



30 September 2016

Dear Parents/Carers,

We are planning to hold a Non Uniform day, In order to support the Historical author Ben Kane. It will take place on 21st October 2016. Ben has been cycling from Spain, across the Pyrenees, the Alps and the Apennines, following in the footsteps of Hannibal for charity. The distance is 1700 miles and it will take him from the 1st September to the 30th. 50% of the money raised will go to Combat Stress and the other 50% will go to Park in the Past.

Combat Stress is the UK's leading veterans' mental health charity. They treat a range of mental health conditions including PTSD, depression and anxiety. Mental health issues can affect ex-servicemen and women of all ages. Right now they have more than 6,000 veterans registered with them for support. They are a vital lifeline for these veterans, and their families. Their treatment and support services are always free of charge for veterans. They are Care Quality Commission (CQC) registered and the NHS England PTSD specialist treatment provider for veterans.

Park in The Past, is managed by a Community Interest Company which has been set up to restore and manage Fagl Lane Quarry. They are also restoring a Roman villa and settlement.

<http://parkinthepast.co.uk>. It looks very exciting and educational.

Some of you may remember we supported Ben on his walk along the Apian Way to Rome two years ago. <https://www.youtube.com/watch?v=OoNoX1D-Sgc> and before that his walk along Hadrian's Wall the year before. Both were hugely successful and raised in total over £30,000 which was split equally between Combat Stress and Medecins Sans Frontieres. Should your child wish to participate, we are asking them to donate £1.

Yours Sincerely

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