MENINGITIS NOW, the country’s biggest charity fighting the disease, is looking for adventurers to take on its 30th anniversary charity trek in the Patagonian Andes from Argentina to Chile next year.

The five-day trek promises to be the adventure of a lifetime, taking you through some of the most breath-taking scenery in South America.

It starts in the Lake District area of Argentina, where snow-capped mountains fringe glacial lakes, before crossing into Chile and entering a world of lush rainforest, cascading waterfalls and bubbling hot springs.

Meningitis Now has teamed up with specialist challenge event organiser Classic Tours for the trek, which takes place between 5 and 14 February 2016.

Emily Millington, event manager at Meningitis Now, said: “This endurance event is one you’ll never forget. We are the only charity offering a Patagonian challenge in 2016, and demand is high!

“Places are going quickly but we still have a few available – why not join our chief executive Sue Davie on what promises to be the adventure of a lifetime and help us celebrate 30 years of achievement fighting meningitis.”

Registration costs £350 and trekkers need to raise £3,950 in sponsorship.

In return for this, all flights, accommodation, support vehicles, medical support and experienced guides are provided.

The Meningitis Now events team is on hand to guide trekkers through every step of this challenge.

“As fundraising ideas to training tips we promise to take care of all the practical arrangements - leaving you free to concentrate on walking, enjoying the breath-taking scenery and completing the challenge,” Emily added.

Money raised from the trek helps fund preventative research, raise awareness and support those touched by the dreaded disease through Meningitis Now’s unique range of services.

To register your interest or find out more visit www.meningitisnow.org, call the events team on 0845 120 4530 or email events@meningitisnow.org

Watch the video at https://www.youtube.com/watch?v=eBe1bPdsRcM

ENDS
Meningitis and Septicaemia Facts

- Meningitis is usually caused by bacteria or viruses
- Meningitis is inflammation of the membranes that surround and protect the brain and spinal cord
- Septicaemia is blood poisoning
- Some bacteria that cause meningitis also cause septicaemia
- Meningitis and septicaemia often happen together – it is vital to know all the signs and symptoms
- The early signs and symptoms of meningitis and septicaemia can be similar to ‘flu and include fever, headache, nausea, vomiting and muscle pain.
- The more specific signs and symptoms include fever with cold hands and feet, drowsiness, confusion, pale blotchy skin, stiff neck, dislike of bright lights and a rash which doesn’t fade under pressure.
- In babies, symptoms can also include being floppy and unresponsive, dislike of being handled, rapid breathing, an unusual, moaning cry and a bulging fontanelle (soft spot on the top of the head).
- There are an estimated 3,200 cases of bacterial meningitis and septicaemia each year in the UK.
- Following bacterial meningitis or septicaemia, one in ten people will die and at least a third of survivors will be left with lifelong after-effects such as hearing loss, epilepsy, limb loss or learning difficulties
- Meningitis and septicaemia can affect anyone, of any age, at any time. However, babies and young children are most at risk, and young people between 15 – 24 years are also a higher risk group.
- In the past 20 years, effective vaccines have been developed to give protection against SOME types of meningitis. These are offered to all babies and young children as part of the UK childhood immunisation programme. BUT there are not vaccines to protect against ALL types.
- In January 2013, a vaccine to protect against meningococcal group B (Men B) disease, the most common cause of bacterial meningitis and septicaemia, was licensed for use in Europe. In March 2014, this vaccine was recommended for routine use in the UK childhood immunisation programme, provided a cost-effective vaccine price can be agreed.
- If you suspect someone may be ill with meningitis or septicaemia, trust your instincts for further information please contact: Andy Hopkinson, Communications Officer at Meningitis Now, on 01453 768006, out of hours 07960 706661, or email andrewh@meningitisnow.org
Meningitis Now, the UK’s largest charity fighting the disease, formed after Meningitis UK and Meningitis Trust merged in April 2013.

The united charity, with around 30 years’ experience, shares its predecessors goals – saving lives and rebuilding futures – through research, awareness and support.

Meningitis Now fights the disease on all fronts by providing a powerful, united voice for people fighting meningitis.

- Saving lives by funding vaccine and preventative research.
- Reducing the disease’s impact through awareness.
- Rebuilding futures with dedicated support.
- Fundraising to deliver our plans.