



## Cycle a Difference - Save a Baby

### 850 mile sponsored cycle ride across Vietnam

Cycle a Difference is the challenge of a lifetime sponsored cycle ride across northwest and central Vietnam in May 2013. This ride begins in Lao Cai close to the Vietnam boarder with China, with four exhilarating days in the mountains, and ventures onto the historic Ho Chi Minh trail before heading for the famed Hai Van pass.

The ride is organized by Newborns Vietnam, a UK registered charity dedicated to reducing newborn deaths and advancing newborn care. Funds from the Cycle a Difference sponsored ride will fund the first internationally supported newborn nurse training programme, and lifesaving equipment.

Each year around 3.3 million babies die in the first 28 days of life - the neonatal period, at least a million babies die on their very first day of life. Most of these deaths occur in developing countries from causes that are rare in wealthier countries.

It is unconscionable in the 21st century that hundreds of newborn babies die every hour, from mainly preventable causes.

The critical shortage of trained nurses and equipment as well as limited knowledge are major factors in why the newborn death rate remains high. Health workers in the rural areas still lack the skills and experience to take prompt life-saving action and their knowledge of resuscitation is limited.

The ride finishes with a heroes' welcome at the Da Nang Hospital for Women & Children.

[www.cycle-a-difference.com](http://www.cycle-a-difference.com)

[www.newbornsvietnam.org](http://www.newbornsvietnam.org)

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