



To Whom it Concern,

I hope you don't mind me writing to you.

My name is Chris Linkins, I am the General Manager of Bradleys Foods based in Ashford and I am running the Manchester and London Marathons in April this year to try and help raise £3000 for the National Autistic Society and 3 local charities and organisations who have helped support my family and our youngest son Oliver following his Autism diagnosis.

Alongside the National Autistic Society; Footprints Nursery, The Wyvern School and Includes Us 2 Charity have all played pivotal roles in helping to turn a shy and frustrated child who could not talk or communicate into a chatty and bubbly 4-year-old.

Autism is much more common than many people think. There are around 700,000 people on the autism spectrum in the UK – that's more than 1 in 100. If you include their families, autism is a part of daily life for 2.8 million people.

Autism is a hidden disability – you can't always tell if someone is autistic. The charities and organisations that I am supporting do amazing work in helping families to try and better understand Autism, as well as helping to raise awareness.

Without understanding, autistic people and families are at risk of being isolated and developing mental health problems.

To help fundraise, I am asking local businesses if they would be prepared to either sponsor me £26 (£1 per mile) or to donate a raffle prize for the Charity Quiz night that I am holding in March this year.

If you would be interested in sponsoring £26 or donating a raffle prize please get in contact with me using the links below, I would be extremely grateful for your support.

Thank you in advance

Yours Faithfully,

Chris Linkins

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<https://www.justgiving.com/fundraising/chrislinkins2in3x2>