



Yorkshire Three Peaks Challenge

Saturday 22nd June 2019

Manchester
care&repair

The Yorkshire Three Peaks challenge ascends the three highest peaks in Yorkshire (Pen-Y-Ghent, Wharfedale and Inglebrough), taking in over 5000ft of ascent/descent over a distance of roughly 24 miles. It is a circular route, starting and ending in the village of Horton-in-Ribblesdale. Most people will complete the challenge within 10-12 hours, but completing the circuit in any time is both a great achievement and achievable for most. Fully qualified, first aid trained, Mountain Leader(s) from 'Lost Earth Adventures' will support your challenge.



What does Manchester Care and Repair do?

Manchester Care and Repair is a local charity that works across Manchester to improve the homes and lives of older and disabled people.

Our **Home Repairs Support Team** helps older or disabled householders with major property repairs and improvements. We can provide technical support with property surveys, work scheduling, finding a reliable contractor, supervising works on site and inspection on completion.

Our **Handyperson Service** meets the needs of any older person for small DIY jobs that they can no longer carry out themselves such as small joinery and plumbing works, changing light bulbs, fitting grab rails, key safes, draught proofing etc. Our service is free to anyone aged 60 or over in Manchester.

Our home visiting **Casework Team** provides help to people who need guidance to find the services they need to remain independent in their own home. We help them to navigate confusing eligibility criteria, fill in complex forms and make applications for welfare benefits or charitable support.

Our **Home From Hospital** team ring all Manchester residents aged 60 and over after they have been discharged from one of the three Manchester hospitals. We offer a range of support services to help smooth the transition from hospital to home.

How much is it to take part?

Manchester Care and Repair have organised the event through 'Lost Earth Adventures' who charge a fee of £49 per person. As a 'Thank you' for taking part, Manchester Care and Repair would like to contribute towards the cost of your place on the challenge. Therefore the cost to each participant is reduced to just £20 per person. **This must be received no later than 17th May 2019.**

How much do I need to raise in sponsorship?

As a charity we rely on donations to support our work. Every donation we receive helps us to reach more vulnerable people who are in need of help. Therefore we would ask each individual taking part to raise a minimum of £250.

Safety:

Your safety is top priority. We have organised our event through Lost Earth Adventures who have been running similar events for over 10 years and have the appropriate licenses, insurances, DBS clearance etc.

Where is the starting point?

The meeting point is at Pen-y-Ghent Café in Horton-in-Ribblesdale, North Yorkshire, BD24 0HE. The event starts at 7.30am.

Is there parking nearby?

There is car parking near by the starting point in Horton-in-Ribblesdale BD24 0HE, which will cost around £5 for the full day.



Can you get there by train?

The Horton-in-Ribblesdale railway station is only a few minutes' walk from the starting point.

What do we do for food?

The start and finish point is at a café, where you can get yourself something to eat and drink. Please bring with you a packed lunch and enough fluids to see you through the length of the challenge.

What should we wear?

Please wear appropriate footwear and clothing for the weather conditions on the day. A comfortable pair of walking boots is highly recommended! A suggested 'Kit List' and training guidance will be provided to all our sponsored walkers to help you prepare for the challenge.

Who do I contact for more information?

For more information please visit our website at:

www.careandrepair-manchester.org.uk

Or contact

Mike Burgess on our main number:

0161 872 5500