

M3 Project

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ISSUE 10

Marathon December challenge

RUNNING 256 miles in a month is the personal challenge being undertaken by Project Manager Alan Dorrington.

He is hoping to raise awareness of the charity and funds by completing the marathon run.

Alan said: "I will be running one mile on December 1, then it will increase by a mile a day until December 16. Then I will start to decrease the distance by a mile each day finishing on New Year's Eve with a mile run.

"I enjoy running over the fells, rather than on the road, but I will also be having mile runs at 12.30pm every Wednesday from M3's

base St Johns Court, Bacup Road, Rawtenstall. These are open to anyone who wants to come along and join me.

"I am also contacting the high schools and primary schools to get them involved. I am happy to go out to their base so the pupils can join me in a run.

"I would like anyone who joins me on a run to donate at least £1 to M3 Project and collect sponsorship if they wish."

On the charity's website there is more information about Alan's 256 Challenge along with links to donate and more information about the organisation.

Alan will also be posting a daily blog with



photos and details of that day's run, along with a weekly factfile on homelessness including case studies and personal stories.

He said: "It is a really huge undertaking, but I have spent the last month preparing for it, I run and cycle around 30 miles a day and I have been going to the gym regularly.

"I will complete the challenge and it will either make me stronger or turn me into a complete zombie at Christmas.

"On the first week I will run 10 miles, the

second week 56 miles and the third week 99 miles. I have never run that kind of distance in one week before and I will complete all the runs in my own time.

"Over Christmas week I will run 74 miles with eight on Christmas Eve, seven on Christmas Day and six on Boxing Day."

He added: "So what will I do on New Year's Day? Well probably go for a run."

To support Alan's 256 Challenge visit www.rossendalem3.org or email info@rossendalem3.org

Homeward bound

CYCLISTS completed a mammoth Homeward Bound coast to coast challenge to raise money for M3.

Marks and Spencer's new Foodhall at New Hall Hey, Rawtenstall, selected M3 Project as its chosen charity of the year and to launch the link up static bikes were ridden in the foyer for five hours.

Project manager Alan Dorrington said: "We would like to thank everyone who stopped by to ask us about

our work and to the many who generously donated. This helped us to raise more than £350."

Two static bikes were provided by nearby Riverside Health Club and ridden by volunteers including staff from M&S.



CONTACT US

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So what is M3?

M3 is a specialist charity that offers a variety of accommodation services to homeless young people aged 16-25.

Accommodation is provided throughout Pennine Lancashire in Rossendale, Burnley, Pendle and Hyndburn using supported lodgings as well as independent supported properties.

From our office base in Rawtenstall, we offer up to 13 supported lodgings places alongside nine teenage family places across East Lancashire.

Click to support

HELPING M3 couldn't be easier – it is just a click away.

On our website there is a donations section where you can select how you would like to help the project.

Just click your choice and follow the simple instructions.

M3 facts

IN 2015 we provided 3,013 nights of accommodation to 12 young families through our Teenage Family Service and four available lodgings placements.