

In aid of

Alzheimer's
Society

Leading the
fight against
dementia

Great Wall of China Trek 2012



“My name is Roger. I’m 72 years old and of sound mind. Yet, this October, I’ll be trekking along the Great Wall of China in aid of those less fortunate than me.

“Please help me to help them by donating generously.”

Did you know?

Dementia is one of the main causes of disability in later life, ahead of cancer, cardiovascular disease and stroke.

One in three people over 65 will die with dementia.

More than 750,000 people have dementia in the UK, this figure will rise to over 1 million by 2025.

Dementia is not a natural part of ageing – it is caused by diseases of the brain that rob people of their lives.

How does the Alzheimer's Society support people affected by dementia?

The Alzheimer's Society is the UK's leading support services and research charity for people with dementia and those who care for them.

They support people by:

- Providing information and help for people with dementia and their carers.
- Funding research into the cause, care, cure and prevention of dementia.
- Providing learning resources and training.
- Campaigning for improved health and social care.
- Improving public understanding and awareness of dementia.

The Great Wall of China

The Great Wall stretches 5,500 miles, undulating across Northern China.

Started in the 5th Century BC, much of the current wall was built in the 14th Century AD during the Ming Dynasty.

In places, the wall is 30ft wide and more than 25ft high.

A feature of the wall is its steep and demanding climbs.

The Trek

The trek takes place from 8 to 13 October. The team will be on the move for up to eight hours a day, along old sections of the Great Wall in remote, mountainous areas north of Beijing.

The trek will include steep climbs and descents, which will test levels of personal fitness.



“ At my age, I could be forgiven for taking it easy. But, instead, I am training hard to get fit.

I am determined to give this my very best shot, because I am doing it for people less fortunate than me.

Please help me to help to help them by donating generously. ”

How to donate

Donating is simpler, safer and more secure than ever these days, thanks to JustGiving.com.

Simply go online and visit my dedicated page at:

www.justgiving.com/roger-fuller

Donating through JustGiving is simple, fast and totally secure. Your details are safe with JustGiving – they'll never sell them on or send unwanted emails. Once you donate, they'll send your money directly to the charity and make sure Gift Aid is reclaimed on every eligible donation by a UK taxpayer. So, it's the most efficient way to donate – I raise more, while saving time and cutting costs for the charity.

Alternatively, you can make donations using either a debit or credit card. Call 0870 417 0192, quoting my supporter number – 1553699.

Or, send a cheque made payable to 'Alzheimer's Society', to my address:

Roger Fuller
10 St Gabriel's Lea,
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RG24 8RE.

Thank you for helping me to support the Alzheimer's Society in its ongoing quest to help people affected by dementia.