

11 February 2019

Mr Anastasios Papadopoulos
APEEE's President
info@apeeeb3.be

Association des Parents d'Elèves de
l'Ecole Européenne de Bxl III
Boulevard du Triomphe, 135
B – 1050 Brussels

Dear Mr Papadopoulos,

The 'Darkness Into Light' walk is the flagship fundraising event of Pieta House, an Irish charity promoting mental health awareness. The initiative started 10 years ago with people walking towards the rising sun at daybreak – as a symbol of finding light after a period of darkness.

In 2018 more than 200 000 people walked in almost 200 venues around the world and last year we organised the first walk here in Brussels. Approximately 600 people came together at 4am in Parc Cinquantaire and walked 5 kms into the dawn, towards the rising sun, reflecting on family and friends who have been negatively affected by mental health. In terms of fundraising, the event was a success. We raised almost 60 000 euros, of which 50% has been donated to two Belgian organisations [Centrum ter Preventie van Zelfdoding](#) and [Centre de prévention du Suicide](#), with the remainder donated to Pieta House in Ireland. In terms of raising mental health awareness it was a very successful event, with national and international media coverage. Irish EU Commissioner, Phil Hogan is the patron of the event and he was supported by the Commissioner for Health, other EU Commissioners and political leaders. Political involvement ensures that the question of mental health awareness is addressed and promoted.

We are now organising the 2019 walk, which will take place on the 11th of May at 5am in Parc Cinquantaire. Mental Health is a subject that is not often discussed openly in different societies and sometimes people, young and old, do not know how to ask for help or where to seek assistance.

On behalf of the Committee I would kindly ask you if there is a means whereby you could share the information of the event with your school community. Some of our organising committee are also parents and employees of the European Schools community so if you require any further information please do not hesitate to contact us.

Yours sincerely,



Dervla O'SHEA & Noel ROWLAND
on behalf of the organising Committee

Twitter: @DILBXL

Facebook : <https://www.facebook.com/DarknessIntoLightBrussels/>

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Crelan Account: Darkness Into Light BE 60853014078570