This week, I'm taking part in the GOAL Mile to raise funds to support people who are facing extreme poverty.

I'm raising funds to support essential work with vulnerable communities to help them survive crises and start them on the road to recovery.

But this will only be possible when we all stand together, so I'm asking for your help.

Please sponsor me now and support my efforts to help the world's most vulnerable people.

To make a donation, simply visit my fundraising page below:

<insert profile URL here>

Your donation will support the work of GOAL to improve the lives of people living in crisis.

Thank you so much.

