



Friday November 10, 2017

## Harrow School boys run Long Ducker for local charity

Over 800 boys from Harrow School completed the 'Long Ducker' on Sunday 5<sup>th</sup> November with sponsorship money going to the School's supported charity for this year – Certitude. The annual event is run over 10km (although some boys opt to run a half marathon); every boy takes part and raises money for charity.

The run kicks off a year of partnership activities between Harrow School and Certitude, which provides support to adults with learning disabilities and mental health needs locally. The runners all wore Certitude T-shirts for the event and CEO Aisling Duffy and Charles Bodden, who is supported by Certitude in Harrow, were on hand to present medals to the runners as they crossed the finish line at Harrow School.

Charles Bodden commented: "It was really fun, I cheered on Max who comes to visit on Mondays and then gave out medals at the end."

Aisling Duffy commented: "We hugely value our relationship with Harrow School. It was impressive to see so many boys and teachers running the Long Ducker, proudly wearing Certitude t-shirts and sharing our vision that everyone has the right to a good life. The money raised by Harrow School means that Certitude can go further in supporting people with learning disabilities, autism and mental health in Harrow. Certitude knows that everyone has gifts and talents and we are delighted to have the support of such a prestigious school that shares and supports our values."

Harrow student George Grassly, who won the race on Sunday, summed up the attitude of all the runners: "Long Ducker is a very enjoyable run and a rare occasion where the whole school gets stuck into an event. I was delighted to win this year for such a great cause."

The money raised by Harrow School this year will be used by Certitude to buy assistive technology which helps people with learning disabilities communicate more effectively. Some of the funds will also be put towards projects and activities which



encourage greater interaction between people supported by Certitude and their local community. People with learning disabilities can often feel isolated so encouraging broader community connections is a considerable part of the support provided by Certitude.

To boost this drive to build more local connections, Harrow pupils are also getting directly involved with the people supported by Certitude – visiting weekly and organising cooking nights, quizzes, parties and other events throughout the year.

Ends

Media enquiries

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