

Dear Friends

I am delighted to tell you that I completed the 192 miles of the Wainwright Coast to Coast walk from St Bees at the Irish Sea to Robin Hood's Bay at the North Sea - a great adventure that allowed me to see some fabulous countryside and to stay in some really interesting places.



As you know I am again supporting Naomi House Children's Hospice at Sutton Scotney near Winchester. Take a look at their website to see what they do there <http://www.naomihouse.org.uk>.



I have already received some generous donations and I am really grateful to all those supporters. Now that I have finished the trek, would you be willing to add to the amount raised so far? Can you sponsor me?

There are 2 ways that you could make a payment.

1. I have a "Just Giving" web page that enables you to make a payment by credit card. Go to <http://www.justgiving.com/jeffadams1>
2. You can send a cheque to me here at my office made payable to "WESSEX CHILDREN'S HOSPICE TRUST"

I am grateful for all and any support - please help if you can.



*Jeff Adams*

