

FAMILY *Eid Trek*

BLACK MOUNTAIN, WALES

SATURDAY 21ST MAY 2022

Information Pack

ABOUT READ FOUNDATION

READ Foundation is a not-for-profit organisation established in 1994 to empower children so they can break free from poverty through education. To date we have set-up and run over 390 schools, with an ever-growing body of over 112,000 students and around 6,000 teachers. We also provide free education to over 12,500 orphans. More than 150,000 students have graduated from these schools in the past 27 years and are performing well in their chosen areas of further education and careers.

READ Foundation has projects in Pakistan, Bangladesh, Lebanon and Yemen. These projects are created to ensure the empowerment of marginalised communities, with females being taken into greater consideration. Increasing women's and girls' educational attainments benefits their communities, and in turn their countries. It helps strengthen their economy and reduce inequality.

We provide programmes beyond basic education, making sure women and young girls are trained practically to be able to get into employment.

Education is at the core of each READ Foundation project, however, it also caters for other essential and basic needs, such as giving access to clean latrines, clean water, mental health programmes with psychosocial support, medical care and food.

OUR ACHIEVEMENTS SO FAR:

5 Schools built in 2021

112,006 Students are being educated

12,549 Students are orphans

5,948 Teachers work in our schools

390 Schools constructed

150,000 Students have graduated

ABOUT THE BLACK MOUNTAIN TREK

Climbing the famous Black Mountain of Wales is an experience you will never forget. The climb has spectacular panoramic and majestic views and will provide you with a real sense of awe and achievement - it's a great feeling when you reach the top. This is a fantastic opportunity for you to volunteer, make a real difference and help raise money for our Girls Education Programme and orphaned children. You do not have to be an experienced climber to start the climb, families and children are very welcome.

- Enjoy the breath-taking beauty of Wales.
- Enjoy the day with your family & friends - children are most welcome.
- Raise money for our Girls Education programme and orphans.
- Have a fun and memorable day with like-minded people.
- Help make a difference to yourself and vulnerable children.



THE ACTIVITY

The Black Mountain is located in Wales and will take approximately 4 hours to reach from London. There are many scenic routes going up to the top. The Black Mountain is situated in the Brecon Beacons National Park. At 1,133 metres above sea-level, the mountain and surrounding area are owned by the National Trust. Buses will leave from London to Wales during the night and arrive at Gospel Pass Car park at the foot of the Black Mountain in the early morning. Breakfast will be provided. The walk takes around five hours; moving at a comfortable pace for the group, including breaks. On return, buses will be waiting and will bring us back to London.

AGE LIMIT

There is no maximum age limit, provided that you are fit and healthy and do not have any pre-existing medical conditions that may be aggravated by a long mountain walk. The minimum age limit is 16 years of age. Under 18's will need to be accompanied by a parent, legal guardian or other responsible adult who is 18 years or older.

WHAT TO BRING

Waterproof jacket and trousers, walking boots, breathable clothing suitable for strenuous activity (no jeans or joggers), gloves, rucksack (large enough to carry water and spare clothing), torch, personal first aid kit, sunglasses and camera (optional).

Note: Participants who do not bring the correct clothing/equipment may be unable to take part in the climb.



WHAT WE ARE FUNDRAISING FOR

There are over 13 million girls in Pakistan missing out on the education they rightly deserve. An education that would equip them with the skills and knowledge to access jobs and opportunities, that will lift them and generations of girls to come out of crippling poverty. The situation in Pakistan is dire, with more and more girls being taken out of school. This means that a generation of women and girls will be left behind, if we don't act NOW.

What's more, the UK government is boosting your donation! Any donations received towards our girls education programme before 4th May 2022, will be doubled by the UK government!

Alternatively, another project which is always popular is raising funds for orphan sponsorship. The world can be a terrifying place with broken systems, global pandemics, conflicts and natural disasters. Now imagine what that would be like through the eyes of an orphaned or vulnerable child? Terrifying. Children living in poverty often sacrifice education first. They have limited access to essentials such as healthcare, clean water, and a safe, loving environment. What do they feel? Despair.

We all understand that every single child is special and unique and it is their human right to grow up in a safe, nurturing environment. By sponsoring a child today, you are empowering future generations. you are building a brighter future.

To help fundraise

Visit: justgiving.com/readfoundation or muslimgiving.org/readfoundation



ITINERARY

Friday 20th May 2022

9pm - Buses depart from London towards Swindon.

11pm - Buses depart from Swindon towards the Black Mountain, Wales

Saturday 21st May 2022

6am - Arrival into Wales.

8am - Breakfast at Gospel Pass car park

9am - Meet the guides - start climb

2pm - Reach the peak of the Black Mountain

2.30pm - Lunch break

3.00pm - Start of decent from the peak

6pm - Arrival at Gospel Pass car park and departure

8pm - Dinner break on route

10pm - Arrival into London

(This is a tentative itinerary; timing may differ as per the local area and weather conditions. We will share the final itinerary closer to the walk date).



PLEASE NOTE YOU MUST HAVE A MINIMUM FUNDRAISING TARGET OF £500

To register please contact: Asad – 07533 380725 or email asad.ahmed@readfoundation.org.uk

HOW TO FUNDRAISE

Set yourself a fundraising target

If you're taking part in this event there is a minimum sponsorship, but why not try and beat it?

Let everyone know how much you want to raise and how the money donated will help support the education of needy and orphan children.

Break it down

It takes just 20 of your friends to donate £25 each for you to collect £500.

Set up a fundraising page

It only takes a minute to set up a JustGiving page that's quick and easy to share with friends. Plus, the money donated comes directly to us, so you don't have to worry about sending it in.

Visit: justgiving.com/readfoundation

Spread the word

Why not tell all your friends, family and work colleagues that you have signed up to raise money for READ Foundation? Send them an email with your fundraising page, update your status on social media and leave your sponsorship form in your staff room.

Decide what to do

Decide what fundraising events you'd like to do to raise money. You could search the internet for fundraising ideas and get inspiration if you get stuck.

Set a date

Decide when and where your fundraising events are going to take place. Remember to consider the weather and have a Plan B just in case.

Advertise your events

Let everyone know when and where your events are taking place.. Use social media and posters to advertise it.

Collect your sponsorship

After you've taken part in an event, make sure you collect any sponsorship money that you've been promised. If you've raised all your sponsorship money through a fundraising page you don't need to do anything – all your sponsorship money will be transferred directly to us.

Thank everyone that sponsored you

Let everyone know how you got on with your event and how much you've managed to raise. They'll appreciate knowing the difference their contribution has made.

| | | |
|-----------|--|---|
| Name: | | (is going to take part in the Sponsored Hike 2021 for READ Foundation). |
| Address: | | |
| Tel: | | |
| Email: | | |
| Postcode: | | |

Increase your donation by 25% for FREE

You must be a UK taxpayer and should have paid income or capital gains tax (equal to the amount we will claim) in the last tax year.

YES, I am a UK taxpayer and would like The READ Foundation to treat all donations I have made over the past four years and all donations I make in the future (unless I notify you otherwise) as Gift Aid donations. I understand that I must have paid income or capital gains tax (in the UK) equal to the tax that will be claimed by all the charities that I donate to (currently 25p for every £1 you give) in the same tax year.

| FULL NAME | ADDRESS | POSTCODE | AMOUNT (£) | GIFT AID (PLEASE TICK) |
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| | | | Total Raised | |

You must complete this form to take part.

MEDICAL FORM

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| Name: | | (is going to take part in the Sponsored event 2021 for READ Foundation). |
| Address: | | |
| Tel: | | |
| Email: | | |
| Postcode: | | |

YOU MUST COMPLETE THIS FORM TO TAKE PART

| | |
|----------------------------------|--|
| Personal Details | |
| Age: | |
| Next of Kin | |
| Emergency contact No: Full Name: | |
| Address: Relationship to you: | |
| | |
| Postcode: | |

YOUR MEDICAL DETAILS

Although the event in which you will be participating is not competitive it is nevertheless important that you are of good health and fitness as a good level of walking will be involved. We require every participant to complete and return the attached medical information as accurately as possible. The details of your medical history are strictly confidential.

| | |
|--|--------|
| Allergies (dietary, drug, environment including hay fever) | YES/NO |
| Surgical operations | YES/NO |
| Raised blood pressure | YES/NO |
| Heart or circulatory disease | YES/NO |
| Deep vein thrombosis | YES/NO |
| Chest or lung disease | YES/NO |
| Asthma (give details of any hospital treatment) | YES/NO |
| Epilepsy | YES/NO |
| Diabetes | YES/NO |
| Digestive or bowel disorders | YES/NO |
| Past injuries (e.g. fractures, sprains) | YES/NO |
| Haematological or Blood disorders | YES/NO |
| Cerebral diseases (e.g stroke, head injuries etc) | YES/NO |





GET IN TOUCH

☎ 03000 121 121

✉ INFO@READFOUNDATION.ORG.UK

🖱 READFOUNDATION.ORG.UK

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READ Foundation is a company limited by guarantee (company no: 09195667) and a charity registered in the U.K. with the Charity Commission (1160256). If you have any further enquiries about the organisation please call 0161 224 3334