

# Going extra mile to say big thanks

Dad's marathon run will raise cash for A&E care

By Guardian reporter

A GRATEFUL dad is repaying the emergency team who brought his baby back to health by taking on the London Marathon.

James Gallagher has been rushed to Princess Alexandra Hospital three times in the last year struggling to breathe.

The 17-month-old's dad Emmett, a maths teacher at Burnt Mill Academy, in Harlow, has been so grateful to the paediatric A&E staff that he is keen to pay them back by raising much-needed cash for new equipment.

He said: "James was very sick in the high dependency unit, staying for three days each time in January, April and May. We were terrified."

"There was a moment when we were holding him and he was lifeless."

"Lots of doctors came in and I asked if he was alright. They said they were considering calling the CATS (children's acute transport service) team to take



Little James with his proud dad Emmett

him to Great Ormond Street Hospital. I have never in my life felt so scared.

"The team was so good and looked after our wee man so well."

At the moment, keen runner Mr Gallagher is up to 12 miles with his training, with plans to

step it up one mile per week after Christmas for the event in April.

He added: "This is insane. I ran a half marathon in 2017, so I know a marathon is definitely going to be horrendous!"

"I am so scared, but I think I can do it; I'm pretty determined."

"Training has been difficult so far. The only thing spurring me on is knowing that I am doing it for a cause which helped my son."

"I am trying to give the littlest thing back to the most incredible team of doctors, nurses and administrators at the hospital. Their care is 100 per cent."

"My fiancée Nicola, James' mum, is a sister at the paediatric A&E department and knows how far the money would go in terms of improving the care that can be given to sick children."

A Stars in their Eyes event is being held at Burnt Mill, with ten members of staff walking through a smoke screen before performing hits from the 1960s to today.

Tickets for the event, at 7pm on April 2, are £5 for students and £7 for adults and available from Burnt Mill's reception.

# Giant Advent calendar opens door to record-breaking treat



Residents of Ashbrook Court care home and two-year-old Harry Hart standing by the 11.5ft tall advent calendar - possibly the largest ever

AN advent calendar made in the district is believed to be the biggest calendar ever made in Essex and possibly the UK. Measuring 11.5ft x 8.5ft, the huge calendar was unveiled at an event at Ashbrook Court care home in Waltham Abbey on Sunday.

It is decorated with a village snow scene and Christmas-themed arts and crafts fill the box.

Staff and members of the care home filled the calendar through a Facebook appeal for contributions to place behind each of the doors.

To commemorate the start of Advent, two-year-old Harry Hart Mansfield and 87-year-old resident Lee Hankinson opened the first door of the calendar. A mini advent calendar was then given to every resident in the home.

Home manager, Clare O'Neill said: "Residents, families and friends and the community have been so generous in helping us fill the calendar."

"We've had contributions including cracker and snow globe making kits and chocolate and marshmallow treats - something for every resident to enjoy."

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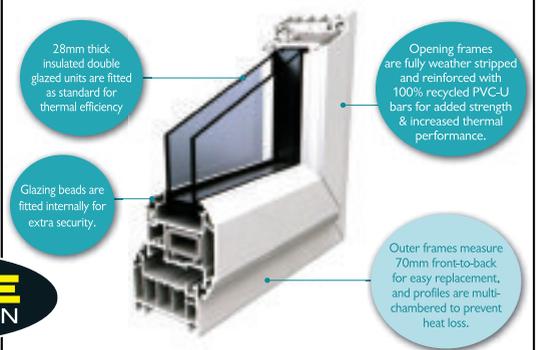
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