



Pete's **BIG** BIRTHDAY **WALK**

27th June 2020

Looping
within the
20km radius
of Pete's
house



COVID-19
URGENT
APPEAL

Help Pete raise funds
for Bóthar's Covid-19
Urgent Appeal to help
already struggling
communities in the
developing world.





Pete's **BIG**
BIRTHDAY
WALK

Dear friend,

During this most extraordinary time in all of our lives, we are all stressed, a bit upset, possibly a little confused.

It is a very difficult time for everybody.

Many people feel alone, even if they are isolating in a family group.

Many are not sleeping well.

It is a time when we should remind ourselves that we, ourselves, and all of those around us are not at our best and we should go easy on ourselves, our family and our colleagues.

It is a time when we must be more understanding of those around us and support each other.

It is very important to establish and keep a routine during these challenging times.

It is very important to keep standards up.

Get up every morning and plan your day.

Keep positive.

Perhaps one of the the most important things to keep reminding ourselves is that this too will pass. In two years time we will be looking back at this dark period and hopefully enjoying the simple things in life a lot more than we did before.

Because the Pandemic is Worldwide, your help is needed more than ever. Most of the countries where we have development projects have

little or no social welfare or health care infrastructure. Poor families are being devastated by Covid 19 and they need our help now.

I have continued with the preparations for my Annual Big Birthday Walk in recent months.

However, this year it will be a Big Birthday Walk with a difference.

I am going to do it alone.

I am not inviting anybody to participate this year because of the Pandemic.

The walk will take place on Saturday, June 27th and will be the usual 52 Kms long, while remaining within the 20Kms limit.

I am appealing you, as never before, to sponsor me for whatever you can.

Bothar will do all it can do to help as many poor families as possible through this dark period, the darkest that any of us have seen in our lifetimes.

But we need your help.

I look forward to hearing from you.



Peter Ireton
Bothar Founder



Bóthar

HELPING PEOPLE TO
HELP THEMSELVES

Bóthar has been working with war widows in Rwanda since 1996 helping them to remain with their families in their communities.

HOW TO DONATE

Call: 1850 82 99 99
or Donate online at:
www.bothar.ie
or Complete the
form overleaf.

An Irish dairy cow will yield approximately 20 litres of milk per day which is enough to lift a family out of poverty.

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