



Dear Friends, Colleagues and Patients,

At the beginning of the year I said that I would run 5k every day in January to raise money for MIND, the mental health charity. I thought I should raise £250 and if I was lucky I might get £500, so to raise nearly £1500 was just amazing. I am humbled by the generous response of friends, colleagues and patients. Your kind comments and support kept me going at the end of those long days when I finished work and still had to do my run round the streets of Andover. In the end I ran about 130 miles in total in January.

Thank you.

Malcolm Stone

