



LOOK EAST - DEMENTIA UK

PEAK CHALLENGE

»»» LAMMAS LEISURE CENTRE

Well done to the Lammas Leisure Centre team of Tommy Fairweather, General Manager; Thomas Spalding, Sales Manager; and Lee Moss, Fitness Manager (pictured left), who took on the epic National Three Peaks and Yorkshire Three Peaks, setting a 48-hour goal. This would normally take at least twice this amount of time!

Their challenge started at 5am on 7 September at the base of Yr Wyddfa (Snowdon) and finished at 11.0pm on 9 September as they summited Ben Nevis, after also conquering Scafell Pike and the Yorkshire Three Peaks, as well as the many miles of driving between.

Tommy Fairweather said: "We didn't quite make it with 54 hours 2 minutes in total. Scafell was challenging as the temperatures were high that day. In contrast, Ben Nevis was extremely windy with heavy rain. Two out of three of us have picked up relatively significant injuries."
[Ed: Rest and recover well team.]



WELCOME...

Thank you to everyone who has contributed to this newsletter. It's amazing to hear about all your fundraising activities. Please do keep sharing your news.

Daisy Wilson, Corporate Partnerships Lead at Dementia UK said:
"We are thrilled to hear about the wonderful and creative activities that the staff at Everyone Active have undertaken for Dementia UK.

"By 2025, the number of people living with dementia in the UK is expected to reach 1 million, it is a huge and growing health crisis. Now, more than ever, families are in need of vital support.

"Every penny raised will help more families than ever to access the life-changing and invaluable support offered by our dementia specialist Admiral Nurses."

PEAKS TO COME



»»» ASHBY, LIDO, WHITWICK AND COALVILLE LEISURE CENTRE

And good luck to the team from Ashby Leisure Centre & Lido and Whitwick and Coalville Leisure Centre who'll be tackling the Yorkshire 3 Peaks Challenge on Friday 15 September.

The team is hoping to complete the 24 mile route within 12 hours, raising £500 in the process.

JADE DID IT!

»»» KIRKBY LEISURE CENTRE



Congratulations to Kirkby Leisure Centre's Jade Haseldine who raised £1,000 completing a skydive for Dementia UK in memory of her Nan.

Jade, Membership Consultant, said: "From turning up at the event it was the best feeling in the world, knowing that I was going to make all my friends and family proud.

"We went up to 10,000ft and oh my, was this high?! We moved to the edge of the plane ready to go, then 30 seconds later we went, and it was the best experience ever – very scary looking down below to see how high it was – 2,000ft free fall before the parachute opened – an unreal experience.

"I just want to say thank you from the bottom of my heart to family, friends and colleagues who have donated, supported, and even came on the day to show love and support. Knowing the funds raised are going to help raise awareness about this horrible disease, and to provide the care families and their loved ones need is an amazing feeling."



Ready to go. Jade said: "I felt sick, nervous, scared – everything was running through my body!"

SIMPLY EPIC!



Well done to Craig Allen, Regional Commercial Manager, in his brutal 215-mile Race Across Scotland challenge.

He was sadly forced to end his attempt early, at 139-miles, near Selkirk, due to injury, but raised over £3,000 for charity. Speedy recovery!

MARATHONS COMING UP

Ross Williams, General Manager, Uttoxeter Leisure Centre, will be tackling the London Marathon 2024 in aid of Dementia UK, after securing a highly sought after number in the ballot.

Meanwhile, Jake Flint, Commercial Support Manager, and Callum Dench, Regional Impact Sales Manager, have teamed together to take on Brighton Marathon 2024 for the charity.



TRIATHLON CHALLENGE

>>> WATERLANE LEISURE CENTRE

Georgia Thomson, Chloe Bagley, Rhys Ballard and Luka Oberstar have organised their own 70.3 distance triathlon at Waterlane Leisure Centre.

[We caught with with Georgia just before the challenge, scheduled for 10 September and will include a post-event report next issue.]

The team's triathlon consists of a challenging 1.2 mile swim in the centre's pool, immediately followed by a 56 mile cycle ride, and finally a 13.1 mile run. Georgia and Chloe came up with the idea after tackling a shorter Olympic distance event last year.

Georgia also undertook the organisation of the event, which included appropriate risk assessments, insurance provision, and finding volunteers and crew as cycle support and assistance at refuelling points.

"The responsibility was perhaps bigger than I initially contemplated, but it's all good, and people have been very supportive in offering their time to help get us to the finish line," she said.

The team has also been fundraising hard, hosting a cake bake and hamper giveaway at the centre, and look set to hit their £1,000 fundraising target.



MOVEMENT WEEK

>>> MEADOWSIDE LEISURE CENTRE

RUN
CYCLE
JUMP
swim

Meadowside Leisure Centre celebrated getting active for Dementia UK with its own Movement Week, which ran from Monday, 28 August through to Sunday, 3 September.

"We wanted to design an event without a goal. No performance level necessary - so that it was encouraging and inclusive," said Nick Fearnett, General Manager. Everyone was encouraged to get active and log their time spent in exchange for a small donation.

Movement Week logged 2,845 minutes and as importantly got everyone trying to hit their 30 minutes of activity five times a week!





All ages enjoyed the competition...



Enjoying the Rounders Tournament at Uttoxeter Leisure Centre.

The whole community came together for Uttoxeter Leisure Centre's Rounders Fundraiser on 19 August, with seven teams of nine players or more, raising £325.96 for Dementia UK.

Dryside Activities Manager, Mark Thomson said: "The rounders tournament broke down barriers! It provided an opportunity for all of our community to come together – we had players in their 70s and supporters in their 90s. The event was a true reflection of our wonderful community."

'We've Got The Runs' took the final victory, although there may have been some rule-bending since they fielded two children, aged 19 months and four years, who were ceded a rounder each by officials!

"The event was a fun day for everyone involved. Luckily the weather held out for us," Mark added.

HITTING A ROUNDER FOR DEMENTIA UK

➤➤➤ **UTTOXETER**

PEDAL POWER!

➤➤➤ **WIGSTON**



Wigston Pool and Fitness Centre hosted a charity 12-hour Bikeathon back in June as part of their Dementia UK fundraising efforts.

Lucy Thorne, Fitness Manager said: "The aim of the challenge was to keep a bike powered for 12 hours, from 8am to 8pm, to simulate the long shifts worked by a dementia nurse."

The team initially set out to keep one bike powered, but ended up with sufficient support from members and colleagues to keep the pedals of two bikes turning.

"The support shown was incredible with, our reception decorated to showcase the event, music playing, and water, fruit and sweets to hand to fuel the cyclists," Lucy added.

A total of 28 people took part raising £461.50.



Lucy (front) with Operations Assistant, Tristan, & Operations Manager, Michael (back).



The coffee morning crew who hosted the fundraising event.



Mayor Councillor J Carroll attended the coffee morning fundraiser.

Houghton Regis Mayor, Councillor J. Carroll, visited the leisure centre's recent coffee morning fundraiser for Dementia UK, which raised £140.

Delicious cakes were generously baked by members and colleagues, with offerings for sale on the morning including a surprise donation of home-grown runner beans!

The fundraising continued into the summer holiday, with two inflatable fun sessions to get the younger members of the community involved. These two events raised a further £270.

MAYOR POPS IN FOR COFFEE!

»»» HOUGHTON REGIS



Pauline's home-grown runner beans sold fast.



Brisk sales at the coffee morning.

SPORTS DAY

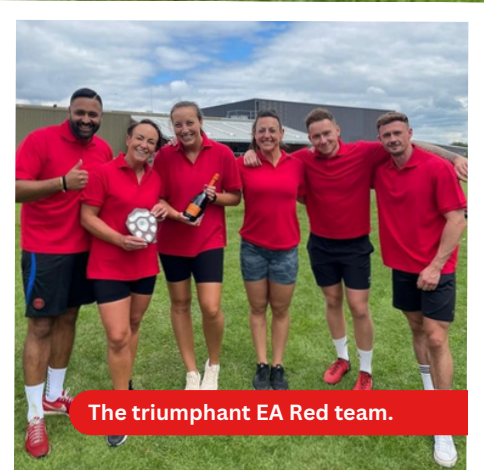


The Sports Day competitors.

▶▶▶ ENDERBY LEISURE AND GOLF CENTRE

Amongst Enderby Leisure and Golf Centre's Dementia UK fundraisers, Jo Purdue, Group Exercise Co-ordinator, organised this year's Annual Sports Day on 1 July, which raised £420.

Seven teams took part in a series of gruelling events, with the triumphant EA Red team once again taking the victory.



The triumphant EA Red team.



SWIMMING & SWEETS



▶▶▶ ASHBY LEISURE CENTRE

Ashby Leisure Centre & Lido hosted an outdoor pool fundraiser on 22 June. Jonathan Fear, Duty Manager, said: "I came up with the idea as the outdoor pool is so popular. We had 40 participants and a cake stall with cakes kindly donated by Gill Hawkins, one of our receptionists." In total the event raised £334.25.

The team followed this up with a 'Guess The Sweets In A Jar' competition, which ran at Ashby, and also Whitwick & Coalville Leisure Centre, throughout July and raised £185. Ashby's star sweet-counter was Jenson, who guessed 357. The correct answer was 355 sweets. While at Whitwick & Coalville, the winner was Paige Holmes, who guessed 342. The correct number of sweets was 334.

NEXT MONTH:



We catch up with Mel (pictured left) from Enderby as she tackles the national Dementia UK 'Walk 30 Miles in September' challenge. We'll also hear from the Saltburn Leisure Centre colleagues and customers team undertaking the same challenge. Please let us know if you're also taking part in this challenge. Email: pr@spud-media.com