Tanzania is 4,500 miles south from the UK – that’s a long way down from here! This autumn, however, we’d like to ask you to travel not quite as far to make a big difference to our work. Pick one (or all!) from the following and by travelling a little you can make an impact on the lives of thousands of people in the Mwanza region of Tanzania, giving them access to safe, emergency dentistry. Imagine hanging 50 metres above the ground while controlling your own descent at some of the most impressive sites around the UK…

26 September – Mersey Ventilation Shaft: The 50m Mersey Tunnels Ventilation Shaft located in Birkenhead provides an exhilarating abseil with fantastic views across the River Mersey.

2 October – Walsall Art Gallery: This iconic building in Walsall, West Midlands provides an exciting 30-metre abseil in the heart of the town.

3 October – Carlisle Civic Centre: The Civic Centre abseil located in the centre of town provides a great view of Carlisle in Cumbria and an exciting abseil.

To take part
• Choose your challenge
• Send your registration form to Long Way Down, Bridge2Aid, PO Box 649, Chichester, PO19 9JB
• Pay £20 registration fee
• Raise £100 minimum sponsorship, we’ll give you support.

The fee includes rental and preparation of the venue, qualified and professional instructors, all equipment, registration and management on the day.

If you’d like to travel a little way to help people a long way away, contact us now by emailing fundraising@bridge2aid.org or calling 01243 780102.

Bridge2Aid (B2A) is a dental and community development charity working in the Mwanza region of North West Tanzania. We started full scale operations in 2004 and work closely with the Tanzanian Government to deliver aspects of their dental strategy. We operate a not-for-profit dental clinic in the city of Mwanza (Hope Dental Centre) and have a community development programme for the disabled community based at Bukuambilkey Centre.

The four key aspects of Bridge2Aid’s vision are:
- To provide primary dental care and oral health education to communities in Tanzania
- To equip and further train local health personnel to provide emergency dentistry to rural communities
- To care for and empower the poor and marginalised in Tanzanian society
- To provide opportunities for UK dental professionals and others to use their skills to serve Tanzania, as locums or participants on the Dental Volunteer Programme (DVP).