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## Fred. Olsen staff walk, run, swim and cycle distance to Norway head office to raise funds for East Anglia's Children's Hospices' EACH Mile Counts campaign

Suffolk-based Fred. Olsen staff have travelled the distance from their Ipswich offices to their international headquarters in Oslo, Norway – a total of 894 miles – in support of East Anglia's Children's Hospices and its EACH Mile Counts campaign, raising over £450 in the process.

The campaign challenges people to cover as many miles as possible, to help raise vital funds and awareness for EACH across Suffolk and beyond.

Throughout last week, Fred. Olsen Cruise Lines and Fred. Olsen Ltd staff, both based in White House Road, Ipswich, were encouraged to walk to work, take a stroll in their lunch break or clock up some miles in an evening jog or swim, and to submit their daily totals.

Neighbouring FTC Gym donated two exercise bikes, which were set up in Fred. Olsen House for people to use throughout the day, and created a specially tailored step class on Thursday lunchtime to help staff to stomp home to Norway.

The week culminated with a silent auction and dress down day on Friday, with staff raising more than £450 in total.

Tom Nunn, Chairman of the Fred. Olsen Charity Committee, said:

“January was the perfect month to set our staff this challenge, with the New Year always bringing with it resolutions for better fitness and an increased focus on being healthy.

“Our staff always get behind our fundraising efforts, and have proven to be very competitive when we set them a challenge, so we knew that we would make it to Fred. Olsen’s global headquarters in Oslo.”

Rachel Dally, EACH Corporate Fundraising Assistant, said:

“Fred. Olsen Cruise Lines and Fred. Olsen Ltd have been supporting EACH over the last year, with activities such as a Christmas fayre and an 894-mile virtual walk, run, swim and cycle challenge.

“EACH cares for children and young people with life-threatening conditions, as well as supporting their families. A big thank you to Fred. Olsen for helping to continue to make this possible!”

East Anglia’s Children’s Hospices provides a number of services and support for children with life-threatening and life-limiting conditions and their families, including specialist nursing care, symptom management nursing, short breaks, wellbeing activities, therapies and counselling; all meeting the

individual needs of the child, young person and whole family.

For families accessing care and those who have been bereaved, EACH is a lifeline at an unimaginably difficult time. When time is short, the charity helps families make the most of their precious time together and create memories that last forever.

**For further information on Fred. Olsen Cruise Lines, visit the website at [www.fredolsencruises.com](http://www.fredolsencruises.com)**

**For further information on East Anglia's Children's Hospices, visit the website at [www.each.org.uk](http://www.each.org.uk)**

**Photo caption 1:** Hayley Walker, Groups & Affinity Sales Assistant, (left) and Becky Smith, Trade Support Manager, pedal to Oslo

**Photo caption 2:** Fred. Olsen employees enjoyed a special step class with Sarahjane Elliott at FTC Gym in Ipswich

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Fred. Olsen Cruise Line operates in the UK with four intimately sized ships for a more personal cruising experience.

## Contacts



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