



**COMMUNITY SPORTS
FOUNDATION**



THREE PEAKS CHALLENGE 2019

Thursday 4th July - Sunday 7th July 2019

www.communitysportsfoundation.org.uk



INTRODUCTION



On behalf of the Norwich City Community Sports Foundation (CSF), I would like to say a huge thank you for agreeing to take part in this year's Three Peaks Challenge.

The Challenge is tough, but immensely rewarding. I will be part of the team that will support you on the Challenge, and I look forward to helping you every step of the way.

The money you raise will have a lasting legacy on the programmes we run for disabled and disadvantaged individuals, and the knowledge of this will hopefully spur you along as you climb the beautiful peaks of Ben Nevis, Scafell Pike and Snowdon.

This pack will give you a small flavour of what to expect, but please do not hesitate to contact me if you have any questions. I look forward to meeting you.

Emma Fletcher
Senior Fundraising and Events Manager

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This **challenge is tough** and you will need to prepare yourself both physically and mentally, but the **team spirit** is always **fantastic** and will be a great boost during the challenge. The other focus of the challenge is to help raise money for a **fantastic charity**.



Matt Parkhouse
Group Leader

THE CHALLENGE



Ben Nevis
1345 metres

Climb: 10 miles
Time: 5-7 hours



Scafell Pike
978 metres
5 miles
4-6 hours



Snowdon
1085 metres
7.5 miles
5-6 hours

Itinerary

Day 1 - Thursday 4th July

- Meet at Norwich City Football Club at 7:30am.
- Drive via minibus to Fort William (circa 11 hours)

Day 2 & 3 – Friday 5th July / Saturday 6th July

- Have breakfast, get prepared and arrive at start of challenge (8am)
- Climb Ben Nevis (1,345 metres)
- Drive to Scafell Pike
- Climb Scafell Pike (978 metres)
- Drive to Snowdon
- Climb Snowdon (1,085 metres)
- Drive to accommodation in Wales for evening stay and celebratory meal

Day 4 – Sunday 7th July

Drive via minibus to Norwich



WHOM WE HELP



He's had that **support from the Foundation**, which has meant that he's wanted to **keep going.**

David Elvin
Parent of Ollie, Wish day participant



KEY INFORMATION

Each person taking part in the Three Peaks Challenge must raise a minimum of £250 (excluding £150 sign-up fee), but of course, if you can raise more, then that's fantastic! We have a number of great incentives for you based on how much you raise.

Induction evening

We will be holding an induction/information evening during February/March at The Nest / Norwich City Football Club, the date of which will be communicated separately. The evening is a chance to meet your team leaders, other walkers, talk through the key information, plus to give you the opportunity to ask any questions you may have.

Walk support

Each team will consist of two team leaders with prior experience on the mountains and the Challenge. They will have maps, GPS and radios linking them to the other groups and the support minibuses. A volunteer physio will be on-hand at the bottom of each mountain to support the walkers.

Support vehicles/rest stops

In addition to the above, each group will have two support/minibus drivers assigned to their team. They will prepare hot/cold drinks for you, transfer your luggage, and support with any personal requests.

Incentives

We have a number of Norwich City FC incentives & rewards to help encourage you with your fundraising:

Raise £100: Signed Norwich City FC photo

Raise £200: 2 x Norwich City FC ground tour tickets

Raise £300: 2 x Norwich City FC match day tickets

Raise £400: Signed Norwich City FC football

Raise £600: Signed Norwich City FC shirt

Raise £1,000: Signed & framed Norwich City FC shirt

Raise £1,500: 2 x Norwich City FC match day hospitality tickets



Cost & deposit

The cost to participate is £150 (plus a £1 booking fee). This covers two nights' accommodation, charity t-shirt, minibus hire and fuel. Food is not provided; you will be responsible for food costs over the duration of the Challenge.

A £51 deposit is required to secure your place (includes a £1 booking fee):

- Payment by cheque made payable to 'Norwich City Community Sports Foundation'
- Call 01603 761122 and pay by debit/credit card
- Book online at www.communitysportsfoundation.org.uk (£1 booking charge)

The remaining £100 will need to be received no later than 31st May 2019.

Proof that the minimum £250 has been raised must be given by Friday 21st June 2019 (this can be via online donations or a copy of your offline sponsor form).



KEY INFORMATION

First aid and physio support

Each group will carry adequate first aid equipment and this will be backed up at the bottom of each mountain. An emergency procedure will be put in place in case of any accidents on the mountain. As mentioned, a physio will also be provided to offer support between each climb.

Training

Training walks will take place prior to the actual event itself. They will vary in lengths and start at differing points in Norfolk. We aren't blessed with hills in Norfolk, so the best training to do is mid/long distance walks (circa four / five hours to mirror the time spent on the mountains).

Kit & equipment

Each walker will be provided with a Three Peaks Challenge t-shirt. You may need to invest in kit and equipment.

We recommend visiting Go Outdoors, as you will be eligible for a charity discount on most purchases.

Our kit list suggestions are:

- **Walking boots**
- **Good socks**
- **Rucksack**
- **Poles**
- **Water bladder**
- **Layers**
- **Waterproof**
- **Warm clothes**
- **Flip flops**
- **Sun cream**
- **Gloves**
- **Head Torch**
- **Any medical essentials you require**



Absolutely **loved the experience.**
It was the hardest yet **most rewarding challenge.** ”

Three Peaks Challenger





SPONSORSHIP

Online sponsorship

We are listed on Virgin Money Giving and it is a fantastic site for you to set up your online sponsorship page and have the funds transferred to us with ease. An online sponsorship page is a simple way for you to monitor your fundraising target and is a great way to spread the word about your fundraising and why you are doing it for Norwich City Community Sports Foundation. Virgin Money Giving has some useful guides on how to set up a team page, registering as a fundraiser and setting up a single page online.

Here is a simple step-by-step guide for how to set up a fundraising page:

Step 1:

Click the 'set up a fundraising page' button on our homepage to start

Select what kind of event you're taking part in, when the event is taking place, where, and if you're doing it alone or with friends. If you're taking part in an organised event the details may already be loaded onto Virgin Money Giving so simply search for **'Three Peaks 2019'**.

Step 2: Your charity

Select Norwich City Community Sports Foundation as the charity you would like your sponsorship to go to.

Step 3: Register or sign in

Register with your contact details. Select a web address for your Virgin Money Giving Page, it will be the same for every event you take part in, so it's best to avoid one that's related to a specific event or date. It's now set up and you are free to customise your page!

In addition to online please feel free to use one of our sponsor forms included in this pack. Encourage people to use gift aid where possible.

Business sponsorship

Have you thought about getting your place of work involved? Did you know that certain organisations support their staff/employees by matching the money they raise, or by contributing a certain amount? It's always worth asking!

WHOM WE HELP

“

The Foundation has **helped me change my life** for the better by getting fitter, having a better routine, and **building my confidence**. They are a fantastic charity and have been a **great support**.

Brian Cook
Street Life Soccer participant

”



TOP TIPS FOR FUNDRAISING...

START EARLY

The sooner you start, the more money you will raise.



SET A TARGET

Your goal should be reachable, but also if you are getting close to your goal, stretch it again!



CONTACT EVERYONE!

Check your personal and work address book and, let your contacts know. You may be surprised at who will support your cause.



CUSTOMISE YOUR EMAILS



Why not personalise your personal or work email signature to include a link to your fundraising page? Recipients of your emails may be inspired to help support your walk.

COMMUNICATION SCHEDULE



Plan dates in advance for when you will contact people. Don't bombard your friend list with emails, but make sure you keep up a regular stream of communication.

IF YOU DON'T ASK YOU DON'T GET!



People can only donate if they know about it, so make sure you tell them! Don't be shy and don't be scared to remind them.

CUSTOMISE YOUR FUNDRAISING PAGE

Try to add photos, videos, a story and even a blog - let people feel what you are going through and why.



SOCIAL MEDIA

Update your status on Facebook, Twitter, LinkedIn, or Instagram. Keep directing them to your fundraising page!



BE CREATIVE AND FUN

Cake sales, pub quizzes and car-washes are some of the most common fundraising events but don't be afraid to think 'outside of the box'.



FUNDRAISE WITH OTHERS



Join forces and raise money with another fundraiser - two heads are often better than one! Having a shared target can motivate both of you to reach your goal.

STAY FOCUSED

If you need reminding of why you are completing the walk, visit the charity's website, watch our videos, read our case-studies and get re-inspired!



SAY THANK YOU!

Make sure you say thank you to your donors. You might need them again next time!



POST-EVENT

When it is time to transfer the money raised to Norwich City Community Sports Foundation, you can use one of the three methods below:

- **Using Virgin Money Giving** any monies donated against the fundraising page you have set up, are automatically sent through to our bank account on a weekly basis.
- **Via bank transfer** – Pay to the account of: Norwich City Community Sports Foundation.

Bank: Barclays
Sort Code: 20-62-61
Account Number: 83299104
Please reference: TP followed by your name

- **By cheque or Charities Aid Foundation (CAF)** made payable to Norwich City Community Sports Foundation.

We appreciate at times actually collecting in the money after an event can cause delays; where at all possible we encourage you to try and collect the money as people pledge. However we have also found that quite often people will donate post event, especially when they hear first-hand your experiences on the day. Don't be afraid to leave your online page open for up to four weeks after the event.

We do ask however that any offline money is collected and returned to us as soon as possible, or at the latest **Friday 9th August 2019.**



WHOM WE HELP

“ The happy, **welcoming environment** at the sessions gives Tommy not only an opportunity to exercise, but to be **part of a team**, build **friendships** and have **fun**. ”

Caron
Parent of Tommy, Down's Syndrome participant





CONTACT DETAILS

Senior Fundraising & Events Manager

Emma Fletcher

Norwich City Community Sports Foundation, Norwich
City Football Club, Carrow Road, Norwich NR1 1JE

T: 01603 761122 / **M:** 07879474077

E: emma.fletcher@canaries.co.uk

Head of Marketing & Communications

Daniel Wynne

Norwich City Community Sports Foundation, Norwich
City Football Club, Carrow Road, Norwich NR1 1JE

T: 01603 761122

E: daniel.wynne@canaries.co.uk

Charity office

Norwich City Community Sports Foundation

Norwich City Football Club

Carrow Road

Norwich

Norfolk

NR1 1JE

T: 01603 761122

E: csf.fundraising@canaries.co.uk

Charity No.: 1088239

Website: www.communitysportsfoundation.org.uk

Twitter: @NorwichCityCSF / @CSFfundraising

Facebook: facebook/communitysportsfoundation

Instagram: NorwichCityCSF

WHOM WE HELP

“

Annabel is such a quiet and shy girl - the skills and **confidence** she is **developing** through dance are great not only for her physical fitness but also her **social interaction** with others...

Sarah,
Parent of Annabel, disability Dance participant

”



Please sponsor me as I take part in the Three Peaks Challenge 2019, as I climb Ben Nevis, Scafell Pike and Snowdon in 24 hours. I am fundraising for the Norwich City Community Sports Foundation who use sport to improve the quality of life for those who need it most in Norfolk, and every penny will make a difference!



Name of participant:

Address:

.....

..... Postcode:

Gift Aid

We, who have given our names and addresses below, and who have ticked the box entitled 'Gift Aid', want the above charity to reclaim tax on the donation detailed below, given on the date shown. We understand that each of us must pay Income Tax or Capital Gains Tax equal to the tax reclaimed by the charity on the donation.

PLEASE FILL THE SPONSORSHIP FORM IN **BLOCK CAPITALS**

Full name	Home address	Postcode	Amount	Gift Aid?	Date collected
					DD/MM/YY



Full name	Home address	Postcode	Amount	Gift Aid?	Date collected
					DD/MM/YY

CSF Office use only

Amount Raised: Money Received: Format Received: Gift Aid collected:

THREE PEAKS CHALLENGE 2019

OUR TARGET

£



Raising funds for



**COMMUNITY SPORTS
FOUNDATION**

Follow us on:  @NorwichCityCSF  [communitysportsfoundation](https://www.facebook.com/communitysportsfoundation)  [norwichcitycsf](https://www.instagram.com/norwichcitycsf)

Norwich City Community Sports Foundation Norwich City FC, Carrow Road, Norwich, NR1 1JE
www.communitysportsfoundation.org.uk / 01603 761122 / Registered charity number: 1088239

THREE PEAKS CHALLENGE 2019

MY TARGET

£



Raising funds for



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