

TAKE ON A CHALLENGE

Run, walk, cycle and more for Mencap



Mencap events calendar



2018

www.mencap.org.uk/events

Transforming the lives of people with a learning disability



TAKE ON A CHALLENGE!

Want to have fun and raise money for a good cause at the same time? Look no further, check out our events and fundraising ideas in this handy calendar.

Take on a challenge, organise your own event or fundraise in your community. We've got something for everyone – whether you're looking to test your limits, try something new or get fit! What's more, you'll meet new people and have a great time whilst making a real difference to the lives of people with a learning disability. Everyone's a winner!

The money you raise will make a huge difference to the lives of people with a learning disability.

£25 could pay for five calls to our helpline, helping parents access practical and emotional support from the moment of diagnosis.

£50 could pay for housing advice sessions to help someone find a home and live independently for the first time.

£100 Could help support a young person through our six-month Employ Me programme, helping them find rewarding employment.

We couldn't do this without your support.

You will succeed with Team Mencap on your side

No matter which challenge you take on, Team Mencap will support you every step, jump, leap or stride of the way! We'll give you everything you need to get the most out of the experience and hit your fundraising target.

Your Support

Right now, people with people with a learning disability face inequalities in every area of life: from getting a place at the right school and making friends, through to getting a job and being treated equally in their community. We're here to improve the lives of people with a learning disability and their families now, and fight alongside them for a better future.

What is a learning disability?

A learning disability is a reduced intellectual ability and difficulty with everyday activities – e.g. household tasks, socialising or managing money. People with a learning disability tend to take longer to learn and may need support to develop new skills, understand complicated information and interact with people. The level of support someone needs depends on the individual.

RUN

WALK

TREK

CYCLE

OBSTACLE

ULTRA

SOCIAL

SCHOOL

RUN FOR MENCAP

Take on one of our accessible 5km and 10km runs:

RUN CRYSTAL PALACE PARK, LONDON 3 March 2018

RUN HEATON PARK, MANCHESTER 13 May 2018

RUN GREENWICH PARK, LONDON 14 July 2018

RUN BUTE PARK, CARDIFF 22 September 2018

RUN SUTTON PARK, BIRMINGHAM 13 October 2018

RUN HYDE PARK, LONDON 21 October 2018

“The Mencap Hyde Park 10km run was all about the runners, atmosphere and support. It is most definitely the most inclusive event that I have had the pleasure of being part of. If you’re in the London area, you’d be a fool to not bring your friends, family and loved ones along for a great day out”

Amy, 2017 Hyde Park Runner

Go to www.mencap.org.uk/running to sign up today!



RUNNING EVENTS:

Money raised through our running events has helped us give children with a learning disability the best start in life. Choose one of these events and help us give people with a learning disability a brighter future.

LONDON LANDMARKS HALF MARATHON	25 March 2018
VIRGIN MONEY LONDON MARATHON	22 April 2018
ABP NEWPORT MARATHON	29 April 2018
DEEP RIVER ROCK BELFAST MARATHON	7 May 2018
GREAT NORTH RUN, NEWCASTLE	9 September 2018
BMW BERLIN MARATHON	16 September 2018
ROYAL PARKS HALF MARATHON	14 October 2018

It's not about where you finish, but where you start



Go to www.mencap.org.uk/running to sign up or call 020 7696 6946 for more information.

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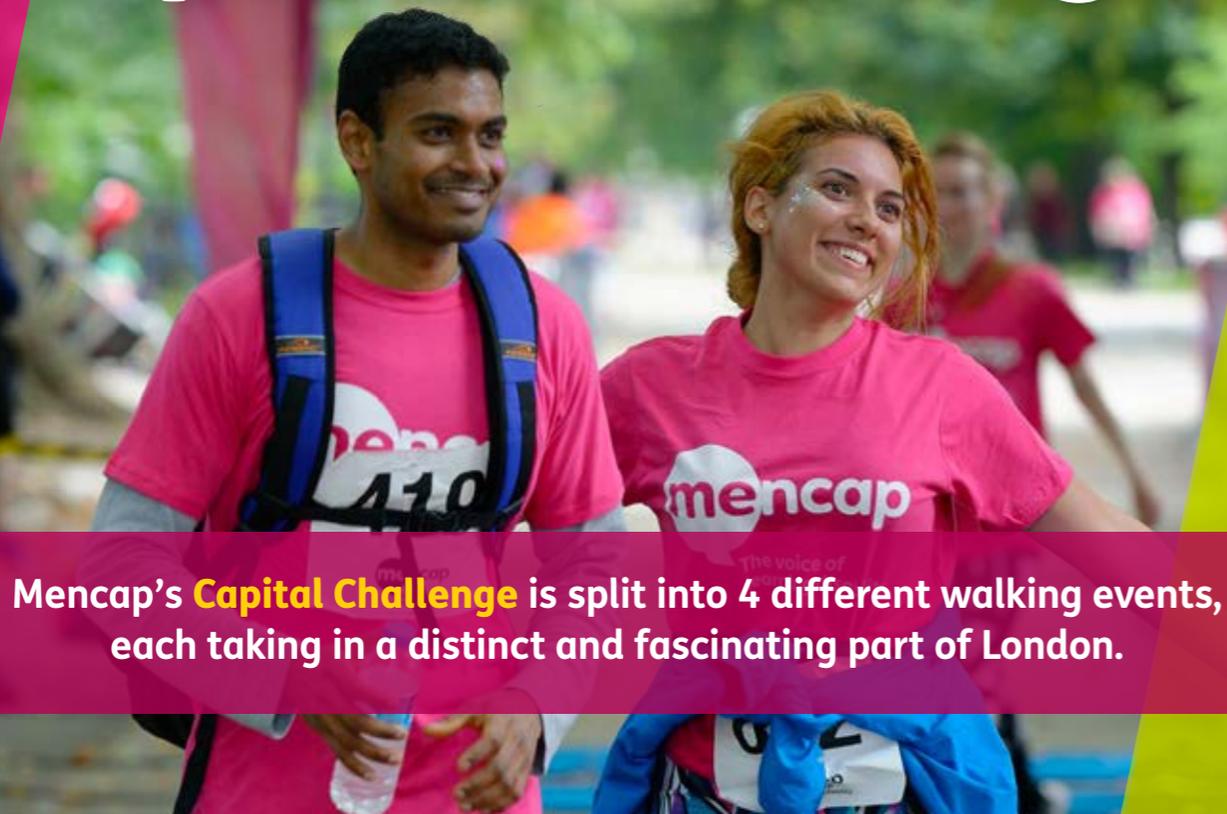
ULTRA

SOCIAL

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Discover London's hidden beauty on foot with our first ever...

Capital Challenge!



Mencap's **Capital Challenge** is split into 4 different walking events, each taking in a distinct and fascinating part of London.

Every time you complete a new walk you'll get an exclusive medal specific to that challenge. If you're up for it, take on all 4 challenges and collect the complete set of special medals!

THE ROUTES:

HENDON - ROYAL ALBERT DOCKS 5 May 2018

ROYAL ALBERT DOCKS - CRYSTAL PALACE 26 May 2018

CRYSTAL PALACE - RICHMOND 9 June 2018

RICHMOND - HENDON 7 July 2018

There are many people with a learning disability who have personal goals and destinations they want to reach in their lives too.

Take part in this thrilling event and you could help them get there. Sign up today at www.mencap.org.uk/capitalchallenge



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SNOWDON TREK

22 SEPTEMBER 2018

Join Team Mencap and trek to change the lives of people with a learning disability. You will take the route through the Telegraph Valley, a picturesque trail with a gradual incline to the summit and then take the Llanberis track to descend.

You will be led by a team of experienced mountain leaders and will have snacks and lunch provided on the day to make sure you make it to the top.

This is a great opportunity to take on a challenge and raise funds to change the lives of people with a learning disability.

Sign up today at www.mencap.org.uk/snowdontrek



***“Our vision is
a world where
people with
a learning
disability are
valued equally,
listened to and
included”***

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CYCLE

PEDAL TO THE PIER

15 SEPTEMBER 2018

Fancy a cycling challenge that really tests your limits? Then take on our Manchester to Blackpool biking adventure. Choose from 100km off road bike ending at Blackpool pier or 50km finishing in Preston.

With this choice of challenges there's something for cyclists of all levels.

Complete our online form and sign up today: www.mencap.org.uk/pedaltothepier

RIDE LONDON

PRUDENTIAL RIDELONDON-SURREY 100

Take on a closed road route through the Surrey Hills

29 JULY 2018

Join 20,000 cyclists for this 100-mile challenge. Setting off at Queen Elizabeth Park you will head out of London to the stunning scenery of the Surrey Hills. Taking on Box Hill will really push you to the limit however, it will be all worth it when you cycle down the Mall to the finish line.

It's only £20 to get your place so sign up now at www.mencap.org.uk/ridelondon

“Grab that bike and take on one of our cycling challenges”



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TOUGH MUDDER

GET MUDDY FOR MENCAP

TEST YOUR LIMITS

Get a team together and take on the world's toughest obstacle courses and raise money to change the lives of people with a learning disability.



DATES AND LOCATIONS:

LONDON WEST	28 April 2018
LONDON WEST	5 & 6 May 2018
MIDLANDS	12 May 2018
MIDLANDS	19 & 20 May 2018
LONDON NORTH	7 & 8 July 2018
YORKSHIRE	28 & 29 July 2018
SOUTH WEST	18 & 19 August 2018
NORTH WEST	8 & 9 September 2018
LONDON SOUTH	22 September 2018
LONDON SOUTH	29 & 30 September 2018

**Test your
endurance -
Take on a
challenge**



You can take part in a full or half mudder. www.mencap.org.uk/toughmudder

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ULTRA CHALLENGE

GO THE DISTANCE

At Mencap, we face big challenges. But we have even bigger ambitions. Take on an Ultra Challenge and together we can achieve our goals. Walk, trek or jog 25, 50 or 100km and go the distance so we can change the lives of people with a learning disability.

You can take part as an individual or as a group. www.mencap.org.uk/ultraseries

ULTRA EVENTS:

ISLE OF WIGHT CHALLENGE	5 & 6 May 2018
LONDON TO BRIGHTON CHALLENGE	26 & 27 May 2018
COTSWOLD WAY CHALLENGE	30 June – 1 July 2018
JURASSIC COAST CHALLENGE	21 & 22 July 2018
SOUTH COAST CHALLENGE	25 & 26 August 2018
WYE VALLEY CHALLENGE	1 & 12 August 2018
THAMES PATH CHALLENGE	8 & 9 September 2018

Find out more:
www.mencap.org.uk/ultraseries

We will support you all the way to the finish line.



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DODGEBALLDAYER



4 AUGUST 2018

Fancy dress, dodgeball and a massive party!

Dodgeballdayer – the UK’s biggest fancy dress dodgeball tournament – has fast become one of the hottest tickets of the summer. We’ll be bringing you another fun-filled day of dodgeball, followed by a fantastic after-party that goes on into the early hours.

Start rounding up your friends and thinking of a team fancy dress theme, so you can dodge, duck, dip and dive for Mencap!

www.mencap.org.uk/dodgeballdayer

**Dodge,
duck, dip,
dive and
dodge!**



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HOLD A **BIG** TEA PARTY

By organising a tea party and raising vital funds, you will be changing the lives of people with a learning disability for the better.

Our free fundraising kit will make your tea party a great success!

All you need is a group of friends or colleagues and the essential ingredients of tea and cake. We will provide the rest.

Go to www.mencap.org.uk/btp and sign up for your pack today.

Use [#MencapTeaParty](https://twitter.com/MencapTeaParty) on social media to share how your tea party goes and how you put these resources to use!

Hold a party at work, school or with friends and family



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Get Artty!

TAKE PART WITH ART



Get school children of any ability involved in fun art activities – inspiring and educating them through the joy of creativity.

This new project, developed with AccessArt, experts in art education, has a simple aim: to get children enthused about art and more accepting of “difference” – and in particular, learning disability – inside and outside of the classroom.

Sign up at www.mencap.org.uk/getarty find out how your school can get involved.

Help to raise vital funds to make a real difference





FUNDRAISING IN NORTHERN IRELAND

Mencap Northern Ireland offers a wide variety of fundraising events including runs, abseils, ziplines, sky dives, and tea parties to name a few.

Choose your challenge and join Team Mencap! Every pound you raise taking on a challenge will stay in Northern Ireland. Whether you decide to run, walk, jump or dive you will help children and young people with a learning disability to have brighter futures and fulfilling lives.

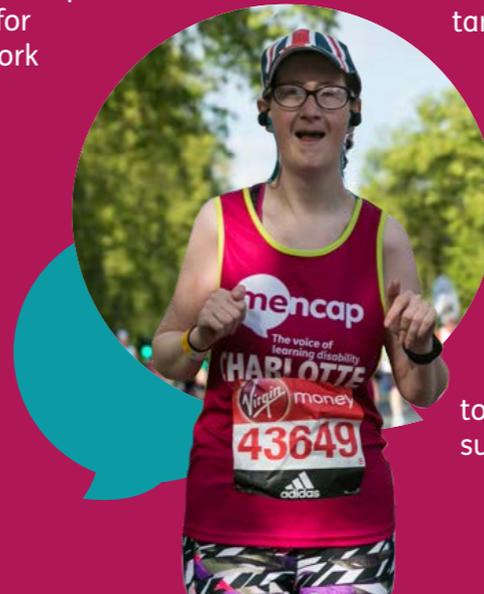
Go to www.mencap.org.uk/NIfundraising for more information.

CHARLOTTE'S STORY

“ I decided to run the London Marathon in 2017 as a way of thanking Mencap for their helping hand in getting me a job at Tesco.

I was part of their Shine employment programme, which is a 12-week course that supports people with a learning disability to find employment opportunities. I was given help to write my CV, prepare for interviews and attend work placements.

Having a job has given me much more confidence and allowed me to make lots of new friends.



When I started fundraising for the London Marathon I wanted to raise the minimum target of £1,750. So, I set up a JustGiving webpage and used Facebook to share it with friends and family. I also used Facebook Live to broadcast my training runs and keep people updated with my progress and fundraising events.

When my fundraising reached £3,800 I was delighted, as I wasn't expecting to raise that much money. I made sure I increased the target on my JustGiving page so people would continue donating.

By the morning of the marathon I'd reached £5,000, and then raised another £1,000 on race day!

I also got fantastic support from Mencap's Fundraising Team - if I needed anything, they helped to get it sorted and am really pleased I was able to give back to a charity that has given me so much support.”

GET INVOLVED - OTHER WAYS YOU CAN HELP

FUNDRAISE YOUR OWN WAY

There are loads of other ways to fundraise for Mencap from holding a quiz to shaving off your hair. For advice, ideas and support contact your local Area Fundraising Manager at community.fundraising@mencap.org.uk



YOUR WORKPLACE -

We have worked with fantastic companies that have helped us raise millions of pounds, making a real difference to the lives of people with a learning disability. If you work for a company that would like to support Mencap please get in touch at corporate.fundraising@mencap.org.uk

REGULAR GIVER -

To become a regular giver, set up a direct debit with Mencap and help support thousands of people with a learning disability lead fulfilling lives. It's quick and easy to register just visit: www.mencap.org.uk/donate

GIFTS IN WILLS -

Over half of everything Mencap does is funded by gifts in Wills. Leaving a gift in your Will to Mencap will create a lifetime of possibilities for people with learning disabilities. To find out more visit: www.mencap.org.uk/legacies

Our vision is a world where people with a learning disability are valued equally, listened to and included. Our challenge, alongside people with a learning disability and their families, is to make this world a reality.

Right now, people with a learning disability face inequalities in every area of life. We need to tackle the issues head on through tireless campaigning and the delivery of high quality support and services to the people who need us.

We need your support to so we can achieve this and people with a learning disability can live the lives they choose.

www.mencap.org.uk

Mencap registered charity number 222377 (England and Wales); S041079 (Scotland)

Mencap Events Team

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Email: events@mencap.org.uk

www.mencap.org.uk/events

Mencap Northern Ireland Fundraising Team

Mencap Centre, 5 School Road
Newtownbreda BT8 6BT

Tel: 028 9069 1351

Email: fundraising.ni@mencap.org.uk

www.mencap.org.uk/NIfundraising



Registered with

