

## *A Message from Rachel*

Hello

In April 2022, I'm taking on 100 km bike ride around London in aid of Women V Cancer and raising money for Breast Cancer Now, Ovarian Cancer Action and Jo's Cervical Cancer Trust. These amazing charities raise awareness, fund research and provide support for women affected by cancer, so that no one has to face cancer alone.

I'm taking part because like many of us I have had dear friends and family suffer from this dreadful illness.

Please help me reach my target of raising £100.

Whatever you can donate, any amount will help these amazing causes and help me conquer 100 km!

<https://join.dream-challenges.com/s/2325/3823/e>

Thank you.