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For more information and additional sponsorship forms, please visit www.actionaid.org.uk/fundraise. You can also call us on **01460 238 000** or email events@actionaid.org

As a supporter, you're at the heart of everything we do. We'd love to keep you updated about our exciting work and the ways you can help, including campaigns and events that you might be interested in. We promise never to sell or swap your details and you can change your preferences at any time. To do so, simply call **0800 012 2038** or email dataprotection@actionaid.org