

NEIGHBOURHOOD NEWS

■ **CHANDLERS FORD:** Sea adventure of a lifetime

Making waves for Rainbow



by **Rachel Hine**
The News

PEOPLE do amazing things for charity, but Andy Milner wanted to do something extra special.

So the 52-year-old signed up for a yacht race to raise as much cash as possible for the Rainbow Centre in Fareham.

But this is no ordinary race - it's an around the world challenge.

For 10 months Andy will sail aboard one of 10 stripped-down 68ft racing yachts in the Clipper Round the World Yacht Race.

He will take in 30 different countries, spending Christmas in Australia and New Year in Singapore, and stop at destinations such as the Caribbean, California, New York and Canada.

And at the end of the voyage, he hopes to have raised an amazing £10,000 for the charity which helps children with cerebral palsy.

'It's going to be hard work,' said Andy, from Chandlers Ford. 'But it will be worth it to raise the money for the Rainbow Centre.'

Andy, who works for Eastleigh council, decided last year that he fancied taking on a challenge.



Andy Milner gets some practise in before the race

A yacht race then became an option - despite him never having set foot on a boat.

But since Clipper Adventures guaranteed him a spot in the race, he's been training hard, spending weeks at sea, and experiencing wind up to force nine and waves of more than 20ft.

'It's all been good preparation,' said Andy.

'Although it will all seem quite tame by the time we get down to the southern oceans. There the waves can be the size

of office blocks.

'But I'm really looking forward to the challenge.'

With months before the race even starts, Andy has already raised nearly £3,000 for the Rainbow Centre.

He said: 'When I decided to take up the challenge I went round visiting various charities and the centre just stuck out.'

'It does such a fantastic job but needs so much money to keep running. I can't wait to be able to help them.'

Mums have a chance to get on the move

■ **FAREHAM:** Mums can get on the move thanks to a new walking programme.

A new series of free strolls have been arranged to help mum's enjoy a bit of physical exercise without the worry of childcare.

The Mums on the Move programme has been designed by a group of mums who attend The Merryfields Children's Centre in Fareham, and is being supported by Fareham Borough Council.

Councillor Connie Hockley, in charge of community matters, said: 'This great new programme will give the opportunity for anyone who looks after children, not just mums, a chance to improve their fitness, get more fresh air and socialise, with their children and other adults.'

Anyone who looks after children can join in the walks, along with their child.

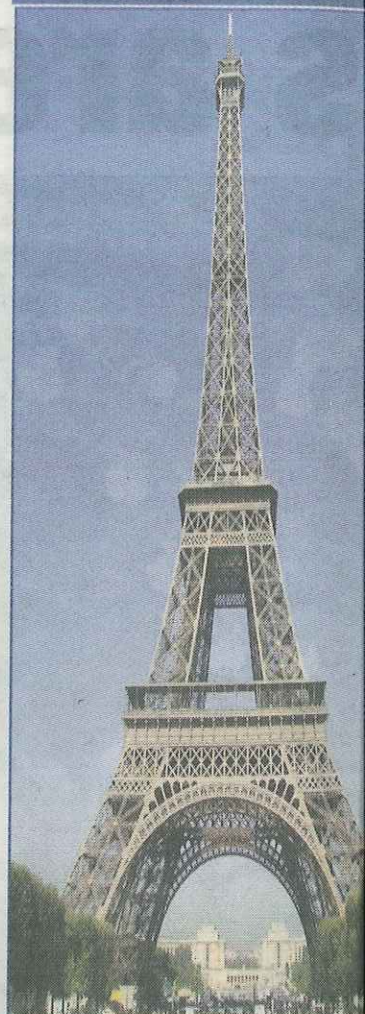
The walks will be led by at least two volunteer leaders and

all routes are checked to ensure they are suitable for young children and pushchairs.

The programme was being launched today at the Merryfield's Children's Centre in St Annes Grove in Fareham, at 1.30pm.

Anyone interested in setting up walks in their area can contact Janine Daniels, health projects co-ordinator, on (01329) 236100 extension 2392 or e-mail jdaniels@fareham.gov.uk

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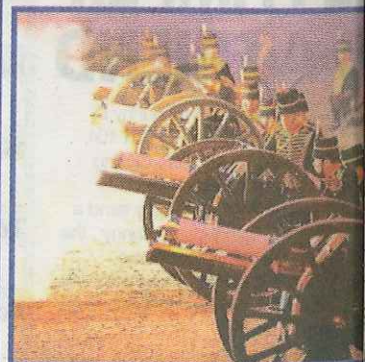


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