

Walking *the* Talk

FROM LAND'S END TO JOHN O'GROATS



We are three people who have been talking about walking from Land's End to John O'Groats for many years. Now, with an average age of sixty we have decided to walk the talk. Frances Watson, English born, is an artist about to complete a Master's in Fine Arts. Yvonne Buckley, a Publisher and David Buckley, Yvonne's brother, a recently retired Trade Commissioner, are both Australian. Frances' husband, Richard is accompanying the walkers in a vehicle to provide some support capacity for the walk.

In addition to fulfilling a long held dream, another important objective of the walk is to assist in raising money and awareness for the Hamlin Fistula Relief and Aid Fund which provides desperately needed medical care, restores dignity and hope for the future to 1200 impoverished young Ethiopian women annually.

The Walk

Lands End and John O'Groats are at opposite ends of Britain – the two points that are furthest apart from each other. We start this challenge on June 12 and plan our arrival in John O'Groats in early September, a total walking distance of 1850 km, most of which is off road following established long distance walking paths.

The route starts in the Cornish coastline, crosses moors, climbs hills, through valleys and lakes and gradually winds its way to the north of Scotland. Through its entire length takes in some of the most breathtaking walking that Britain has to offer. We will be talking rest days in historic cities and towns such as Bath and Edinburgh to help recover from an average walking day of 25km and the gruelling distances we have to cover.

For a copy of our itinerary refer to our website www.walkingthetalk.com.au It will be updated during the lead-up to our departure and along the way.



Please help us help the young women of Ethiopia

www.walkingthetalk.com.au

The Hamlin Fistula Relief and Aid Fund

The Hamlin Fistula Relief and Aid Fund operates the Addis Ababa Fistula Hospital located in Ethiopia. It was established by Australian doctors Reg and Catherine Hamlin AC in 1974. This is the only hospital in the world that specialises in and trains doctors from developing countries in fistula surgery.

A fistula is a tear in a woman's bladder caused by a prolonged and obstructed labour during childbirth. When a fistula occurs, the woman is unable to control the flow of urine. Because of the objectionable smell associated with this, the women are typically rejected by their husbands and families and become social outcasts from their village community. Women sufferers have a deep sense of shame.

The Addis Ababa Fistula Hospital was established to treat these women. The Hospital operates free of charge on over 1,200 impoverished Ethiopian women each year with a success rate of 93%. Over 20,000 women have been cured of this debilitating injury since the hospital opened. Most of the women have been able to return to a normal lifestyle with restored dignity.

Please help us to support the Hamlin Fistula Relief Fund by either:

Sponsoring 'Walking the Talk' for every kilometre covered by the walkers

I wish to support 'Walking the Talk' for _____ cents per kilometre walked.

Please post this completed sponsorship form to 'Walking the Talk' PO Box 263, Sandy Bay, Tasmania 7006 or complete your sponsorship form online on our website www.walkingthetalk.com.au

Monies for your pledged amount will be collected at the conclusion of the walk. Payment can be made via cheque made payable to Hamlin Fistula Relief & Aid Fund or by online credit card direct to the Fund. We will advise you of these details when we complete the walk.

or

By donation

I wish to donate \$_____ to the Addis Ababa Fistula Hospital through the Hamlin Fistula Relief & Aid Fund.

Please forward a cheque to Hamlin Fistula Relief & Aid Fund and post to PO Box 965 Wahroonga, NSW 2076 or go to their website www.fistulatrust.org/online_donations.html

Please complete the details below:

Title Mr Mrs Miss Ms

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