

M3 Project

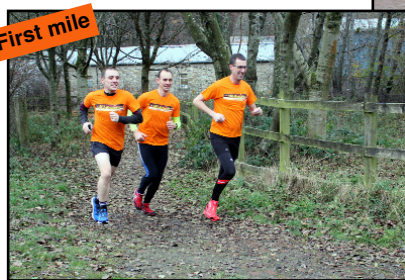
NEWS
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Marathon raises £6k

A GRUELLING 31-day 256-mile running challenge has been completed by Project Manager of M3 Alan Dorrington and it raised £6,100.

Two friends joined him on the distance: Dave Haygarth, from Helmshore, and Dean Pointer who completed his runs in the Norwich area. An injury forced Prestwich runner Jason Miles to cut short his 256 challenge.

From running one mile on December 1, they then went up to 16 on December 16 and back



down to one on New Year's Eve.

Dave also met up with Alan to complete the last mile at Marl Pits in Rawtenstall so they could complete the last mile together – dressed in 'Chariots of Fire' Roger Bannister-style vests.

Accompanied by Alan's 12-year-old



daughter Ella, they were cheered on by family, friends and colleagues from M3.

In total, Alan ran 269 miles and climbed a distance of 25,514ft over the month – just 3,500ft short of Everest.

On the middle week the friends ran the equivalent of four marathons, but Alan admitted he hit the 'wall' when he reached December 19 while doing a lesser distance

of 13 miles.

He said: "I have run for 31 days without stopping and who knows I may carry on for another six months, but I am not going to become Forrest Gump.

"I would like to say thank you to everyone who has supported the charity by sending donations and reading the blogs."

Dave said: "It has been great although I did get injured in the middle of the month, but it is amazing the capacity the body has for recovering."

Happy retirement Pauline

GRANDMOTHER Pauline Stephenson has retired at the age of 70 after dedicating 13 years to offering accommodation to homeless young people.

Pauline was one of our first householders to provide supported lodgings after seeing an article appealing for householders in 2003.

She said: "I thought I would like to have some company as I was used to taking care of a family and my children were grown up and had left home.

"It is rewarding because I have been able to provide a stepping stone for these young people so they can go on and live their

life. I am moving on, down sizing to an apartment and I am 70 so it was time to retire.

"I think the people who have come here have enjoyed it and I have encouraged them to stand on their own two feet."

Two of the young people called in to thank her when a special retirement party was held at M3.

Kirsty Groves, was just 16 in 2003 when she went to stay at Pauline's



home in Rawtenstall and in 2006 Kay Gibbons moved in when she was also 16.

Kay said: "Pauline's was the best placement I had."

Pauline said: "It is

nice seeing the young people making something of their life."

M3 is looking for more people with a spare room who would like to become supported lodging providers.

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

TWO bids made to Comic Relief and the Lloyds Foundation have been successful.

We have been granted £68,000 over two years to help cover core costs and develop new projects.

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