



Barrow Hills
SCHOOL

Mr Crisell's Assembly

Monday 11th January 2021

Josh's Journey

This is a short story about Josh.

Josh did something amazing for someone else during September and October 2020.

He raised some money to help a young girl called Hasti who has a rare medical condition.

But first, Josh had a journey to complete.

It's complicated but..

Hasti has a rare condition, Cornelia de Lange Syndrome (CdLS). CdLS is characterised by reduced growth, feeding problems, speech and language difficulties hearing problems and, in many cases, limb abnormalities and the inability to move properly. They develop very slowly with almost everything. (Ask a grown up to explain if you like.)

It is rare for children with CdLS to become adults who live independently, often needing round the clock care for their entire lives. No cure or treatments exist for this condition.



To help Hasti and those like her, Hasti's Dad had already walked a 700 mile journey from Land's End to Edinburgh, carrying 25kg and walking BAREFOOT to raise funds for a gene therapy to change Hasti's life.

You may have seen him on the news...



So, who IS Josh and where does he come in to all this???

Josh is a former pupil of Barrow Hills. He attended our school between 2003 and 2012.

He is the son of our Ballet teacher, Miss Anna.

I asked him if he would tell his story about how he found out about Hasti, felt so strongly he wanted to help, hatched a plan and in September last year set off from his house in Godalming on a 600 mile journey which ended at Land's End in Cornwall.

He said yes!.....



It turned out to be the most challenging thing he has done...

Josh planned his route and decided where he wanted to stop each day if the conditions during the day allowed him to.

Where did he sleep? Mostly in a small tent although he did stay with one or two people along the way.

Did he buy a brand new bike? No, he didn't have enough money so he dusted down his old bike from the shed and gave it a clean!

What did he eat? It was all very basic and not the most balanced of diets!

Did he travel by himself? Well, not really because he took E.T. with him!



Josh says: “This was the bike I took on my trip. It wasn't made for long journeys and I didn't have funds to get the best gear. Instead I used a supermarket fruit and vegetable crate for E.T's basket, used bungee cords to attach my water bottles and did my best to attach everything else including my one man tent to the back of the bike”.

Resilience was the key.

Resilience can be defined as:

The capacity to recover quickly from difficulties; toughness.

There were many times during the journey where things went wrong, from the tyres getting punctures, the gears jamming, running out of food, pouring rain, high winds and illness.

Josh could easily have given up.

But Josh found resilience and kept on going. It was wanting to help Hasti that helped him battle through....



Josh says: “On my first night my tent collapsed on me. The tent peg broke and I had to wake up at 5am!”

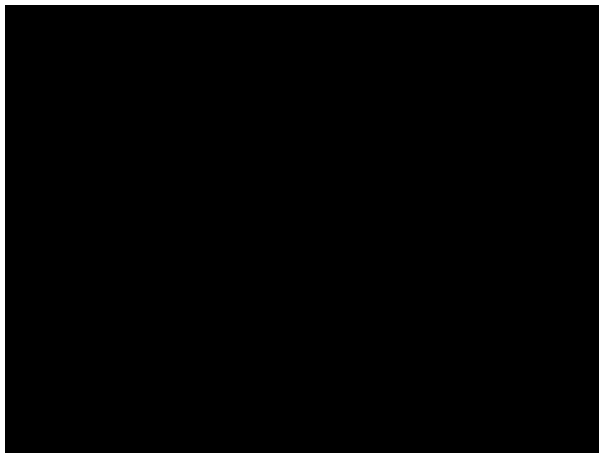


Josh says: “On one of the days I couldn't find food anywhere. I survived the whole day on nothing but a packet of biscuits. I ate them as I cycled along in hope of reaching my place to stay for the night”.



Josh says: “E.T. and I experienced all different conditions during our trip. From blazing sun, rain, 50mph winds and storms. I had set off on this trip to change the life of a little girl called Hasti and I kept that in my mind every time I had a tough day. The rain did it's best to beat me and I even cycled through Storm Alex. My mission was to change the life of children with this rare disease, so I wasn't going to stop pedalling”.

Josh kept a video diary but things didn't always go to plan. Here is a clip of just one of Josh's low points.



But he kept on..and on..and on..and on...

But it wasn't all bad. There were highs as well as lows. It is crucial to have support on any journey.



Josh says: “In Emsworth I stayed with an old teacher of mine, Mr. HK who used to teach at Barrow Hills! When I was growing up he was my History teacher and it was great to be reunited as he supported me on my journey”.



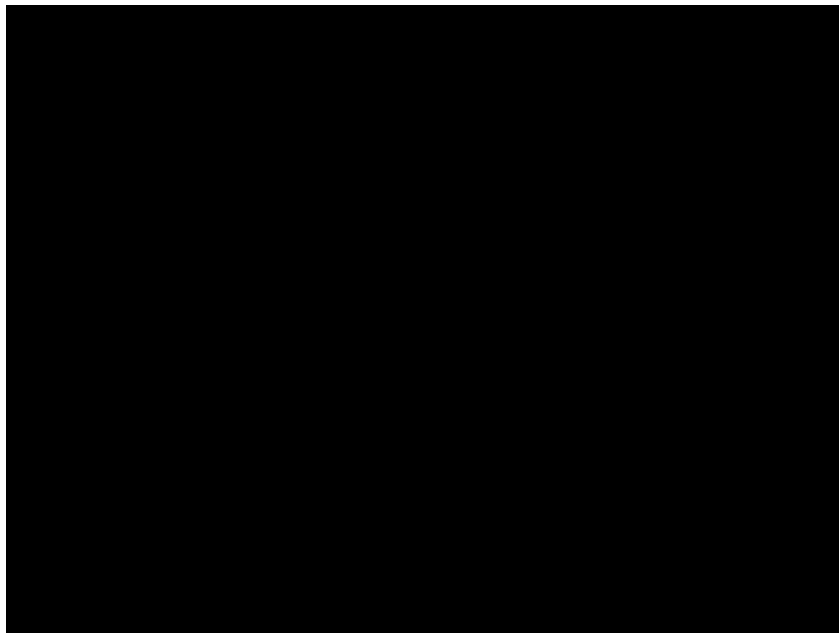
Josh says: “People I met along the way made everything feel better! Their kindness picked my spirit up everytime I felt low. They gave me food, water and places to sleep. I couldn't have done it without the kindness I received everyday on the road”.

It all came to an end in October when Josh reached Land's End. After 21 days on the road, he was exhausted, sore and hungry, but he had done it!!



...and raised over £6000 to help Hasti.

Play full screen..



Monday's Prayer:

Dear Lord

Help me to be strong when things don't go my way.

Guide me through the tough times ahead.

Give me the patience to take a breath and step back, so I can think about how I should react.

Please give everyone the strength to do the same.

Amen



Monday's Music

The Afters - I Will Fear No More

(Skip the Ad)

[I will fear no more](#)



Josh says: “Near the end of my trip I got to meet Chris Brannigan, Hasti’s Dad”.

Have a wonderful week everyone!

And remember, if anything doesn't go according to plan or is more difficult than you thought...

Take a step back, take a deep breath and be calm and patient trying to find the solution...because you will find it!

