

The Fragile X Society

Helping Fragile X Families

On 15th May I am organising a 30km off road cycling event to raise money for the Fragile X society. This is a charity that you've probably never heard of, and we hadn't either until our son Charlie was diagnosed with having Fragile X syndrome last March.

Fragile X Syndrome is the most common known cause of inherited learning disabilities. It can cause a wide range of difficulties with learning, as well as social, language, attention, emotional, and behavioural problems.

The charity has been a life-line for us as we come to terms with what this condition means for us and have offered us information and practical advice throughout this last year. Please see their website at: <http://www.fragilex.org.uk/> for more information.

I am asking people to ride the 30km trail, have a great day out and lots of fun while at the same time raising funds for this worthwhile cause. I am asking that people aim to raise just £30 each (or per family) to take part and there will also be refreshments and other goodies to purchase on the day as well. I would like to get around 30 people to do this as my target for the day is to raise £1000.

If you're not feeling so energetic I will also need some help with organising and running the event both beforehand and on the day and would welcome volunteers of support!

Please let me know if you would like to ride or help out with the event, we need to know who will be riding in advance of the day for our insurance. More details will follow for those who would like to take part but the event will start and end in Gomshall, Surrey and be a scenic route using off-road routes and trails where possible.

Thanks for your support and please, if you can, sponsor me through the just giving page <http://www.justgiving.com/FX30> so that all the funds go directly to the society - and don't forget to gift aid your donation!

I look forward to hearing from you with news that you want to take part!

Thanks in advance :-)

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