

## **PRESS RELEASE**

### **“Break From The Routine” – Deadline to Sign up for Project Namibia**

September 18 2008

Cornwall Hospice Care today urged people to sign up for Project Namibia before it's too late. The deadline to register for the event, which incorporates a physical and a community challenge, is due to close in just two weeks (by the end of September) and there are still plenty of places to be filled.

“Project Namibia is a real chance to make a difference at home and away – it is a fantastic opportunity for anyone looking for a break from their normal routine, experience a different culture, while at the same time raising funds for a local Cornish charity,” said Karen Holman, Challenge Events Officer

The challenge involves a three-day trek across the Namib Desert, past the country's iconic red granite peaks, before reaching Katora School to embark on a refurbishment project and learn about the lives of the local community.

Although the event is not until next August next year, flights need to be booked well in advance, to ensure places are guaranteed particularly as this is a peak travel period for UK travellers.

“We have had a lot of interest in this amazing overseas challenge, but people need to sign up now to ensure they do not lose out on the opportunity to embark on a life-changing experience. We provide loads of support to help participants train and meet their fundraising target,” explained Karen

Cornwall Hospice Care, which incorporates St Julia's Hospice in Hayle and Mt Edgcumbe Hospice in St Austell, relies heavily on the generosity of the general public for the majority of its income and challenges such as Project Namibia are a vital source of income. It costs a massive £5.3 million to provide specialist care free of charge to the people of Cornwall living with life-limiting illnesses.

Anyone wanting more information on Project Namibia should call Karen on 01726 66869 or email [kholman@cornwallhospice.co.uk](mailto:kholman@cornwallhospice.co.uk).

**ENDS**