



SATURDAY 14TH MAY 2022

DOVEDALE WALK

Enjoy the breathtaking beauty of the Peak District
and help educate orphan children in Pakistan.



ANY DONATIONS RECEIVED BEFORE 4TH MAY 2022
WILL BE DOUBLED BY THE UK GOVERNMENT



DOVEDALE WALK

READ FOUNDATION:

READ Foundation is a not-for-profit organisation established in 1994 to empower children to break free from poverty through education. Today, READ Foundation runs over 390 schools with an ever-growing body of over 113,000 students (60,000 boys and 53,000 girls) and around 6,000 teachers. It also imparts free education to over 12,000 orphan children. More than 140,000 students have graduated from these schools in the past 27 years and are performing well in their chosen areas of further education and careers.

The organisation has projects in Pakistan, Bangladesh, Lebanon, Yemen and Syria. 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.

READ Foundation provides 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 2020

112,006

students are
being educated.

11,341

of our students
are orphans.

5,948

teachers work
in our schools.

390

School
constructed

135,000

of our students
have graduated.

DOVEDALE WALK

ABOUT THE DOVEDALE WALK

READ FOUNDATION IS PLEASED TO OFFER YOU AN EXCITING DAY OUT, THAT WILL GIVE YOU THE OPPORTUNITY TO:

- Enjoy the breathtaking beauty of the Peak District.
- Enjoy the day with your family & friends.
- Raise money for Girls Education programme
- Have a fun and memorable day with people from around the UK.
- Help make a difference in the world.

This beautiful Dovedale walk takes in the most breathtaking views of this stunning part of the Peak District. It crosses the famous stepping stones in Dovedale, walks on shady paths alongside the River Dove as it cuts between towering limestone crags, tracks through the grassy slopes of Hall Dale, strewn with wildflowers, and passes through the picture perfect village of Ilam, before returning to the start point in Dovedale. Although there are magnificent views along the way, this route does not feel like a tough one and is a great one for the whole family to enjoy.



DOVEDALE WALK

THE ACTIVITY

Dovedale is in the Peak District (approximately one and half hour from Manchester). There are many scenic routes going up to the top. The Peak District is an upland area in England at the southern end of the Pennines in the Derbyshire countryside. Experience guides will brief us about the climb and accompany the groups to the top.

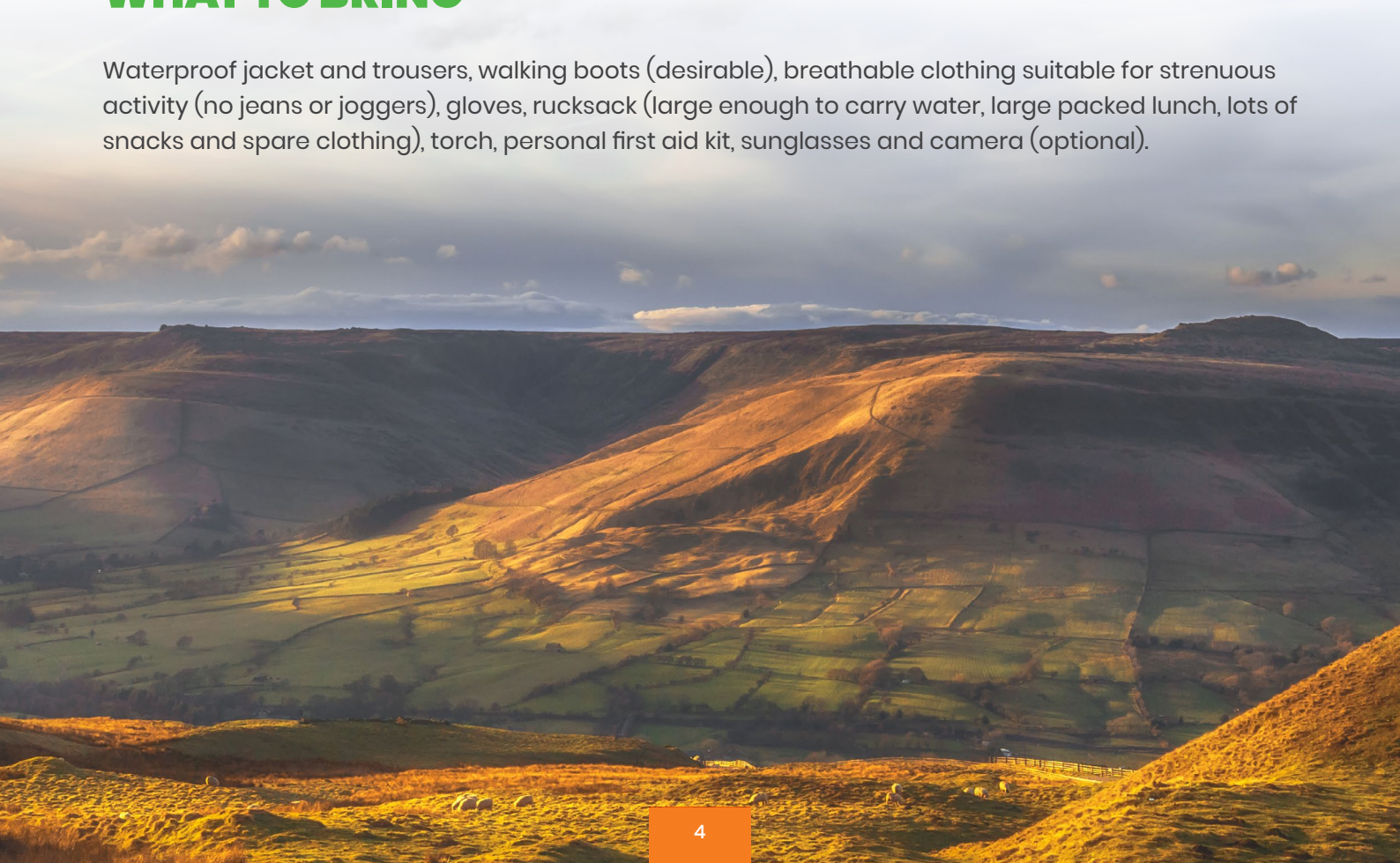
Coaches will leave from Manchester on Saturday 14th May 2022 at 8:00am, due to arrive at Dovedale car park around 9.30am. The walk will take four hours, including breaks, moving at a comfortable pace for the group. On return, coaches will be waiting and will bring us back to Manchester.

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 lower age limit is 16 years old and those under 18 years old 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 (desirable), breathable clothing suitable for strenuous activity (no jeans or joggers), gloves, rucksack (large enough to carry water, large packed lunch, lots of snacks and spare clothing), torch, personal first aid kit, sunglasses and camera (optional).



WHAT WE ARE FUNDRAISING FOR

Right now, 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 girls and women will be left behind, if we don't act NOW.

We know the impact it has when girls have a seat at the table and the devastating consequences when they are left behind.

We will be targeting areas where it is incredibly difficult for girls to go to school due to the environment or severe poverty. We are going to set up temporary schools, by refurbishing existing buildings, and provide all the necessary educational equipment, books and learning materials these children need. We will even provide a qualified teacher to help them study.

These girls have what it takes, all we need to do is give them the tools to succeed.

What's more, the UK government is boosting your donation!

Any donations received before 4th May 2022 will be doubled by the UK government! This means we will be able to support even more out of school girls in Pakistan get the education they deserve and enable future generations to come.

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ITINERARY

Saturday 14th May 2022

8:00 am	Coaches depart towards the Peak District
9:30 am	Arrival into the Dovedale Car park
9:45 am	Briefing
10:00 am	Briefing, walk start
12:00 pm	Lunch Break
12.30 pm	Continue the Walk
2.30 pm	Arrival back at Dovedale car park
3.00 pm	Refreshments
3.30 pm	Coaches departure
5:00 pm	Arrival Back

(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.)



DOVEDALE WALK

IMPORTANT: YOU MUST SET UP A MINIMUM FUNDRAISING TARGET OF £500

For registration please contact: Abid – 07532243022
or email abid.hussain@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.

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SPONSORSHIP FORM

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 (Pls Tick)
Total Raised				

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Personal Details

You must complete this form to take part.

MEDICAL FORM

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

1. Personal Details	
Age:	
2. Next of Kin	
Emergency contact No: Full Name:	
Address: Relationship to you:	
Postcode:	

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3. 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





READ Foundation, Victoria Court, 376 Wilmslow Road, Manchester, M14 6AX

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.