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Registered Charity No. 1112734

13 October 2015

Dear Sarah, Kay and the Xtreme Runners Team,

On behalf of PHASE Worldwide, I would like to thank you all for your dedication and enthusiasm for fundraising for us by participating in the Bournemouth Marathon Festival this month, and raising £4,565.38 to date.

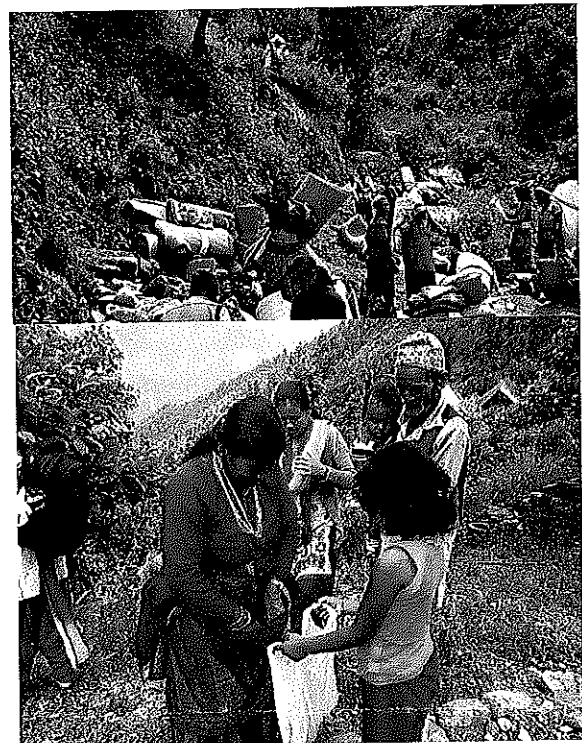
The funds you have raised will enable PHASE to continue to provide essential healthcare and education services, as well as livelihood training to the remote communities in the Nepal Himalayas – which are all between a days to eight days' walk from the nearest road!

PHASE turns 10 this year, and during this decade we have flourished.

Our healthcare provision has improved the quality of life in the communities, and we are continually expanding our Nepalese health staff's skills and knowledge – including offering training in the screening and prevention of cervical cancer.

Following the major earthquakes in Nepal in April and May, PHASE became a provider of emergency relief. Two of the districts we work in – Sindhupalchowk and Gorkha – were amongst the most badly affected areas.

Two PHASE Worldwide Trustees, Margaret Lally and Dr. Dilys Noble, recently visited Nepal. They witnessed first-hand the resilience and courage of the isolated Nepalese communities we have worked closely with over the last 10 years as they rebuild their lives, as well as the



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strength of PHASE and our Nepalese staff who work on the ground in the Himalayas. We will be remaining in the devastated communities in Sindhupalchowk and Gorkha for the long-term.

There is still the vital need for our provision of health, education and livelihood opportunities to empower the communities to break the cycle of poverty. Humla, in the far west of Nepal, was fortunately unaffected by the earthquakes. However, it is the least developed district that PHASE works in – there is not a single road in to the region and there are particular issues with food security which cause numerous health problems. The funds and awareness you have raised through the Bournemouth Marathon Festival will help ensure that the essential services we offer to communities in the Humla district can continue.

Many ask what else they can do to support PHASE. Please consider telling your friends and family about us – share our posts on your blogs or social networks, or just bring us up in conversation. If you have any contacts who are interested then please put us in touch with them:

We will be sure to send you key updates so that you know what you have helped to fund, what we have achieved and what our needs are. I hope you find this information valuable and worthwhile. If you would like to opt out of any further updates please email: admin@phaseworldwide.org

Thank you again Xtreme Runners for fundraising for PHASE and please contact us if you require further information or have any questions.

Best wishes,
Sarah and the PHASE team



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