Loretto School staff cycling for The Teapot Trust

Reaching 40 years old often requires a re-evaluation of one's life; a time to take stock, mark the milestone and make a difference.

Not ones to do things by halves, four members of staff at Loretto Junior School decided upon the idea to cycle from John O'Groats to Loretto in July of 2014 in aid of The Teapot Trust, a charity dedicated to providing art therapy in a medical environment to children coping with chronic illness.

Elaine Burgess, Kerry McLean, Tracy McCroskery and Kirsten Seabra were inspired by Laura Young, Loretto mum and founder of the charity.

The Teapot Trust was inspired by Laura's daughter Verity's love of art and tea. Verity spent much of her short life in hospital coping with illness and managing the effects that her treatment had upon her young body. Art gave Verity a way of expressing herself. Verity died in November 2009, from cancer, aged only 8 years, but she had suffered for much longer from Lupus (Systemic Lupus Erythematosis or SLE).

As mums themselves, the four keen cyclists from Loretto Junior School couldn't begin to imagine what the Young family went through with the loss of their daughter Verity and what many more families with very poorly children go through each waking day. This was the nudge needed for them to make a difference.

The intrepid quartet will be leaving John O'Groats on Monday 28 July and hope to arrive in Musselburgh on Saturday 2 August. With less than two months to go, they have already raised around £2000.

Tracy McCroskey from Loretto School, "We are really looking forward to taking on this challenge and, in the process, raising both the profile and funds for this magnificent charity!"

The route:

Monday 28th July – John O'Groats to Tongue (62 miles)

Tuesday 29th July – Tongue – Tain (61 miles)

Wednesday 30th July – Tain – Aviemore (76 miles)

Thursday 31st July – Aviemore – Pitlochry (63 miles)

Friday 1st August – Pitlochry – Kinross (46 miles)

Saturday 2nd August – Kinross – Musselburgh (39 miles)