

Friday 1st February 2013



Helen Skelton kicks off seven magnificent challenges for Red Nose Day

Comic Relief today (Friday 1st February) reveals that daredevil Blue Peter presenter Helen Skelton is taking on seven challenges around the UK, all for Red Nose Day 2013.

Helen's Magnificent 7, launched live on Blue Peter, begins at Twickenham tomorrow (Saturday 2nd February), when she takes to the pitch at half time to attempt a kick through the posts in front of 82,000 rugby fans. She has been training with Saracens star and England international Charlie Hodgson for the big occasion and hopes all her hard work will pay off for the England vs Scotland Six Nations match.

Over the next six weeks she will appear on stage in the West End, take to the skies with the Red Arrows and attempt to set a world record – and that's just for starters!

Helen said: "I've had a week to learn to kick a conversion and the idea of doing it in front of 82,000 people is keeping me awake at night!! I'm hoping it's going to inspire you to do something challenging this Red Nose Day and get your family and friends to sponsor you."

"I've seen first-hand, both here in the UK and in Africa, that Comic Relief money is actually making a difference and changing people's lives for the better."

Helen has kayaked down the Amazon, walked a high wire above Battersea Power Station and trekked the South Pole. This time her task is different. She is going to extraordinary lengths to inspire the British public to do their own sponsored challenges and raise money for Red Nose Day.

You can follow Helen's progress on Blue Peter every Thursday at 5.45 on CBBC. For more information and ideas about your own challenges, visit www.rednoseday.com/challenge

The money raised for Red Nose Day is spent by Comic Relief to help people living incredibly tough lives across Africa and here in the UK.

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FOR MORE INFORMATION CONTACT

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Notes to Editors

- Red Nose Day 2013 is heading your way on Friday 15th March when the great British public will once again be asked to Do Something Funny for Money.
- By raising cash this Red Nose Day, you're helping to change lives forever. That's because Comic Relief spends the money raised to help change the lives of poor, vulnerable and disadvantaged people across the UK and Africa.
- Comic Relief was launched on Christmas Day in 1985, live on BBC One. At that time, a devastating famine was crippling Ethiopia and something had to be done. That something was Comic Relief. The idea was simple – Comic Relief would make the public laugh while they raised money to help people in desperate need. Before too long, Red Nose Day was created and the first ever event in 1988 raised a staggering £15m.
- This year, 2013, marks the 25th anniversary of Red Nose Day which has raised over £600m and helped to change lives both in the UK and Africa.
- *Comic Relief, registered charity 326568 (England/Wales); SC039730 (Scotland)*
- Helen has undertaken three previous challenges for Comic Relief. In 2010 she kayaked 2,010 miles down the Amazon, in 2011 she a 66m high, 150m long high wire between the towers of Battersea Power Station and in 2012 she travelled 500 miles across the Antarctic to the South Pole by ski, kite and bike.