Twelve years ago I visited The David Gordon Memorial Hospital at Livingstonia in Malawi which stands on a high plateau overlooking Lake Nyasa. In a country where there is only one doctor for every 40,000 people, this 136 bed hospital serves a local community of approximately 60,000 by providing affordable healthcare to the most vulnerable.

The hospital is run by the Central African Presbyterian, but it can only continue to operate with aid from outside Malawi. I have been supporting the work of the hospital since my first visit and I have recently learnt that it has very little bed linen left in stock.

This prompted me to contact Bourne Textile Services, the laundry company that supplies the hotel at which I work. I told them about the hospital's problem and they have since very kindly and generously donated 700Kg of sheets and pillowcases to the hospital for which I am most grateful.

My only problem now is financing the transportation of this linen to Malawi.

So, In September, I am endeavouring to cycle from Lands End to John o' Groats to raise funds for sending this linen out to Livingstonia via The Raven Trust.

Here is the crunch! I should be most grateful if you would consider sponsoring me on this ride.

Should you wish to be part of this worthwhile project, please send any contributions to me via http:www.justgiving.com/Mike-Dean3 through the Raven Trust, or if you would prefer to send a cheque, send it to me payable to M.J.S.Dean (Livingstonia).

For more information on the hospital, go to http://www.livingstonia.org.uk/

Sincerely yours

Mike

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