



# GO A-T TOTAL JANUARY 2017

In January 2017 we are encouraging as many of you as possible to Go A-T Total. Giving up alcohol for 31 days means you'll feel better physically and mentally. You'll feel more alert, have more energy, and you'll save money! You can also use your abstinence to help to raise funds for vital A-T research, here are some ideas to help.

**Your Contacts** - Ask your friends, family and colleagues to join in, and create your own group of A-T Totalers. Alternatively, they can sponsor you and support you through your month-long abstinence.

**Your Savings** - If sponsorship isn't your thing, why not donate the money that you'll save by not drinking for a month.

**Be The Designated A-Taxi Driver** - If your friends are heading out for the evening, offer to be their A-Taxi driver for the evening. Instead of paying for a cab, ask for a donation from each passenger.

**Purchase A Pub Pass** - If you have a pre-arranged event or want to take a break for a tippie or two, then you can always purchase a Pub Pass! For a £20 donation, take a night off from going A-T Total.

## Buy Us A Drink

You could donate a regular monthly gift to Action for A-T equal to the cost a pint, a bottle of wine or even a round of drinks. It takes five minutes to set up a recurring payment and will help us in our quest to find a cure or treatment for A-T. Visit <http://actionforAT.org/support-us> for more details.

Going A-T Total for a whole month may be tough, but you will be offering much needed hope to the families living with this devastating childhood condition.



OR CONTACT US ON  
**01428 853313**  
[info@actionforAT.org](mailto:info@actionforAT.org)



# ABOUT ACTION FOR A-T

Action for A-T is a small charity with a huge mission. We aim to speed up the process of identifying a cure for A-T or treatments that delay or prevent the disabling effects of this rare childhood condition. Due to the lack of existing research, our sole focus is to identify and fund high quality peer-reviewed medical research.

## Ataxia Telangiectasia ("A-T")

is a rare degenerative brain condition that causes many of the same disabling effects as ALS/Motor Neurone's disease only it affects young children. Children like George (pictured) are born seeming normal but peak physically around the age of 5 before slowly losing their physical abilities including the ability to walk, talk and even to feed themselves. Mentally they remain unaffected and so they effectively become trapped in a deteriorating body.

On top of the severe physical disabilities children with A-T must face, the condition also attacks their immune system. 1 in 3 children with A-T will develop cancer and many will die from lung disease. More than half will die before they are out of their teens and there is currently no cure and nothing that can slow the condition's progression.

With your support, we can continue our investment in the highest quality medical research to help the families living with this devastating condition.

## HOW YOUR SUPPORT WILL MAKE A DIFFERENCE

By taking part in our Go A-T Total event for Action for A-T you will be helping to raise awareness and vital funds towards high-quality medical research. Your support will help us in the search for a cure or a medical advancement that will enable children like George, who suffer with A-T to live a longer, healthier and happier life.

£100

Could pay for a day's research by a post-doctoral researcher

£50

Could pay for vital laboratory supplies for use in finding a cure or treatment for the symptoms of A-T

£15

Could pay for an hour of a researcher's time

Please join our team as your support offers hope to children like George.



# ACTION FOR A-T

## CONTACT US



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