Earlier this year, 50 determined individuals raised thousands of pounds for Bridge2Aid, by taking part in the Yorkshire Three-Peaks Challenge. This involved ‘topping out’ on Pen-Y-Ghent, Whernside and Ingleborough, a 25-mile route, in under 12 hours. It was an exhausting day, which started at 4.30am, but this was all forgotten against the massive sense of achievement felt at the end (as well as the blisters) when the climb was completed and money was raised.

If you would like to help raise money for Bridge2Aid, it’s major fundraising event approaching is the biennial Climb Kilimanjaro expedition; the extra-adventurous can sign up for the trip of a lifetime next year, August 20 to 30 2009, and climb to the very top of Kili; literally, ‘Stand on the roof of Africa!’ It’s a tremendous experience, with last year’s participants rating it as a lifetime high.

However you want to help Bridge2Aid restore smiles and change lives, we will support you all the way and really value the efforts you go to. So whether you want to be sponsored for sitting in a bath of baked beans, want to organise a 1970s disco or get your team to come to work in outrageous wigs for the day, we want to hear from you!

**Making a difference**

£2 – pays for screening, pain relieving dental treatment and oral health education for a schoolchild in Mwanza. There is currently virtually no oral health education available to Tanzania’s children. 99 per cent have never visited a dentist and consequently suffer from rampant tooth decay. Your donation will relieve the pain and lay foundations for a positive future.

£4 – funds a filling at Hope Dental Centre for a child from one of Mwanza’s orphanages or HIV outreach projects. HDC offers a heavily subsidised service to these projects, and helps to maintain the children’s oral health, a vital part of their general wellbeing.

£10 – provides a microfinance loan to a member of the street community to help them establish a means of generating income. Our Community Development team works alongside each individual to assist them in getting started and making sure the money is used effectively.

£25 – funds dental treatment of 40 people who attend one of our rural ‘Tooth Camps’. These events serve to provide free treatment to the rural population (90 per cent of Tanzanians) and also train rural clinical officers in safe extraction techniques. Without this service and the training it provides, rural Tanzanians have virtually no access to safe dentistry, and can suffer dental pain for weeks, months or even years.

If you’re interested in climbing Mount Kilimanjaro or helping Bridge2Aid in any other way, more details visit www.bridge2aid.org or email kerry@bridge2aid.org.