



MIKE HILL CYCLES AUSTRALIA

two-wheeling round Oz

A 15000 Kilometre cycle ride around Australia in less than a year to raise funds for the Iain Rennie Hospice At Home.

ITINERARY

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| 9 th April 2002 | Depart London Heathrow |
| 10 th April | Arrive Sydney, Australia |
| 20 th April | Leave Sydney for Cairns (3000 Kilometres) travelling via Newcastle, Port Macquarie, Grafton, Byron Bay, Surfers Paradise, Brisbane, Noosa, Maryborough, Flockhampton, Macnay and Townsville |
| 15 th June | Arrive Cairns for rest and relaxation |
| 29 th June | Leave Cairns for Darwin (3000 Kilometres) travelling via Townsville, Hughenden, Cloncurry, Mount Isa, Tennant Creek, Daly Waters, Mataranka and Katherine |
| 21 st August | Arrive Darwin 21 August for rest and relaxation |
| 4 th September | Leave Darwin for Perth (4500 Kilometres) travelling via Kununurra, Wyndham, Derby, Broome, Port Hedland, Dampier, Onslow, Carnarvon and Geraldton |
| 27 th November | Arrive Perth for rest and relaxation |
| 5 th January 2003 | Leave Perth for Melbourne (3500 kilometres) travelling via Bunbury, Albany, Esperance, Norseman, Eucla, Penong, Ceduna, Port Augusta, Port Pirie, Adelaide, Mount Gambier and Geelong |
| 9 th March | Arrive Melbourne for rest and relaxation |
| 21 st March | Leave Melbourne for Sydney (1000 Kilometres) travelling via Sale, Bega and Woollongong |
| 4 th April | Arrive Sydney |

The Iain Rennie Hospice at Home provides specialist nursing care for patients in the Chilterns area of Hertfordshire and Buckinghamshire with a terminal or life-threatening illness who wish to be cared for in their own homes. Iain Rennie Nurses cared for 607 patients up to 31 March 2001 and in addition 388 people received bereavement support during the year. ***The service is provided free of charge to patients but the charity relies heavily on fundraising and donations to raise the £1.4million needed each year.***

Iain Rennie nurses work closely with District Nurses and the patient's GP to provide the appropriate level of care and support needed to enable a patient to remain at home during the final stages of a terminal illness. Practical, holistic, hands-on nursing care (on a 24 hour basis when necessary), emotional support and support for the family in bereavement are all part of the service offered.

Further information can be obtained by calling the Iain Rennie Hospice At Home on 01442 890222, visiting www.irhh.org or by emailing info@irhh.org.



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BRIDGE THE WORLD

Mike is taking a year to cycle 15,000 kilometres around Australia and raise money for The Iain Rennie Hospice at Home nurses who cared for his mother, Lorraine, who died in November 2001. The IRHH is a charity which provides specialist nursing care for patients who wish to remain in their own homes during the final stages of a terminal illness. Your support would be appreciated.

Mike is paying all of the costs for the trip so every penny you give comes straight to Iain Rennie.

To follow Mike's progress see our website www.irrh.org **Thank you and please give generously!**

GREAT NEWS! WE MAY BE ABLE TO RECLAIM TAX PAID ON YOUR DONATION AT NO COST TO YOU
 By ticking this box you are indicating that you are a UK tax payer and that you wish us to reclaim tax paid on your donation. It is important that you read the notes at the bottom of this form.

| Name | Address | Postcode | Telephone | Amount per Mile | Fixed Donation | Date | Gift Aid | Paid |
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GIFT AID NOTES - IMPORTANT

1. You must pay an amount of income tax and/or capital gains tax at least equal to the tax that the IRHH reclaims on your donations in the tax year (currently 28p for each £1 you give).
2. If in the future your circumstances change and you no longer pay tax on your income and capital gains equal to the tax that the IRHH reclaims, you should cancel your declaration (see note 1). You can cancel this declaration at any time by notifying the Iain Rennie Hospice at Home (IRHH).