25th July 2018

**AD Comets take on the Thames Path Challenge in aid of mental health**

On Saturday, 8th September 2018, employees from AD Communications, their respective family members and friends will take part in the Thames Path Challenge and look to complete a total distance of 700km in under 24 hours in aid of mental health charity, Off The Record.

The Thames Path Challenge is a 100km walk, jog or run along the River Thames, from Putney Bridge to Henley, with options to complete either a quarter or half of the full distance. The team, made up of twelve participants and named ‘AD Comets’, will be setting off from Putney at 9am. Five members will be taking on the first quarter challenge from Putney Bridge through to Hampton Court and an additional five members of the team will be walking the half challenge, finishing at Runnymede. Two members of the team will aim to complete the full distance of 100km along the Thames, finishing at Henley on Sunday before 9am.

AD Communications will be raising money for Off The Record, a Twickenham based charity that every year provides free and confidential support to 2,000 young people experiencing mental health issues. The charity also offers additional support to friends, family and support workers. One in ten adolescents in the UK experiences mental illness and one in every three young people living in the Richmond borough has accessed Off The Record’s services.

In the past few years the charity has expanded significantly and now has a waiting list of over 100 young people. Case histories are becoming increasingly complex – instead of presenting themselves with one or two issues, many young people are now raising three or four issues, such as family break-up, bereavement, self-harm and exam anxiety. Off The Record’s services are therefore needed now more than ever.

Sophie Adam, Chairperson at Off The Record comments: *“Receiving support from companies like AD Communications gives us a chance to expand our services and help more young people in crisis. The NHS have warned that there is a wait of up to 18 months for children suffering with mental health and they are therefore relying on charities like us. We provide support at an early stage and offer a safe place to many young people in crisis. It is donations like this that help us to keep our doors open.”*

Helen Tolino, Joint Managing Director at AD Communications adds: *“Off The Record is an outstanding charity that offers vital support to young people. There has been growing awareness of mental health issues and we recognise that, as an employer, we have a duty to support people, especially those of a younger age for whom the pressures and pace of life are greater than ever. By supporting charities like Off The Record, we hope that we’re able to help them make a difference.”*

Alongside the walkers, further employees at AD Communications will be assisting with fundraising and supporting the team with training.

If you want to find out more about the walk or support the team, please click here: <https://mydonate.bt.com/fundraisers/adcomets>

~ENDS~

**About AD Communications**

AD Communications is a Surrey-based communications agency. With a rich 30-year heritage in B2B PR, media relations and communications strategy, AD Communications works with a diverse range of B2B technology brands within the print and graphic arts, packaging, publishing, visual communications, manufacturing and design sectors.

Helen Tolino

Joint Managing Director

Tel: +44 (0) 1372 464470

Email: [htolino@adcomms.co.uk](mailto:htolino@adcomms.co.uk)

Website: [www.adcomms.co.uk](http://www.adcomms.co.uk)

**About Off the Record**

Off The Record Twickenham is a registered charity that provides counselling, information and sexual health services to young people aged 11 to 24, who live, work or study in the borough of Richmond and who are experiencing mental or sexual health issues. The charity also offers a consultation service to parents and those working with young people.

Sophie Adam

Chairperson

Tel: +44 (0) 20 8744 1644

Email: [info@otrtwickenham.com](mailto:info@otrtwickenham.com)

Website: [www.otrtwickenham.com](http://www.otrtwickenham.com)