



Charity begins at home

Doctors of the World UK runs Project: London in Bethnal Green which provides information, advice and practical assistance to vulnerable people to help them access NHS and other services.

WWW.DOCTORSOFTHEWORLD.ORG.UK

Sticks and stones...

One in two women and one in five men over the age of 50 fracture a bone as a result of osteoporosis each year.

WWW.NOS.ORG.UK

News

Davina's French connection

Bethnal Green clinic inspires cyclist's epic journey from London to Paris

BY JESSICA ODUBAYO

TOWER Hamlets resident Davina Sharma has completed a three-day, 200-mile charity cycling challenge between the UK and France.

Davina took part in a fundraising challenge for international humanitarian aid organisation Doctors of the World UK, based in Canary Wharf.

It is an organisation close to the doctor's heart: "I have wanted to do this challenge for a few years. I live very near to the Project: London clinic which is in Bethnal Green and run by Doctors of the World UK.

"I like the fact that it is working on my doorstep to benefit

vulnerable local people in need of care and support. I also really wanted to do something physical so this seemed like the perfect combination."

Davina, who works in Camden, was among 49 cyclists from France, Belgium and the UK who took part in the challenge.

She spent three months training for the event and said it was a great way to get fit and have fun: "I discovered the best invention in the world for cyclists – padded Lycra leggings. I was cycling everywhere in the run up to this ride.

"I have so many great memories but finishing in Paris and seeing the Eiffel Tower was the perfect way to end. I really felt quite emotional by the end of

Doctor's of the World UK

it all. I was so pleased I was able to support Doctors of the World and their vital work; it is a great and important charity."

To support Davina, donate online at www.justgiving.com/Davina-Sharma

■ **Doctors of the World UK, is still looking to fill places on their fundraising team for the Greenwich Park 10K Run in November – or why not sign up to next year's London to Paris bike ride. Call 7515 7524 or visit www.doctorsoftheworld.org.uk for more information. Project: London is at Praxis in Pott Street, E2.**

Davina takes to the road for Doctor's of the World UK



Mark rides for bone charity

WAPPING resident Mark Walmsley can usually be found at his desk at a City law firm, but this summer he set out on a 700km journey to raise money for the National Osteoporosis Society with his colleague Ed Easton.

"Up until now I've used my bike to commute the couple of miles to and from work, so increasing that to the 200km we're going to have to cover each day is going to be the real challenge," said Mark 32, before setting out on the four-day journey.

The hard work proved worthwhile as he has raised over £3,000 for research into osteoporosis, which both his mother and grandmother have.

"NOS is a relatively small charity, but it's a cause close to my heart. Along with my mother, my wife has a number of family members affected by the disease. I really hope this ride will raise the profile of the char-