

On June 21st 2009, Tracey Rushford RVN of Kilbarchan Veterinary Practice along with five other members of staff all took part in a trip down the River Tummell in an inflatable raft, to raise money for the Anthony Nolan trust. Tracey gave us an account of the day, and their reasons for taking on the rapids.

## Practice take on Challenge for Charity

On June 21st Kilbarchan Veterinary Practice joined together for our most adventurous day yet, our trip down the river Tummell (in an inflatable boat! Were we mad?) Our team of six, Catherine Wilson, Anne Coulter, Karen Clark, Jennifer Mackay, Elizabeth Fyfe and Tracey Rushford are all from the Veterinary Practice. We come across many challenges in our day to day work but this was by far the biggest!

The day started quite anxiously, two of our team have awful motion sickness but kept it under control for the two hour drive through the beautiful countryside.

We all rendezvoused in the car park, registering and awaiting our wetsuits. The excitement was building, although none of us were scared of our challenge, just a little apprehensive. The hilarity began when the wetsuits were dispensed, cold and wet from the previous thrill seekers! There was a lot of sucking in of the tums for the photographs, and having a good old laugh at each other! After changing over and a short instruction from our fantastic instructor Ed, (Alba Adventures were terrific) we were off into the water.

It was so enjoyable, negotiating our way through the rapids. During the six mile stretch we even got the chance to jump from the rocks into the rapids! This was a scary moment but none of us would have missed out on the opportunity to experience the force of the rapids. We all managed, with great support from Ed to make it down the last and biggest rapid unscathed and full of adrenaline! It was such a fantastic and enjoyable experience and one I'm glad we can say we would all do again.



The most rewarding part of the whole experience was the support we received from our families, friends and clients of the practice. Those who did know about the Anthony Nolan Trust and its fantastic work were incredibly generous, even in these tough times. We displayed a large feature in the surgery letting clients know what we were up to but most importantly why. Those that were not aware of the Trust were very interested and again, unbelievably generous. We raised through sponsorship and donations a total of £3500, way exceeding our expectations. The amount of money, as important as it is, was not our only aim. We really hope that raising the profile of The Anthony Nolan Trust through our waiting room display has encouraged our clients to have a look at the website and get on the register.

Cath, Jennifer, Elizabeth and I are registered donors. I lost my best friend to leukaemia six years ago now and I know she would be incredibly proud of fantastic support The Anthony Nolan Trust gives and its continuing hard work to take lives back from leukaemia.



Top photo: staff at Kilbarchan Veterinary Practice took the plunge with instructor Ed.

Middle photo: the team looking ready (and nervous!) in their wetsuits.

Bottom photo: Anne, Tracey, Karen, Elizabeth, Cath and Jennifer raised money for The Anthony Nolan Trust.