before and during pregnancy to prevent neural tube defects like spina bifida. New research could help protect even more babies.

Women trying to become pregnant are now routinely advised to take folic acid supplements to prevent spina bifida and the number of cases in the UK has dramatically reduced. These days, it is estimated that just over one baby out of every 1,000 born is affected by spina bifida – 60 years ago it was more than three times higher.

But sadly folic acid doesn't always work for everybody. Every year 190 babies are born with a neural tube defect. These are severe developmental abnormalities affecting the brain, spine or spinal column. Spina bifida

is the most common and can cause wide-ranging symptoms, such as difficulty walking, incontinence and learning difficulties. Affected children usually need several operations and, while most grow up to become adults, their lives are often cut short.

With Action funding of almost £190,000, Professor Nicholas Greene and his team at the UCL Great Ormond Street Institute of Child Health are testing the effects of a vitamin called inositol, which has already shown to have encouraging results. They plan to find out more about how inositol works and how to use it most effectively.



“Our hope is that one day taking inositol will mean fewer parents receiving heart-breaking news about their baby”

Professor Nicholas Greene

Improving treatment of serious head injuries

Action funding is helping researchers to improve treatment for children with severe head injuries by using advanced brain monitoring techniques.

Head injuries are common in children and account for around 35,000 hospital admissions a year. Thankfully, most are not serious, but some have devastating consequences, leaving children with long-term brain damage – and it can take months or even years for the full effects to become apparent. Sadly some children die.

When treating adults with traumatic brain injury, doctors regularly monitor

blood and brain pressures to guide them. Dr Shruti Agrawal and her team, based at Cambridge University Hospitals NHS Foundation Trust, believe the same techniques can help children but experience using them in younger patients is currently limited.

“We don't yet know enough about pressure patterns in children's brains,” she says.

To address this, the team will monitor pressure readings in 135 children in paediatric intensive care

and compare the data with their clinical outcomes up to a year later. The aim is to determine the most effective pressure and monitoring measures to limit further brain damage in children – which

are expected to be different to those applied to adults.

Dr Agrawal hopes this will lead to new recommendations for how doctors manage serious head injuries in children, reducing the risk of long-term complications.

This work is being funded together with the Addenbrooke's Charitable Trust.

Around
2,000
UK children a year
suffer a serious
traumatic brain
injury

Find out more at action.org.uk/latest-research

Fighting a devastating rare disease

Mitochondrial DNA depletion syndromes are rare genetic disorders. In its most severe form, the condition starts in early infancy and has devastating effects on the liver and brain. Supported by a Research Training Fellowship from Action, Dr Nandaki Keshavan aims to develop the first gene therapy treatment.

Mitochondria are the powerhouses of the body's cells, performing the essential job of generating energy. If certain genes that are involved in making the mitochondria's own DNA are faulty, it affects the energy supply. This can have disastrous consequences for organs that need lots of energy, like the brain and the liver.

Around one in five children with Mitochondrial DNA depletion syndrome have a severe type that is caused by faults in a gene called DGUOK. They experience progressive liver disease and neurological symptoms, including seizures and developmental delay.

"A liver transplant can help save some children from liver failure but unfortunately, it does not improve or prevent their brain disease," explains Dr Keshavan. "Sadly, there is no cure and most children will ultimately lose their lives – often at a very young age.

"There is an urgent need to find effective new treatments, which would give hope to children and their families who are affected by this heartbreaking condition," he says.

Dr Keshavan is leading a team based at UCL Great Ormond Street Institute of Child Health in London and aims to use gene therapy to correct the faulty gene.

"The use of gene therapies to treat other rare disorders is showing promise but this approach has not yet been used for



treating DGUOK deficiency," he says. "We hope that gene therapy will slow down or stop the progression of the disease, laying the foundations for future clinical trials in patients."

Although this research is still at an early stage, it provides hope for a future new treatment that would transform the lives of children with this condition. And if the approach works, the researchers hope to develop similar treatments for children with other forms of this syndrome, and for other mitochondrial disorders, helping more children.

Our Research Training Fellowship scheme has been running for 45 years. It supports the most promising doctors and researchers early in their careers, training and developing future leaders in children's research.

"There is an urgent need to find treatments for this heartbreaking condition"

Children with the most severe disease often do not survive beyond their second birthday

Why gifts in wills mean so much

A gift in your will could unlock a future medical breakthrough, hold the key to a cure or treatment for a childhood illness, or simply make day-to-day life easier for children suffering illness or living with a disability.

September is a time when we celebrate Remember a Charity in your Will Week; a week based on promoting how vital gifts left in wills are for charities. We took part by sharing stories on social media from some of our amazing supporters who have made the decision to leave a gift in their will for Action.

Keith and Fleur Mitchell were just two of those taking part. They've been involved with Action for more than three years after their son Aiden, now four, was deprived of oxygen at birth during a traumatic delivery. Aiden was treated with cooling therapy, a treatment borne out of a 20-year programme of research to which Action contributed more than £1 million.

Although Aiden has been affected by the oxygen shortage he suffered, the impact would likely have been more severe, or even fatal, without the cooling therapy he received.

This is why his parents feel it is so important to support our future work through a gift in their wills.

Keith and Fleur told us: "Aiden is getting a chance at life thanks to Action's research. We want to ensure others get the same chance and so we have decided to leave a legacy gift in our wills. This is our way to continue to give back once we're gone and continue to help others."

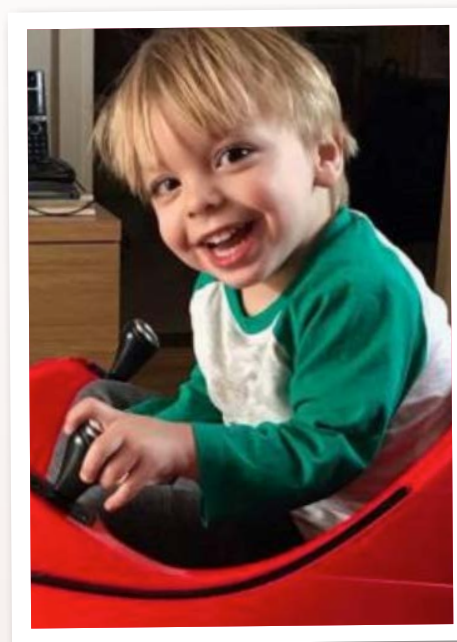
At Action, gifts that are left to us, no matter what the size, are absolutely

crucial and mean so much. Over the last 65 years they have enabled us to find breakthroughs and answers that have changed the world for children like Aiden today.

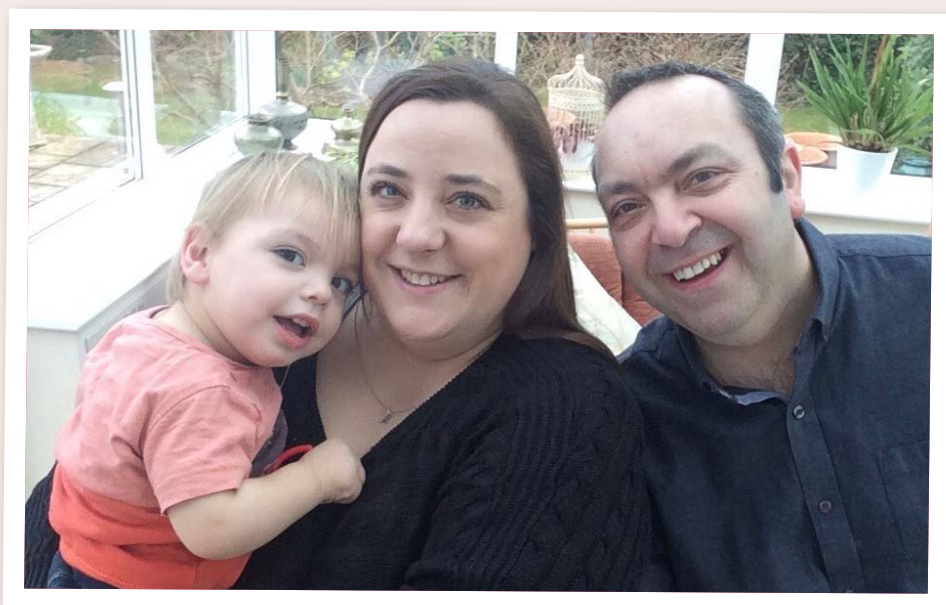
There is something very special in knowing that when you leave a gift towards funding medical research it can carry on making a difference to children over generations to come. As another of our supporters puts it: "I see it as investing in the next generation."

Thank you to everyone who took part in Remember a Charity Week and the many more who have left gifts in their wills and told us about it. More and more of you are doing it and letting us know, which is just incredible. It's gifts left in wills today, which will help safeguard the future of Action and the research we advance, so thank you so much from us all.

If you would like to find out more about leaving a gift in your will, you can request a copy of our will guide by visiting action.org.uk/giw or by email at legacy@action.org.uk. Sharon and Jane in our Gifts in Will Team are also always happy to chat by phone too on 01403 327413.



"Aiden is getting a chance at life thanks to Action's research. We want to ensure others get the same chance"



OUR FIGHT FOR BABIES LIKE FREYA

More than 61,000 babies are born prematurely every year in the UK. We believe that only by investing in research can the devastation caused by premature birth and other pregnancy complications be stopped

**BORN
TOO
SOON**



Freya's first family photo without wires when she was 7 weeks old

Steph's pregnancy had been completely low risk until she suddenly experienced severe bleeding. It was the start of a terrifying journey for her and husband Dan, as their tiny daughter Freya was born three months too soon, weighing just 2lb 4oz.

"Once I was admitted to hospital, all hell broke loose," recalls Steph. "There were consultants, nurses, scans and examinations. It was all such a shock."

Steph had developed HELLP syndrome, a life-threatening complication. Doctors needed to deliver her baby as soon as possible. She was given steroids to help Freya's lungs develop and medicine to try and protect against brain damage.

"I was in complete denial," says Steph. "I remember saying I still have three months to go."

Freya's delivery was difficult because she was so tiny but, thankfully, she arrived safely. "She didn't breathe for a little while," says Steph quietly. "It was completely surreal seeing her when they wheeled her next to me. She had a tiny hat on her head and a huge oxygen mask covering her face."

It is, says Steph, hard to describe just how small and fragile Freya looked: "She was the size of my hand, a little dot. But she was gorgeous."

Freya's first weeks were a rollercoaster of encouraging progress and terrifying setbacks. But she fought back and gained weight, finally going home after nine weeks in hospital. Although still small, she recently celebrated her first birthday and is doing well.

"We have been really, really lucky," says Steph. "Many of the women I met in hospital had gone into labour too soon and nobody could say why. We know so little about it and, as mums, we have a huge sense of guilt. It's so important to raise awareness of prematurity."

BORN TOO SOON

Freya's is just one story.

Over the last few months families have been sharing their experiences of premature birth with us online. They are stories of heartbreak and fear, but also courage and hope.

Elijah



Elijah lost his fight for life at just 37 days old

"Elijah led a very traumatic little life. He died sleeping on my chest in the small hours – that's when I joined the fight to stop premature birth."

Elijah's mum, Jenny

**PREMATURE
BIRTH
TAKES LIVES.
TOGETHER
WE CAN
FIGHT BACK.**



Have you got a premature birth story that you'd like to tell? Share your story on our website and show others they're not alone

action.org.uk/borntoosoon

Lucy and Olivia, born four months too soon, weighed under 2lbs each

"The impact on families of having extremely premature babies is shocking – and lasting. We are really aware that we were lucky. During our two months in NICU, five other babies died. Research means everything. We need to know more, to stop premature birth happening in the first place."

Lucy and Olivia's mum, Gemma

Lucy and Olivia





Isla was born more than three months too soon

"My twin granddaughters were so tiny and fragile, one dark, one blonde. Those little girls fought their way through their first weeks of life until tragedy struck – Paige became ill and lost her battle for life. Isla fought on. She gave us all the courage, love and hope to carry on."

Isla and Paige's grandmother, Marcyia



Grace was born at 28 weeks

"The NICU was a terrifying place, babies in little plastic boxes all around, machines beeping, wires everywhere, but the minute I saw my daughter she was utterly perfect. You never know true determination and strength until you witness it coming from someone so small!"

Grace's mum, Shanice

Our BORN TOO SOON Research Ambassadors



Dr Joanna Cook, Imperial College London. Former Action Research Training Fellow, who is working on a test to predict risk of early labour.

"I hope that one day my work will stop babies being born too soon, and when my own daughters and their peers are grown up and starting families of their own, we'll be dealing with a very different set of statistics to those we see today."

"I'm convinced that through research we can find the important answers that will save lives."



Dr Rachel Tribe, an Action funded researcher, studying the role infection plays in triggering premature birth.

"I have spent the last 20 years investigating the causes of premature birth. We have made some great progress but there are still so many unknowns – so many questions still to answer. Good rigorous research is vital if we are to save lives and make a real difference to this growing global problem."



Together we are unstoppable.

Parents. Children. Families. Communities. We're all working together to **raise £1 million by 2020** to fund groundbreaking medical research that could go on to benefit millions.

We all have a part to play. Act now. action.org.uk/borntoosoon

Join the fight.

- Pledge your support
- Raise money
- Give your time
- Spread the word

Shedding new light on pre-eclampsia

Pre-eclampsia can endanger the lives of both mother and child. Research funded by Action has now shown that it may be linked to the mother's heart function prior to pregnancy.

Pre-eclampsia affects up to six per cent of pregnancies and is diagnosed by high blood pressure in the mum-to-be. In severe cases it can be life-threatening and as a result around 1,000 babies die each year in the UK, mainly because they had to be delivered prematurely.

With Action funding awarded in 2016, researchers at Imperial College London tracked the health of more than 200 women before and during pregnancy.

The women were all outwardly healthy, with a normal weight and blood pressure. However, the researchers found differences in the pre-pregnancy heart function and blood circulation of those who went on to develop either pre-eclampsia or another complication called fetal growth restriction.

While still technically within normal range, these women's hearts pumped less blood per minute than those

who went on to have uncomplicated pregnancies, and their blood vessels were more resistant to blood flow. This caused their blood pressure, prior to pregnancy, to be at a higher point within the normal range.

Lead researcher Dr Christoph Lees says: "Pre-eclampsia and fetal growth restriction can have serious consequences, yet we're still largely in the dark about their root cause – and how to prevent them.

"These findings suggest pre-existing issues with the heart and circulation may play a role – and provide an important piece of the jigsaw puzzle."

Larger studies are now needed to confirm the findings, and future research will look at the potential for screening women to identify those at risk. Researchers are also now exploring whether lifestyle changes made before pregnancy could help improve heart function and circulation, and lower the risk of these complications.



Members of Dr Lees' research team, Dr Fung Lin Foo and midwife Helen Barton with a young participant in this study

Steps towards saving children's sight

Research funded by Action has taken significant steps towards a new treatment approach that could revolutionise the treatment of cataracts, especially in children.

Although usually associated with older people, each year around 200 UK babies are born with cataracts – and worldwide it is a major cause of childhood blindness.

Current treatment is to replace the diseased lens in the eye with an artificial one. But this isn't always

successful and, even if it is, these lenses cannot focus as well as natural ones, meaning children still face a lifetime of restricted vision.

With funding of £191,000, researchers based in Aberdeen and Belfast, led by Professor Colin McCaig, have made important discoveries that show it could one day be possible for the eye to regenerate a new lens itself.

Their work showed that lens growth is driven by electrical signals in the eye – and that by harnessing

these signals it should be possible to promote lens regeneration.

They also discovered a natural chemical that can boost the electrical signals, making them more effective. This chemical also reduced the formation of cataracts in a laboratory model and the team now plan to develop it as a medicine to prevent and treat cataracts.

If complete lens regeneration can be achieved, it will transform cataract treatment, meaning children will be able to have a fully functional lens throughout life.

Worldwide, around
200,000
children have lost their sight to cataracts

Research leads to new advice to reduce the risk of stillbirth

Stillbirth is devastating, with long-lasting effects on bereaved parents. We're proud to have helped fund an important study that has led to practical new advice for pregnant women and a public health campaign aimed at saving babies' lives.

Tragically, around nine babies are stillborn every day in the UK. Parents naturally want to know why their baby has died, whether it could happen again if they try for another baby and what they can do to avoid further stillbirth.

Professor Alexander Heazell specialises in identifying things in day-to-day life that increase expectant mothers' chances of having a stillborn baby, explaining: "These are what we call modifiable risk factors – things that women have the power to alter, either alone or with medical help."

Action, along with research partners Cure Kids and Sands, funded a three-year study led by Professor Heazell looking specifically at mothers' sleep positions in late pregnancy in relation to the risk of stillbirth.

Completed in 2017, this work has confirmed findings from earlier, smaller studies in New Zealand and Australia that, in the third trimester (after 28 weeks of pregnancy), pregnant women who go to sleep on their back are more likely to have a stillbirth. The study also showed that this link was not affected by the stage of pregnancy, the size of the baby or the mother's weight.

Supported by NHS England, a public health campaign has already been launched advising women to go to sleep on their side, rather than on their back, in the third trimester of pregnancy.

The 'Sleep on Side' campaign has received wide media coverage and

it is estimated that if all pregnant women in the UK went to sleep on their side in the third trimester there would be a 3.7% decrease in stillbirth – saving around 130 babies' lives each year and sparing their parents from the heartache of bereavement. Internationally, up to 100,000 babies a year could be saved if mums-to-be follow the new advice.

The position a woman settles down to go to sleep in is significant as this is the position

they spend longest in – and it is something they are able to change.

Over the last 30 years cot death, or sudden infant death syndrome, has been massively reduced following investment in research to identify preventable factors and subsequent public health campaigns, like 'Back to Sleep'.

The data collated during this important research project is still to be further analysed and it is hoped this will lead to more modifiable risk factors being identified in the future.

Internationally,
this new advice
could save up to
100,000
babies a year



A bumper crop of cream teas!

Thousands of people across the country joined in our Action Cream Teas event this summer. We're delighted to report that this year's event has raised around £65,000.

"It's our best result yet and we're thrilled," says Emma Morgan, Action's Head of Events. "We cannot thank everyone enough for their kind generosity. Every Action Cream Teas



box sold really does make a difference. We are lucky to have so many passionate supporters who share our vision to help find future cures."

It was fantastic to have so many businesses and companies joining in to give work colleagues a sweet treat – including high street fashion chain Joules, who chose to surprise their staff. As well as many groups of friends, families and local supporters.

And the campaign just would not work without our army of wonderful Action volunteers who helped make it such a success.

The Action Cream Teas campaign is really starting to become a calendar event for people, so don't forget to get your order in early next year!

Raise money while you shop!

amazonsmile

Do you shop on Amazon? Then you could raise money for Action whenever you buy something and it won't cost you a penny! Sign up now and whenever you order selected items 0.5 per cent of the money spent will be donated to us. You just need to remember to always start your shopping at smile.amazon.co.uk. Otherwise, it's exactly the same Amazon shopping experience you know. Please sign up, and tell your friends and family too.

Find out more at action.org.uk/shopping

Business supporters in action

We are proud to have been adopted by accountancy firm **Price Bailey**, as their charity of the year for 2018 and 2019. We look forward to working alongside their dynamic teams in Cambridge, Bishops Stortford, Ely, Norwich, Sawston and London. Working in partnership, we aim to raise up to £100,000.

New event the **Ginger Cocktail Society Ladies' Lunch** was held at the award-winning Ginger Pig restaurant in Hove. It was hosted by supporters Pamela McKellar, co-owner of the **Gingerman Group**, and Heidi Skerritt of **Skerritts Consultants** (pictured). More than 100 women enjoyed lunch and cocktails in the company of Tony Hadley, who also sang. At the same



time, a men's lunch took place down the road at the Gingerman restaurant before the two parties met for a live auction, all helping to raise over £40,000!

Liberty Specialty Markets have given tremendous support this year, raising money via cream teas, quiz nights, a curryoke (as it sounds – karaoke in a curry house!) and, most significantly, entering runners into the London Marathon and the Paris Marathon too. They have already raised well over £23,000 and we're looking forward to other activity, including a Christmas party with Paddington Bear™ at their London offices.

New supporters **Airport Parking and Hotels (APH)** have challenged staff to cycle, run or walk 25,000 miles in 2018, and they will donate £1 to Action for every mile achieved. A company team also rode in Davina's Big Sussex Bike Ride, and they are collecting

unwanted foreign coins at their offices across the country.



The third **Aon Summer Bike Ride** saw more than 100 riders, all staff or clients of Aon, enjoy one of three picturesque routes through the Surrey countryside. Special thanks to Hugo Raymond and Jeremy Lee (pictured) who help to ensure the ride is a success. This year's looks set to have raised almost £45,000.

And, for the seventh consecutive year, **One Stop** shops throughout England and Wales raised vital funds from their counter-top collections in June.

A big thank you to all!

Cooling research inspires epic effort on the bike

Why dad Martin Marlow conquered the Castle Ride's tough 200km challenge.

It was such a joy to see five-year-old Jasmine and her mum Shelley cheering in her dad Martin as he completed this year's Castle Ride 100 in Kent. This was the second year that Martin has conquered the event and he has a very special reason to ride.

Jasmine's birth was traumatic and she spent two weeks in special care, where she received cooling therapy to reduce the risk of brain damage. This breakthrough treatment is now routine in the UK for babies who have suffered a shortage of oxygen at or around birth. It was the product of a 20-year programme of research to which Action Medical Research contributed more than £1m – and Jasmine's parents credit the treatment with saving her life.

Other than a small growth restriction, Jasmine has suffered no

long-term effects from her difficult start. Her mum Shelley says: "We choose to support Action Medical Research because without the care Jasmine received she wouldn't be here today, and without the cooling therapy, she may have suffered long-term brain damage."

Martin braved our Epic ride route – the longest of our four options at over 200km and smashed his sponsorship target, raising more than £612. This takes the amount he has now raised in total to almost £1,200 – a fantastic result.

The Castle Ride 100 is one of the most popular events in our RIDE100 series of one-day rides. Routes range from a Cool 33 miles up to the Epic 124 miles. For details of next year's event and other rides visit action.org.uk/cycling



“Without the care Jasmine received she wouldn't be here today”



Win your very own Paddington Bear™

Correctly complete the word search for the chance to win a Paddington Bear – three to win!

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- BORN TOO SOON
- PREMATURE
- BABIES
- PADDINGTON
- BIRTH
- HEART
- LIVES
- FREYA
- PRE-ECLAMPSIA
- RESEARCH
- ULTRASOUND
- FOLIC ACID
- LITTLE
- TINY

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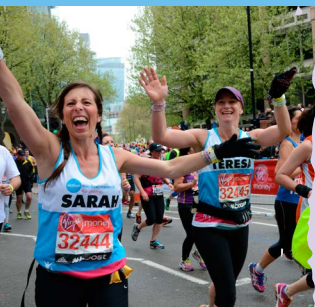
Telephone

Email

Please note that your existing communication preferences will not change by providing your email and telephone number above, and we will only contact you by these methods if you're a winner. Entrants must be 16 years or over. Terms and conditions apply, for details visit action.org.uk/word-search-terms

Complete the word search and pop this slip in the post to: Touching Lives Word Search, Action Medical Research, Vincent House, Horsham, West Sussex RH12 2DP

Challenge events 2019



Running

- The Vitality Big Half** 10 March
- London Landmarks Half Marathon** 24 March
- Virgin Money London Marathon** 28 April
- Vitality London 10,000** Date TBC

Cycling

- RIDE100 Series** Various UK dates
May to September
- Maratona dles Dolomites** 7 July
- Prudential RideLondon-Surrey 100** 4 August
- Action London to Paris
20th Anniversary Ride** 24-28 July

Team challenges

- Trek the Night Cotswold Way**
- Race the Sun Brecon Beacons**
- Race the Sun Isle of Wight**
- Race the Sun Lake District**
Dates TBC

Mountain series one day challenges

- Snowdon, Yorkshire 3 Peaks
and Ben Nevis** Dates TBC



London to Paris
20 Years

London to Paris – anniversary edition

Next year we celebrate two decades of our fantastic London to Paris bike ride. We've taken more than 5,000 riders to Paris, with many returning again year after year, raising £8.3m. Why not join them in 2019?

Our 20th anniversary event will take you through the beautiful, rolling countryside of southern England before following the original Action route through Calais, Abbeville and Beauvais, arriving in Paris for one of the most exciting sporting weekends in the calendar – the spectacular finale of the Tour de France.

Find out more and sign up at
action.org.uk/action-london-paris

Run for Team Action

October sees the Virgin Money London Marathon ballot results arrive in the post. For those who applied and were unsuccessful, we have charity places on offer. But if you are lucky enough to secure your own place to run, we would still love to have you on our team. After all, there is only one thing more rewarding than running the iconic event – and that's running it for charity!

So if you do get a place, please think about using it as an opportunity to raise much-needed money for Action. In return you will receive excellent support from us before, during and after the race.

Find out more at
action.org.uk/running
or email running@action.org.uk



You can register for an event on our website, give us a call or email:
action.org.uk/events T 01403 327444 E events@action.org.uk

Festive greetings...

Our exclusive selection of Christmas cards is back, with packs ready to order now – and every penny raised from their sale comes straight to Action.

Cards cost £3.50 for a pack of five. You can see all designs and order using the enclosed form or online at action.org.uk/xmas

Thank you to the talented Ladder Club artists for their designs and to Loxleys, GF Smith, Envecco, Fulcrum Films and Max Publishing, who have all donated their services for free.

And very special thanks to Hannah Dale, of Wrendale Designs, who kindly organised this year's range. The late Lynne Tait, founder of the Ladder Club, and the original driving force behind our Real Deal Christmas cards would be proud to know her work continues.

