

## Prem to brave Everest heights in memory of cousin



**Prem, our specialist Musculoskeletal Physiotherapist** from Pinner will be trekking up Mount Everest next month to raise money for a brain tumour charity in memory of his cousin.

Prem will be climbing up to the mountain's base camp with three friends in memory of his cousin Amit Shah who died last April to raise money for charity Brainstrust.

**Prem has raised almost £5000 but wishes to beat his target.**

“The trek takes 13 days and involves walking up to eight hours a day. At base camp it is around minus 15 degrees.

Prem will be doing the trek on February 10.

To donate log on to [www.justgiving.com/premshah](http://www.justgiving.com/premshah). To learn more about the charity log on to [www.brainstrust.org.uk](http://www.brainstrust.org.uk)