27TH MAY '23 | COLCHESTER

HELP FOR CHILDREN
Prevent & Treat Child Abuse
— UNITED KINGDOM —

IN SUPPORT OF HFC (UK)

PARAS'10 TAB

50 volunteers from the Alternative Investment Sector tackle the **PARAS'10 TAB** challenge to raise **£1 million** for **Help for Children**.

Support this great cause by donating to the HFC PARAS'10 Just Giving page via the QR code here:

100
HOURS TRAINING

10
MILE COURSE

35 LBS
CARRIED THROUGHOUT

HELP FOR CHILDREN

The PARAS'10 TAB is a **gruelling 10-mile endurance race**, carried out over tough terrain while carrying a 35lbs pack. The race is based on the '10 Mile March' that originally formed part of the P Company test week for **Parachute Regiment recruits** and is intended to assess **physical fitness, mental robustness and determination**.

Our **50 volunteers** are all professionals from the Alternative Investment sector and the majority have never done anything like this before. Collectively, these volunteers will have sacrificed over **5,000 hours** to prepare for this challenge as part of an intense six-month training regime.
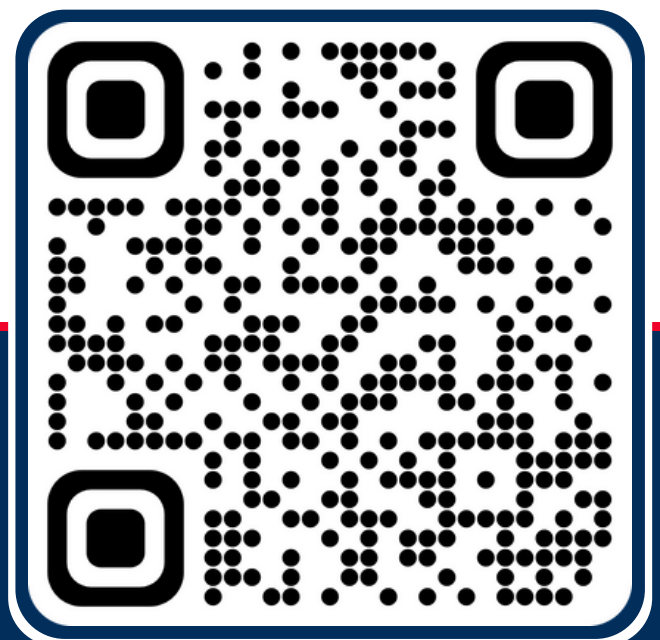
Training however is only the beginning. Our volunteers will be running the PARAS'10 mile course with a **35lbs pack, the weight of a small child**, all to raise money for the Help for Children (HFC) UK, our industry charity.

Worldwide, **40 million children are subject to some form of abuse each year**. HFC is a partner charity to the alternative investment industry and raises funds to around the world to **combat child abuse** and also funds programs to help those who have been affected. Globally, HFC has raised over **$58 million** to fund projects which have transformed the lives of over a million young people and children through projects such as the PARAS'10 TAB.

These volunteers are making a difference. Agreeing to take part in this epic challenge will help to fight child abuse and fund life-changing projects for vulnerable young people, but **they need your help**.

Please support your industry friends, colleagues and partners and help raise funds for HFC (UK). Donate today using the QR code to aid us in our fight to end child abuse.