

Snowdon Wheelchair Challenge

20th - 22nd September 2019



MS Research and Relief Fund

"Supporting people affected by Multiple Sclerosis"

Charity No: 228634



Information Booklet

To register your interest or for more information, please contact

T: 01670 505829 | E: j.appleton@ms-researchandrelief.org



Event Overview

- **Date:** Saturday 21st September 2019
- **Team Members:** 13-16 people (including one member in a wheelchair)
- **Entry Fee:** £75 per person (wheelchair participant free of charge)
- **Minimum Sponsorship:** £200 per person
Every penny you raise in sponsorship will go directly towards funding our free-of-charge services

This fantastic event will see teams working together to push, pull and carry a person with MS from the base to the summit of Mount Snowdon and back again. This challenge will involve working as a team to climb Wales' largest mountain, navigating rocky paths and increasing altitude alongside a specially adapted wheelchair and experiencing stunning views and landscapes along the way.

To register your place on the event, please return your team's completed registration form and non-refundable payment of £75 per person. This can be paid by cheque (made payable to MS Research and Relief Fund) or by bank transfer (please contact us for more information).

Event Inclusions

- Safety of experienced guides on the mountain during the event (Up4It Outdoors)
- Celebration evening and post-climb party with awards presentation
- Guaranteed pitch at Treborth campsite (tent not included)
- Welcome pack
- No registration fee for wheelchair participant
- Event t-shirt
- Full support and help from a dedicated member of MS Research and Relief Fund's fundraising team in the build up to the event



Snowdon 2019 Itinerary

Day 1

Fri 20th September – Arrival at Treborth Leisure Campsite
(Treborth Leisure, Bangor, LL57 2RX).

Make your way to the campsite, get your tents pitched and meet with the MSRRF events team. The campsite is in a field with uneven terrain and no tarmacked tracks so off-road tyres for wheelchairs are recommended. Wheelchair accessible toilets will be available at the campsite.

On Friday night, the team registration and **mandatory** safety briefing will take place in the marquee at the campsite, led by Dil from Up4It Outdoors – the mountain guides for the event. *Participants who do not attend this briefing will not be allowed to participate in the event.*

Day 2

Sat 21st September
The Climb

It's the big day! An early start is on the cards as you will need to make your way to the start line in the nearby town of Llanberis. Here, your team will receive their final instructions and your wheelchair will be checked by a specialist safety engineer (if your chair is deemed unsafe you will not be allowed to participate in the event).

From here, you'll set off up the Llanberis Path to the summit of Snowdon! It's anticipated that the climb up and descent down the mountain should take between four and eight hours – so make sure you're prepared for being out for that length of time.

After your triumphant return back down the mountain, it'll be time to return to the campsite before the celebration party that evening. Here, we will have food and drink available, music and a presentation for everyone who pushed themselves to complete this fantastic challenge!

Day 3

Sunday 22nd September
Pack Up and Head Home

You've done it! By Sunday you will have conquered Snowdon and helped raise vital funds to support MS Research and Relief Fund's services throughout the North East and beyond. Time to make your way home for a well deserved rest!



Where Your Money Goes

Every donation we receive helps us to offer valuable support services to yet more people in need. These are some examples of the difference your support will make:

- £25** pays for one hour of one-to-one Complementary Therapy for a person with MS, which can help to alleviate the effects of their symptoms, relieve stress and improve their general wellbeing.
- £35** pays for an exercise class and equipment for up to six people with MS, helping to maintain their physical fitness and mobility.
- £50** pays for a two hour art class for up to ten people with MS, using specialist equipment for people with a range of physical ability – allowing people who may otherwise struggle to paint and draw to make art again.
- £100** pays for a two hour Mindfulness group for carers of people with MS, where people can have time away from their caring responsibilities, socialise with other people in similar situations and engage with ‘living in the present’ and not worrying about the past or future – the key pillar of Mindfulness.
- £1000** pays for a lightweight electric scooter, which can improve mobility and increase independence in someone with MS.

Why Are We Fundraising?

Between our main service centre, Benmar House, and our nine Outreach provisions across the North East, the cost of running MS Research and Relief Fund’s services is currently in excess of £600,000 per year. With our new Physiotherapy and Aquatherapy Centre soon to be added into the mix, this will increase to over £700,000.

We receive no statutory or government funding for the work that we do. All of our funding comes from legacies and donations. Events such as this one allow us to not just maintain our service provision, but also to expand it and thus help even more people affected by Multiple Sclerosis.



Essential Information

All participants will be responsible for themselves and their own health during the challenge. Declarations must be signed before starting the challenge and doctor's notes must be shown if requested.

Participants with Multiple Sclerosis must read the pre-event information fully and get in touch with us if there are any questions about the event. We are more than happy to provide bespoke recommendations and information that can assist you during the challenge.

MS Research and Relief Fund understands that, by the nature of Multiple Sclerosis, people's health conditions can change in a short period of time. We ask that participants are mindful regarding their condition on the day of the event to allow us to make provisions for their team if they are unable to climb.

There are no toilet facilities on the mountain. Disabled access facilities will be available at the campsite in Treborth.

Participants in wheelchairs should take provisions for their own comfort during the challenge. This should include wearing warm, waterproof clothing as well as sturdy and secure footwear, as it is likely to be cold at altitude on the mountain.

The challenge is expected to take teams between 4-8 hours to complete and all teams will both climb and descend the mountain on foot.

Wheelchairs

You will require a specially adapted wheelchair to climb the mountain. This can either be bought or rented specifically, or you can modify your own chair for the challenge. **Service users are eligible to apply for a grant to have their wheelchair adapted.**

Your chair will require strong bars and ropes so your team can manoeuvre it over obstacles and control the descent. We advise that your chair has both, so that your team can push and pull the chair at the same time.

The route you will be taking is approximately 5 miles from the start to the top of the mountain – so you will be travelling 10 miles in total – and will comprise tarmac (at the start), rock and gravel tracks and rock staircases. The terrain will be slippery underfoot in places, even if conditions are dry, so the design of your wheelchair must take this into account.

We recommend that your chair has brakes – ideally disks, although bicycle-style rim brakes are effective too. Simply holding onto the tyres or handles of your wheels will result in blistering and serious injury. If your chair does not have brakes, you should instead have more team members holding the ropes to control your speed during your descent.

If you have any queries pre-registration, please email j.appleton@ms-researchandrelief.org and we will help you in any way we can.



Up 4 It Outdoors

Mountain safety support during the Snowdon Wheelchair Challenge will be provided by Up 4 It Outdoors, an outdoor activities company based in Snowdonia. The leaders of the company, Dilwyn Sanderson-Jones and Richard Williams, both have over twenty years of experience in the Royal Air Force each, including with the Mountain Rescue Service.

Up 4 It Outdoors are vastly experienced in providing mountain safety support and have been supporting events involving wheelchair climbs on the mountain for ten years.



Safety Information

A full kit list will be provided before the event. All participants must arrive at the start point of the challenge with the correct kit or they will not be allowed to take part in the challenge.

All participants must be prepared for all weather conditions with appropriate clothing for mountain walking and must have sufficient food and water to sustain them during the challenge.

MS Research and Relief Fund and event provider Up 4 It Outdoors reserve the right to stop any person and/or team from participating in the event if it is deemed they do not have adequate equipment or a wheelchair that is deemed unsafe.

All participants must declare any medical conditions during registration. If you fail to disclose any medical conditions, Up 4 It Outdoors and MS Research and Relief Fund cannot be held responsible for any injuries or illness experienced on the day as a result.



Quotes from Service Users

“What does Benmar mean to me? Where to begin? There is so much to be grateful for. I first heard about Benmar fifteen years ago when I picked up one of their leaflets in a supermarket. Exercise classes were mentioned and this alerted me to find out more. What was offered at Benmar proved to be a lifeline; from feeling uncertain of the future I began to feel optimistic. Since then I have become involved with an Art group, with Tai Chi, with Vibrogym and gym sessions and have regular therapies involving massage and reflexology. All these have empowered me and kept me feeling confident of my ability to care. I would like to thank everyone at Benmar for helping to make my life feel so worthwhile.”

Barbara Gibson

Although being diagnosed with MS is a sad time, finding out about Benmar, with us all having the same, we can laugh and talk about it! Along with coffee breaks after classes and therapies! Made lots of wonderful friends here!

Julie Lowdon

“Benmar House provides a wonderful service. I have felt fitter since I started coming to the Vibrogym - hopefully it will delay any deterioration. The treatments are lovely as well. All the staff are lovely, friendly and so professional.”

Marion

“Benmar is a life-saver providing help and you are able to meet nice people. Staff are very good, helpful and friendly – there is nothing like this in the South.”

Jan

“This is a wonderful place. Staff are brilliant... I go home feeling a lot better. Need more of these places – keep up the good work.”

Julie Carter

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