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**YOUR NEW YEAR'S RESOLUTION COULD HELP SAVE A LIFE**

[09 January 2019] It's a New Year and once again time for the resolutions that we love to hate to make, but we make them anyway.

One of the best ways to stick to your commitment is to do it for charity. Add a good cause to your personal 2019 challenge and you will have added the motivation to see it through.

The Sunflower Fund is calling for individuals who are tackling a personal challenge such as a run, race, walk, climb, swim or paddle to join their #Miles4Hope campaign and use your personal challenge to raise funds for the fight against blood diseases like leukaemia, sickle cell disease and aplastic anaemia to name a few.

Participating is simple: 1) Choose your sporting activity or event and register. 2) Visit [www.givengain.com/cc/miles4hope](http://www.givengain.com/cc/miles4hope) and create a profile to start fundraising. 3) Share the link to your fundraising campaign with friends, family and your extended network and ask them to support you by making a donation.

Funds can be raised by getting people to sponsor you per kilometre that you cover in distance.

The Sunflower Fund also has limited charity bonds still available for the 2019 Cape Town Cycle Tour. There are three price categories available: R1700 for an entry and a gift, R2500 for an entry, cycle shirt and gift or R5000 for an entry, cycle shirt, gift and one-night hotel stay at Century City Hotel and a transfer to the race start. Cycle Tour charity bonds have no additional fundraising obligation.

All funds raised for The Sunflower Fund, goes towards helping patients in need of a life-saving blood stem cell (bone marrow) transplant by funding the DNA tissue-typing test cost involved in recruiting blood stem cell donors.

The Sunflower Fund is a donor recruitment centre and registry actively engaged in recruiting donors who are committed to helping anyone in need of a transplant.

There are patients across the country currently in search of a match. These patients range from children as young as a few months old to adults in their 40's. It costs The Sunflower Fund R3000 per test to recruit a donor.

"Most individuals diagnosed with blood diseases often find themselves in isolation wards due to treatment and a weakened immune system or having to limit physical activity for risk of injury which might result in extensive blood loss," says Kim Webster Head of Communications for The Sunflower Fund. "We invite you to do an outdoor physical activity as a salute to patients who cannot enjoy the privilege of being active and enjoying the outdoors," Webster continued.

Your New Year's venture could save a life. Choose to challenge yourself and do it for a cause.

For more information about #Miles4Hope visit [www.sunflowerfund.org.za](http://www.sunflowerfund.org.za) or contact [info@sunflowerfund.org.za](mailto:info@sunflowerfund.org.za).