

## Early diagnosis is key for PCD

Two families share their stories



### Plus

Looking forward to our 60th anniversary in 2012

Reflecting on the success of our Touching Tiny Lives appeal



medical research  
for children, for life

Action Medical Research is the leading UK-wide medical research charity dedicated to helping babies and children.

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

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# From the editor

Welcome to the latest *Touching Lives*, which you can read now or view online. As promised, we have created a digital edition of the magazine on **action.org.uk/about\_us/publications** for those who have internet access.

If you would like to receive a link to the online version instead of a printed copy from March next year, please email your request to editor@action.org.uk. This will help keep our costs down and may be more convenient for you.

In this issue, we bring you the story of three boys who have a genetic condition that affects their lungs. Fortunately, two-year-old Malachi was diagnosed early, but teenage brothers Euan and Gregor found out later in life. Their mothers tell us why our research into this rare disease is much needed (page 4).

We also meet two-year-old Jack, who has an extremely rare eye condition (page 9). His diagnosis came as a great shock to his family. Their participation in one of our research projects helped them understand more, and contributed to a genetic discovery.

The continuing impact of our work is highlighted as we look back at the success of our *Touching Tiny Lives* appeal (page 11), which aimed to help give more babies a healthy start in life.

Christmas is fast approaching and our fundraising news includes details on how your seasonal shopping could help us further. On that note, on behalf of everyone at Action Medical Research, we thank you for all your support this year and wish you an early merry Christmas and a happy New Year.

Best wishes,

**Jennifer Palmer-Violet  
and Finola Robinson**  
Editors

PS You'll find a printer cartridge and mobile phone recycling bag inside this issue. Action Medical Research gets £1 for each recycled cartridge and up to £10 for each phone. Supporting us by recycling won't cost you or your company anything as postage is free.

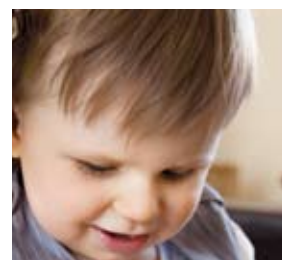
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# It's our birthday!

Action Medical Research is looking forward to a big anniversary year in 2012 as we celebrate 60 years of vital research for babies and children.

We have come a long way since 1952. Our charity was founded by Duncan Guthrie, whose daughter Janet suffered from polio, a condition that blighted the lives of many thousands of children. He made it his mission to eradicate the disease and, within 10 years, the UK polio vaccine was introduced keeping millions of children safe.

Thanks to our generous supporters and the dedication of the doctors and scientists we help fund, Action has played a significant role in six decades of important medical research. Our successes include supporting the lead researcher whose team helped establish the Hib vaccine for meningitis, discovering the importance of taking folic acid before and during pregnancy to prevent spina bifida, and creating the award-winning Matrix seating system to support physically disabled children as they grow.

“Please join us as we look forward to making it a celebratory year to remember”



“Thanks to our generous supporters, Action has played a significant role in six decades of important research”

Despite these fantastic achievements, families today still face the fear of potentially deadly infections like meningitis, while many thousands face a lifetime of challenges caused by brain damage, cerebral palsy, and rare and devastating conditions for which there is no cure. It's as important as ever that we continue to raise funds to support research to help sick babies and children.

Next year is a fantastic opportunity to promote our charity further and we have lots of things planned to raise funds and raise our profile. We know we can count on our dedicated committees, event participants and supporters to go the extra mile. A dedicated webpage called Take 60 will be launched on our website ([action.org.uk](http://action.org.uk)) to encourage even more people to get involved. This will feature ideas on how to have fun and raise vital funds.

Jenny Edwards, Director of Fundraising, said: “Our anniversary year is about promoting the successes that you, our valued supporters, have helped us achieve. Please join us as we look forward to making it a celebratory year to remember.”





Malachi (centre) met Euan and Gregor at the PCD Family Support Group

Ben Hector

# Early diagnosis is key

With your help we are funding research into a debilitating genetic disease that affects children's lungs and airways, making them more susceptible to infection. This work should help provide early diagnosis, something two mothers have good reason to welcome.

While most mums worry about their child picking up bugs at nursery, for Debbie it is a very real fear. If two-year-old son Malachi gets a bug he can end up in hospital. Even when he is well he has a daily routine of medication and physiotherapy because he has a rare condition called primary ciliary dyskinesia (PCD).

Children with PCD have abnormal cilia – tiny hair-like projections which line the airways. Normal cilia help to keep germs away from the airways; but in children with PCD bacteria and mucus build up inviting infection and congestion. This can lead to lung damage causing serious complications and illness.

## Malachi's story

Debbie noticed something

was wrong with Malachi when he was born and within two days he was put on oxygen in an incubator. Doctors suspected he had PCD and treatment began. He is now on a nebuliser three times a day, takes oral antibiotics as well as inhalers and has physiotherapy twice a day.

"Malachi is such a sociable little boy and loves people," says Debbie, "but I'm reluctant

to mix him in groups such as mum and tots, pre-school and all the normal places you want to include a two-year-old. A common bug can turn into a nasty chest infection and a hospital stay on antibiotics.

"I know that he is in the fortunate position of being diagnosed at such an early age, which has hopefully reduced the damage that could have happened to his lungs."

PCD is an inherited illness. Around 40 per cent of children with the condition have one of nine known genetic mutations but the cause of the rest is unknown. So Action Medical Research is funding a project at University College London, supported by a generous grant from The Henry Smith Charity, to search for more genetic clues. This should help speed up diagnosis and intervention to ease suffering in babies and children.

### **Euan and Gregor's story**

Early diagnosis is key and someone who knows this first-hand is Fiona, Chair of the PCD Family Support Group and mother to two teenage sons with the condition.

For Fiona and her husband, part of coming to terms with their boys' condition was the guilt that PCD is genetic. "It was our fault they had the problem and if we had pushed for diagnosis earlier they would have had a better outcome."

Their eldest son, Euan, wasn't diagnosed until the age of six, by which time a third of his lung already had irreversible damage as a result of lots of untreated chest infections. His younger brother, Gregor, was diagnosed at the same time, aged four.



Ben Rector

**Debbie  
and her son  
Malachi**

"I think the research that Action Medical Research is funding is a great opportunity. Any advance in diagnostic testing techniques has to be good for the patients. Before diagnosis, we were made to feel like pushy parents with nothing else to do but take our children to see the GP, but at diagnosis we were very scared as we were told Euan had chronic lung disease and, not knowing what this meant, we thought he was going to die."

Euan, now 15, says: "PCD gets in the way of schoolwork a lot, especially when you are off school for weeks at a time. It also ruins plans for holidays."

Gregor, now 13, adds: "I don't like not being able to do things that my friends can do. It gets really boring going into hospital!"

Thanks to a strong medical team and the skills Fiona has had to learn including delivering physio, Euan and Gregor are able to live increasingly normal lives.

**“I don't like not being able to do things that my friends can do. It gets really boring going into hospital”**



Ben Rector

**Fiona provides  
physio at  
home for sons  
Euan, pictured,  
and Gregor**

# Preventing premature birth

Your support has helped further understanding about the causes of premature birth. Research teams in London and Edinburgh have conducted studies funded by Action Medical Research looking at different proteins and found results that could lead to new treatments.

Over 60,000 babies are born prematurely in the UK every year. Tragically, around 1,500 of them die, making premature birth the biggest killer of babies in the UK.

## Stopping labour

Researchers at King's College London and St George's University of London have identified a new way of suppressing uterine muscle contractions which could lead to novel treatments to help stop premature birth.

Around two-thirds of premature births are spontaneous. Drugs called tocolytics can slow labour, but those currently used only delay birth by around 48 hours.

Lead researcher Dr Rachel Tribe from the Maternal and Fetal Research Unit at King's College said: "It is extremely difficult to predict which women are at risk of preterm labour and there is relatively little that can be done to stop the labour once it has started."

"In our study we established that specific potassium channels (Kv7 channels) in



cells play a role in controlling the muscles of the uterus. We have shown for the first time that by using a class of drugs already developed for pain and epilepsy to increase the activity of these channels, we can successfully suppress contractions. This is a significant step forward in the search for future treatments for preterm labour."

This project was funded thanks to your support and a donation from Rosetrees Trust.

## Tackling inflammation

Another team, led by Professor Jane Norman at the University of Edinburgh, investigated the role of a particular protein in preterm labour. The presence of bacteria can cause the body to produce signals that cause

an inflammatory response in the womb, and this can induce preterm labour in some women.

Professor Norman's team found that the genes for certain proteins called Toll-like receptors are turned on very strongly in womb muscle cells of women in labour, and that the presence of bacteria can activate these receptors and trigger inflammation.

Their work has led to a much greater understanding of how inflammation can cause preterm labour, and the team now want to investigate the possibility of using anti-inflammatory drugs targeted to Toll-like receptors to treat inflammation and help prevent preterm labour.

# Commitment to meningitis research continues

Following our significant contribution to preventing and managing meningitis, Action is funding a new project in Oxford to develop a vaccine for another form of this life-threatening disease.

Both meningitis and septicaemia can strike at alarming speed. About one in 20 of those who become ill lose their lives and survivors can be left with permanent disabilities. Many are children under four or teenagers aged between 15 and 19.

Infection by a bacterium known for short as MenB is a leading cause of these conditions in the UK. Although life-saving antibiotics exist, some children are so poorly by the time they get to hospital that this treatment comes too late.

The best hope of preventing meningitis is immunisation, but no vaccine has yet been approved to protect children from MenB. This bacterium causes around 1,000 to 1,500 cases of meningitis and septicaemia each year in the UK, so effective treatment is urgently needed.

With your support a team of expert researchers, led by Professor Andrew Pollard at the University of Oxford, are creating and testing a new vaccine packaged in a modified,



harmless cold virus. Evidence suggests that using this sort of virus might make it more effective.

An effective vaccine could stop children from developing meningitis and septicaemia, saving many lives and stopping the development of serious, lifelong disabilities, such as blindness, deafness and loss of limbs.

The researchers believe their new vaccine could benefit children in the UK and worldwide. They expect it to be highly affordable, making it suitable for widespread use. If their work is successful, they plan to set up clinical trials as soon as possible.

## Developing a novel diagnostic test for sickle cell disease in babies

**Sickle cell disease, the most common severe genetic disorder in the UK, usually starts to show symptoms when babies are six to nine months old. Diagnosis is complex and expensive so researchers are developing a simpler test for babies.**

Children with sickle cell disease face a lifetime of ill health. Their red blood cells are an abnormal shape and this can block blood vessels, reducing blood flow in organs and limbs. This causes intense pain and makes the child prone to infections, anaemia and the risk of other complications, which can be life-threatening.

The most reliable diagnostic tests for the disease are complicated, time consuming and often not useful in an emergency. Notably, they cannot predict how severe the disease is.

Action is funding work to tackle these issues. Researchers in London, Oxford and Cambridge, led by Dr John Gibson, are developing a test they believe will be simpler, cheaper and easy to distribute. This new test could provide faster results and, for the first time, identify babies who are most at risk of severe illness, so they can benefit from immediate and intensive treatment.

## Lighting the way for children with movement difficulties

Simple tasks are challenging for the thousands of children in the UK with cerebral palsy or developmental coordination disorder (DCD). Researchers from Leeds University are investigating whether extrasensory stimulation in the form of light and sound could make their lives easier.

Activities like writing, drawing and playing ball games can be a huge struggle and this can lower confidence, affecting education and the ability to form friendships.

Led by Dr Sarah Astill, the team has already discovered that additional light and sound helps



spatial awareness and hand-eye coordination. They are building on this earlier study by assessing children with DCD, children with cerebral palsy and children who do not have movement difficulties.

They are monitoring the children's movements using a button and ball which emit light and sound to find out whether this combination improves coordination.

If the results are promising, these techniques could be easily practised in physiotherapy and PE lessons at school and at home, helping to build the skills and ability of children with movement difficulties.

## Helping to tackle childhood obesity

The World Health Organization describes childhood obesity as 'one of the most serious public health challenges of the 21st century'. Two research teams are looking for clues that lead to weight gain in children.

Obesity puts children at risk of developing long-term health problems, such as heart disease, diabetes, arthritis, sleep-related breathing disorders and some cancers. It can also have a significant psychological impact as obese children are more likely to suffer bullying, discrimination, low self-esteem and poor body image.

Action is funding two studies to help tackle this problem, which is said to have tripled during the last 20 years.

### Is sleep linked to obesity?

One team, led by Dr Shahrad Taheri from Birmingham, is building on initial findings that suggest lack of sleep during adolescence may be linked to poor performance at school and obesity. Evidence also links lack of sleep to time spent on high-tech equipment, such as computers.

The researchers are collecting data from about 800 11 to 12-year-olds in the Midlands, a region that has one of the UK's highest levels of childhood obesity. They are monitoring the children's sleeping patterns, progress through puberty and use of technology over three years.

The results could help define how simple lifestyle changes could make a difference, which might be useful for widespread health education campaigns.

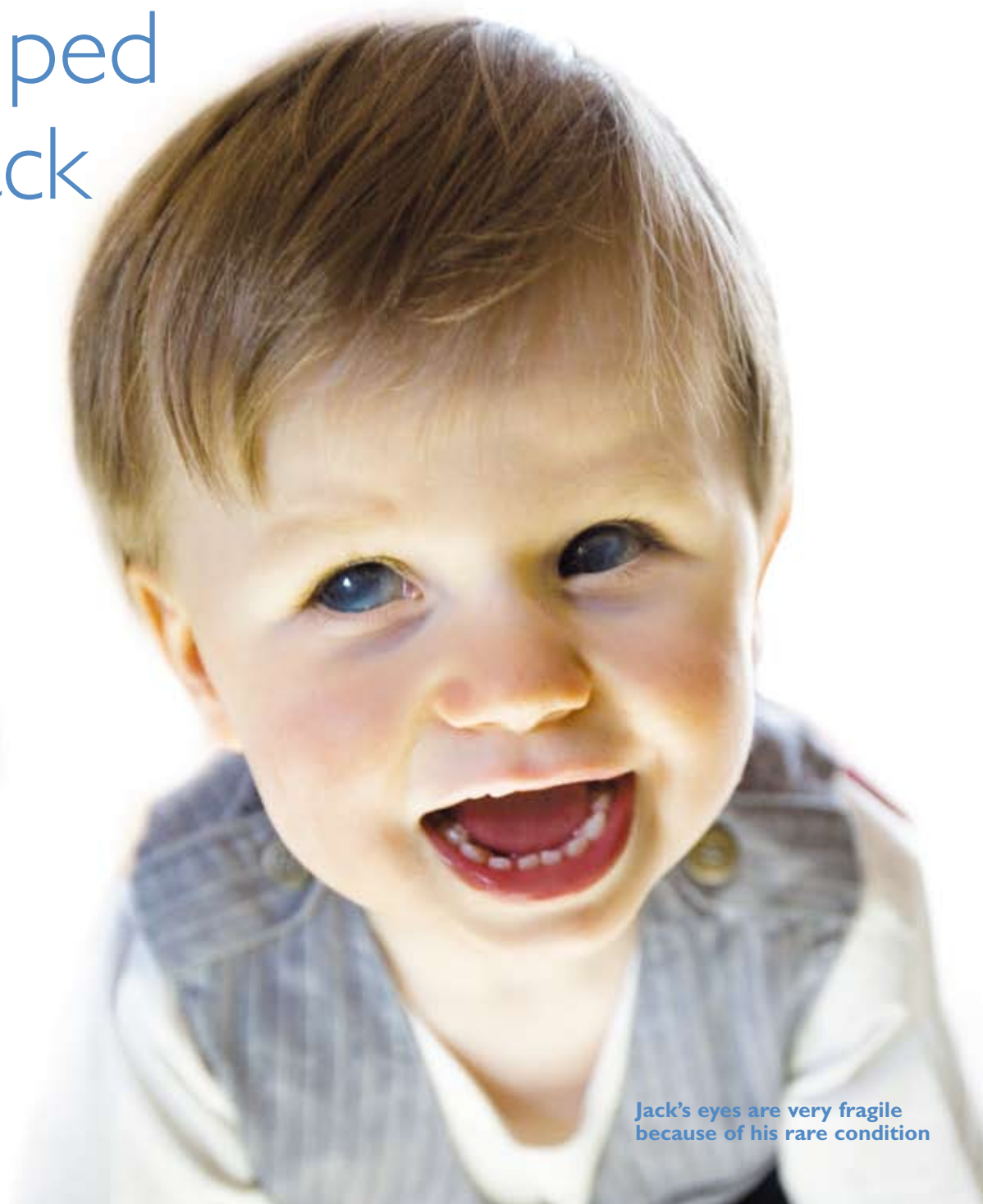
### Correcting energy balance

Another group of scientists is focused on how to manage weight, notably the common problem of rebound weight gain after dieting. They are looking at a circuit involving nerve cells in the brain called the energy balance circuit, which plays a key role in weight control. Most children are born with a healthy circuit and, if they become overweight, the circuit detects excess body fat and sends out signals encouraging them to eat less food and use more energy to lose weight.

The Aberdeen-based researchers, led by obesity expert Professor John Speakman, have discovered that eating a high-fat diet blocks this process, and this may cause people who are obese to be stuck with a circuit that is faulty.

They are also studying several types of diet in a laboratory model, to see whether any particular nutrients can help repair a faulty energy balance circuit. In theory, this could mean children no longer get stuck in the cycle of dieting and weight gain.

# How a supporter's gift helped little Jack



Jack's eyes are very fragile because of his rare condition

**One man's gift is funding important research on the genetic cause of childhood blindness. This has given one family some much-needed answers about their young son's condition.**

Little Jack proudly names the colours on the pages while his mum reads a book to him, just like any other toddler learning his way in the world. But to mum Sally it's a miracle as Jack was born blind.

Now age two, Jack appears to be able to see more colours and shapes than was previously thought, but this

cruel condition means his eyes are extremely fragile. His parents live in constant fear he will damage them and permanently lose the little sight he has.

Jack was born with a genetic condition called primary aphakia, which was the result of both Sally and husband Al carrying very rare changes in the same gene.

Sally says Jack's condition came as a shock. "I had a totally healthy pregnancy. Jack was our second child and we had no family history of any eye problems. The doctor did a routine eye check just after he was born and thought



Kay Ransom

## Jack learns his colours with mum Sally

“We have accepted the fact that Jack is registered severely sight impaired but for me it’s the uncertain future of his eyes that haunts me every single day. We still have years ahead of us of hospital visits to London and everything that goes with that.”

The family found out what caused Jack’s condition thanks to Dr Lily Islam, who is determined to find better ways to tackle childhood blindness. She is searching for genetic changes that can cause blindness using the Walkinshaw Research Training Fellowship, a grant funded by Gordon Walkinshaw’s generous legacy to Action Medical Research.

Sally says: “The research results helped us to stop blaming ourselves. I thought I must have done something wrong during my pregnancy. It did raise questions which we were able to ask Lily, such as are we likely to get glaucoma as we get older because we carry this gene?”

“We also worry about the boys and that they will pass it on to their children in the future, but it is good to know about it. It is amazing that such a miniscule thing as one gene has such a massive impact on his life.”

something was wrong. They then took him to a darker room to check again. At one day old he went to see an eye specialist at Lincoln Hospital.

“The doctor referred us to Great Ormond Street Hospital (GOSH) when Jack was just two days old. Jack’s first week was a stressful week where I should have been enjoying my new baby, celebrating and recovering. Instead, it was our worst nightmare.”

At GOSH they did a hi-tech ultrasound scan with specialist equipment that confirmed Jack had no iris in his eyes, no lenses and his corneas were very thin. It was also confirmed he had glaucoma, which was putting pressure on his eyes and meant he needed operations.

Jack has been coming on leaps and bounds in his learning, thanks to a lightbox. Sally says it is his favourite item in the world and they spend hours playing on it together learning his letters and shapes and colours.

She says: “He loves books. He knows all the stories off by heart and sometimes he sits on his own and just turns the pages and tells the story to himself.”

“The research results helped us to stop blaming ourselves”

## Please leave a gift in your will

Jack’s family found answers thanks to research funded by the legacy of Mr Walkinshaw. He approached the charity in 2004 and told us that his dream was to make a real difference in the field of genetic research. We set up a Research Training Fellowship in his name, specialising in genetics. His funding has already made such a difference to Jack’s family and to understanding this genetic condition.

Once you’ve looked after your family and friends, please think about leaving a gift in your will to Action Medical Research. By leaving a legacy you can make a promise to give tomorrow, whatever your circumstances today. You can be sure that whenever your gift is received we will use it to tackle the most critical conditions affecting babies and children at that time.

Please help us continue searching for better treatments and cures that will stop children like Jack suffering in the future.

To find out more about leaving a gift in your will to Action Medical Research, please call Jane Tarrant in complete confidence on 01403 327414 or visit [action.org.uk/legacy](http://action.org.uk/legacy)



shutterstock

# Touching Tiny Lives:

## tackling big problems for little babies

**Action Medical Research has a proud history of funding research that has benefited thousands of babies and their families.**

Some of today's most routine tasks of pregnancy were developed, in part, thanks to funding support from Action Medical Research. For example, all expectant mums in the UK are now routinely advised to take folic acid to help prevent spina bifida in their babies. They're also given regular ultrasound scans to check their baby's progress in the womb. These achievements have helped transform birth statistics across the world.

Our recent Touching Tiny Lives appeal saw more than £6 million invested over six years into more than 60 research projects dedicated to helping babies.

Launched seven years ago, the appeal recognised the importance of a healthy start in life. Its aim was to help reduce the high rate of premature birth, prevent pregnancy complications that threaten babies' lives and find better ways to care for sick and vulnerable babies.

Thanks to your support we are already seeing the benefits of this research and there will be many more to follow. Overleaf are some of the projects the appeal supported.

## Preventing pregnancy complications

Two projects at Imperial College London looked at the pregnancy complication obstetric cholestasis, which can cause stillbirth, to improve understanding of how the condition develops. Researchers discovered babies' heart rhythms may be affected by the condition, and that a drug called UDCA may help. Another study at the college made huge strides in improving MRI scans of unborn babies' brains which can help improve diagnosis and care.

A Liverpool project showed that very forceful contractions of the uterus may be a cause of fetal distress during labour, and that this seems to be preserved from one pregnancy to the next. This could help doctors identify risk in women with a history of fetal distress, so they can take steps to protect the baby during labour.

A study in Edinburgh significantly increased understanding of how blood vessels behave differently in women with pre-eclampsia.

## Tackling premature birth

Every year in the UK about 60,000 babies are born prematurely, increasing their risk of death and disability. Teams in Newcastle, London, Nottingham, Manchester, Warwick and Glasgow have all furthered understanding of the complex factors involved in preterm labour, identifying proteins and pathways important in regulating contractions. Their discoveries have pinpointed targets for novel therapies to help prevent preterm labour.

Early labour may sometimes result from infection or inflammation in the womb. One project at King's College London has yielded vital clues as to the mechanisms involved and has led to a subsequent project aiming to develop a screening test to predict if a woman is at increased risk of early labour.

## Treating sick and vulnerable babies

Premature babies can be susceptible to serious bowel conditions. Some early babies may not handle milk well, developing severe bowel inflammation called necrotising enterocolitis. A multi-centre trial funded by Action Medical Research has produced preliminary results suggesting that it is better for premature babies to start their milk feeds early rather than waiting.

“They hope the device will be in delivery rooms in a few years”

Another study from a team of researchers in Liverpool showed that stem cells grown in the laboratory can form new nerves, and these can join with bowel tissue, which could help babies with a bowel condition called Hirschsprung's disease.

A group at City University London has developed a revolutionary computerised screening tool which could improve diagnosis of retinopathy of prematurity, a potentially blinding eye condition affecting premature babies. And a team in Nottingham is working on a new heart monitor to aid resuscitation of newborn babies. Following initial trials, funded by Action, the researchers have now secured support from the Medical Research Council for further tests. They hope the device will be in delivery rooms in a few years.

## Ongoing commitment to saving babies

The Touching Tiny Lives appeal has been a chance to do something big to help more babies have the best start in life and grow up to be healthy children, but there is still much more to do.

The charity is currently supporting research into a variety of pregnancy complications and ways to improve care for sick and vulnerable babies including: fetal growth restriction, stillbirth, pre-eclampsia, brain damage at birth, bowel conditions in premature babies and hydrocephalus. You can find out more on our website [action.org.uk](http://action.org.uk)



## Daisy's story

Deborah and Nick's first child, Daisy, was born 13 weeks early in January 2010. Her arrival was sudden and she weighed only 11b 8.5ozs.

“It was very frightening for us to see Daisy connected to all the wires and machinery looking so vulnerable, but keeping her alive,” says Deborah.

“She had lots of ups and downs – it was like being on a rollercoaster ride. She proved to be a fighter, though.”

Daisy has done really well and was allowed home two weeks after the date she was originally due.

## Royal patron launches Scottish appeal

Our patron, HRH The Prince Philip Duke of Edinburgh, hosted a drinks reception for 150 specially invited guests at the Palace of Holyroodhouse in Edinburgh in August. Attendees included some of the best medical researchers working in Scotland.

The event saw the launch of our 60th anniversary fundraising initiative, which aims to raise extra funds for new Scotland-based projects over the next five years.

Action's Head of Relationship Fundraising, Toby Tennant, said: "We are incredibly grateful to our patron, HRH The Duke of Edinburgh, for hosting this successful evening. The reception was an opportunity for us to showcase the excellent research currently taking place as well as to highlight the need for further funding of research in Scotland, a country with such a rich heritage of medical breakthroughs."



Lloyd Smith

## Olympic cyclist on board at RIDE24

Action's cycling ambassador Chris Boardman MBE (pictured) joined participants at the third annual RIDE24 event in June, which was supported by IG Markets, the leading provider of Contracts for Difference.



Phil O'Connor

Almost 50 teams and some solo cyclists pedalled through the night braving heavy showers to see who could travel furthest in 24 hours – while raising vital funds to help sick babies and children.

The overall event winners were a four-man team from the University of Birmingham, who completed 230 laps and travelled 552 miles. They were seven laps ahead of second placed TL Sports Events, while Outside5 Biketarts came third.

Speaking trackside at Goodwood Motor Circuit track in Sussex, Olympic gold medallist Chris Boardman said: "I think this is a great event. If people are looking for a personal challenge then it's ideal and attached to a great charity."

RIDE24, the UK's only 24-hour cycling endurance track event, this year raised more than £70,000.

Event manager Sarah Stevenson said: "We are so proud of each and every rider who raced day and night to complete this mammoth challenge. A big thank you to everyone who supported this year's event."

For details on next year's race, go to [action.org.uk/R24](https://action.org.uk/R24)



## New carol debuts at Christmas concert

The *Times* newspaper is running a competition to write a new Christmas carol and the winning song will be showcased at our annual Christmas concert in December. Cadogan Hall will see the world-renowned Bach Choir raise the roof in festive song.

The Bach Choir has long been established as one of the world's leading choruses and, under the direction of David Hill, they perform their annual Christmas carols at Cadogan Hall in London to an audience of 800. The combined voices of the 100-strong choir make this seasonal event a spectacular and memorable occasion.

The modern venue offers luxury seating and exquisite acoustics. The first half of the concert begins with a programme of uplifting Christmas music, a speciality of the Bach Choir. After the interval the audience can then enjoy many of the most well-known Christmas carols leaving them filled with the spirit of Christmas.

This event sells out every year so book early to avoid disappointment – it's the perfect opportunity to get

together with family, friends and colleagues and get in the seasonal mood.

The concert takes place on 8 December and will start at 7.30pm with an approximate running time of two hours including interval. Tickets priced at £20, £25 and £35 are available from [cadoganhall.com](http://cadoganhall.com) or by calling 020 7730 4500.

### Your Christmas shopping could help us



Give as you Live is a free application that allows you to shop online at stores such as Boots, John Lewis and B&Q to help raise money for Action Medical Research. You don't pay any extra for the items you would normally buy but we will get a percentage of each sale.

Download the app today and help us raise funds towards our vital research while you shop.

Go to [action.org.uk/giveasyoulive](http://action.org.uk/giveasyoulive)

# Christmas cards on sale

Order yours today and help fund our vital research.

## 1 Fun in the snow

(105x151mm) Pack of 10 cards **£3.00**

## 2 Precious gifts

(125x125mm) Pack of 10 cards **£2.80**

## 3 Geese in the snow

(125x125mm) Pack of 10 cards **£2.80**

## 4 Over the rooftops

(117x117mm) Pack of 10 cards **£2.80**

## 5 Madonna and Child

*Botticelli Sandro* (1444/5-1510)

(126x126mm) Pack of 8 cards **£2.80**

## 6 Winter's Day is Near a Close When the West with Evening Glows

*Joseph Farquharson* (140x140mm)

Pack of 8 cards, 4 of each **£3.20**

## 7 Christmas visitor

(117x117mm) Pack of 10 cards **£2.80**



3



4



The greeting in cards 3 and 6 reads 'Season's greetings.' All other cards read 'With best wishes for Christmas and the New Year'.

To order, please contact Chris Tanner at [ctanner@action.org.uk](mailto:ctanner@action.org.uk), on 01403 327411 or by post to: Action Medical Research, Christmas Orders, Vincent House, Horsham, West Sussex RH12 2DP

Post and packing:

**£2.95** (for orders up to the value of £20)

**£3.95** (£20.01 to £50)

**£7.00** (£50.01 and over)

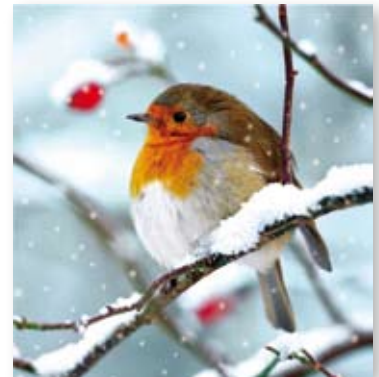
5



6



7



Cards not shown actual size



# Challenge events 2012

Join Davina McCall, third from right, in May 2012 at DIVA100

Lee Collier

We offer some incredible events whatever your ambitions, sporting ability or location. You will receive excellent support before and during your event in the knowledge that you'll be helping to stop suffering in children. For details or to sign up: [action.org.uk/getinvolved](http://action.org.uk/getinvolved)

## UK cycling

Our events are some of the most popular and respected cycling challenges in the UK. Choose one event or several but the DIVA100 rides are just for the girls. (Check online for dates and venues).

### Ride 100 series

100 miles or 100k UK-wide, April to September 2012

**DIVA100** women-only 100k or 50k

### UK End2End

Land's End to John O'Groats 26 May to 5 June



## Running

Run with us! We have places in some of the greatest running events:

**Virgin London Marathon**  
22 April

**BUPA London 10,000**  
28 May

**BUPA Great North Run**  
September, date to be confirmed



## Team challenges

Test yourself with one of our incredible team challenges. We have places on some unique events that require endurance, teamwork and skill. Our challenges are perfect for corporate teams or groups of friends.



**PLOD overnight walks** UK-wide, June to September

**Three Peaks Challenge**  
9-10 June

**Three Peaks Bike and Hike**  
23 June

**RIDE24 relay challenge**  
23-24 June

**Race the Sun** | September

## Overseas challenges and treks

We have led treks and challenges for many years to some of the world's greatest locations. Come with us for a life-changing experience you will never forget.

**Trek Machu Picchu** 10-20 May  
**NEW Morocco Bike and Hike**  
5-9 July



**London to Paris** 18-22 July

The London to Paris bike ride is our flagship cycling challenge. Join us on this iconic ride and see the spectacular finale of the Tour de France, the highlight of the cycling calendar. 2012 also sees the introduction of our first women-only route to Paris.



**NEW Ride L'Etape**  
6-9 September

**Kilimanjaro Trek** 4-13 October



See [action.org.uk/get\\_involved](http://action.org.uk/get_involved) for up-to-date information.

*Details correct at time of press.*