



The day has finally arrived! More than 175 supporters will be taking on Charlton Athletic Community Trust's (CACT) annual Upbeats Walk, sponsored by DNEL Events, ahead of today's game against Port Vale.

The nine-mile walk from Charlton's training ground in New Eltham to The Valley will be led by Addicks legends Bob Bolder, Simon Webster and Paul Mortimer.

This morning will have kicked off with a welcome from CharltonTV's Scott Minto, with boxer Jake Goodwin leading a warm-up for our walkers.

The group will then stop at Charlton Lido and Lifestyle Club for a halfway point snack and refreshments provided by DNEL Events and Coca-Cola Europacific Partners. The walkers will also be greeted by Dean Holden and CACT ambassador and Absolute Radio presenter Dave Berry.

Before Charlton's first XI take to the pitch, the Upbeats will be playing their own match against Everton in the Community's Down's syndrome team. Thank you to Munich Trophies for donating the medals for the game.

In the run-up to the walk, the Upbeats have been keeping busy! They took over Sparrows Lane last week and tried their hand at a variety of

jobs including line painting with groundstaff, food preparation with kitchen staff and a shift in the kit room. The Upbeats also channelled their inner journalists and quizzed Holden during his weekly press conference.

Last Saturday, the Upbeats took a trip to Sky Studios to appear on Soccer AM. They took part in a crossbar challenge, and had a fantastic day, meeting presenters, musicians and a range of guests.

A recent evaluation found that 100 per cent of the Upbeats have increased their social skills, made new friends and improved their emotional wellbeing since joining the programme. And 96 per cent of parents/carers said that their child being part of the Upbeats had improved and strengthened their relationship with their son/daughter.

CACT's Upbeats programme for young people and adults with Down's syndrome is entirely funded by donations and needs as much support from fans as possible. Please consider helping the programme run for another year and offer its participants new opportunities and experiences by donating today where you can. To do this, please scan the QR code or visit

cact.hive.gives/upbeats2023