

# Kaiser's Climbing Kilimajaro

June 2019



## **Kaiser's undertaking this incredible challenge in support of Mind, the Mental Health Charity.**

On 10 June 2019, Head of Dispute Resolution, Kaiser Khanzada, will depart from London with six others (of whom he only knows one) to try and climb the 4,900 metres to reach the peak of the magnificent Mount Kilimanjaro, the world's highest free-standing mountain at 5,895 metres above sea level. If successful, he hopes to have accomplished this in seven days.

Kaiser is bearing all his own expenses so that all the money raised benefits Mind.

Please donate if you can at:

[uk.virginmoneygiving.com/RIABarkerGilletteUKLLP](http://uk.virginmoneygiving.com/RIABarkerGilletteUKLLP)

## **Who are Mind?**

Mind is a mental health charity and they believe no one should have to face a mental health problem alone. They're there for you. Whether you're stressed, depressed or in crisis. They'll listen, give support and advice, and fight your corner.

Mind provide advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding. They won't give up until everyone experiencing a mental health problem gets support and respect.

## **Your donation could**

**£10** could allow us to send essential information booklets about mental health to 40 people.

**£40** could pay for 28 people to campaign for change on our behalf.

**£70** could keep our online community, Elefriends, open and safe for two hours.

**£120** could offer a lifeline to eight people in desperate need of support from our Mind legal line.

**£200** could help us keep the Mind Infoline open for 1 hour, helping 35 people.

**£300** could support a young person bereaved by suicide to access 1:1 and group support.

**£550** could provide five people struggling with their mental health a place in a 10-week wellbeing group with team sports and cookery.

Through Virgin Money Giving, you can sponsor Kaiser and donations will be quickly processed and passed to Mind. Virgin Money Giving is a not for profit organisation and will claim gift aid on a charity's behalf where the donor is eligible for this.

## **Watch this short video to find out more**



**Qaiser Khazada**  
020 7299 6901  
[qaiser.khazada@riaabg.com](mailto:qaiser.khazada@riaabg.com)  
[www.riaabarkergillette.com](http://www.riaabarkergillette.com)



Note: This is not legal advice; it is intended to provide information of general interest about current legal issues.

