



All Hallows Thrash the Three Peaks Challenge!

Our UK manager, Ian Forbes, splits his time between team building and first aid training courses in the UK, and trekking through the undergrowth in far distant locations whilst supporting film crews. Last weekend found him closer to home but in a no less adventurous situation, leading a team of budding mountaineers from All Hallows school on the Three Peaks Challenge. This challenge requires walkers to scale the three highest peaks in England, Wales and Scotland, all within a time-frame of 24 hours! Below Ian describes how the team got on from base to peak:

"After a gruelling 11-hour drive from Farnham to Scotland, we arrived in Fort William booked into our accommodation, went out for a meal and grabbed our last chance to get some sleep before the challenge began.

Onward and upwards - Ben Nevis, Scotland

We were dropped off at the Visitors Centre where most people start, and waved goodbye to our support bus. On joining the main path all watches, Garmin's and Strava's were started, the countdown had begun! The weather was good and with spirits very high we set off at 8.31 am for the first of our three mountains...

We made amazing progress up the Pony Track eventually ascending into the clouds and gaining the summit. Unfortunately, due to the cloud we didn't get great views so stopped for the obligatory summit photo (proof) and headed straight down, passing loads of other three peak teams who we were likely to run in to again during the next 24 hours.

We made great time and made it down in 4 hours 35 minutes which was much faster than our target of 5 hours. After a quick water fill and change of shirts we were off for the long drive to Wasdale Head.

One down, two to go - Scafell Pike, England

After one quick pit-stop for food and an obligatory coffee for me we eventually arrived at Wasdale Head. We allocated a few minutes to get ready and refill water then started Scafell Pike. The weather was amazing and we were hoping we would get this done in the light. We progressed swiftly up from the campsite enjoying perfect conditions the whole way towards the summit. This time we were more lucky and on reaching the top were treated to amazing views. After the necessary photo, we started to descend rapidly, hoping to make up more time. Daylight started to disappear but we made good progress down and crossed the Gill, eventually reaching the minibus in 3 hours 19 minutes. The team were now really confident that they would hit the 24 hour goal....

Snowdon, Wales, the final push...

This part of the journey was a little fraught, the school mini-bus was restricted to 62 mph so we knew we would lose time throughout all the motorway sections but what we didn't expect was for the M6 to be closed, leading to a diversion that added another 38 minutes to our time.

As we finally pulled into the Pen-y-Pass car park at the foot of Snowdon we realised we still had a good chance of making this in the 24 hours. Team in full sprint and once again determined to make the target, off we set with our head torches on. The weather in Wales never lets you down, the rest of the country is 27 degrees, and in Wales it's raining and dark! We hit the top, grabbed a photo and sped down to the car park completing this last leg in 3 hours 34 minutes.

The team emerged victorious completing all three peaks in under 23 hours, amazing!

The Three Peaks Challenge is an incredible experience. Individuals learn to push their bodies and challenge their minds. The feelings of emotion: fear, excitement and persistence in the face of

exhaustion are all part of the experience, and the team of students from All Hallows performed amazingly. It was an honour to be the leader of this great group.



Just one of the many photos taken over the years, the children proudly show off their craft designs.

Coral Cay Conservation

Since arriving into Montserrat the science team have taken on the role of nurturing the inner environmentalists within the youngest generation on island. Once a fortnight a CCC staff member and volunteers visit the children at the local library and give a presentation on a topic generated from their personal area of interest/study, or inspired by the kids themselves. This is followed by a much-anticipated craft session, usually involving lots of glitter and the creation of species never seen before.

Together, the teams have learnt all about the species that they may spot on island such snakes, frogs and bats, plus those that'll require some travel, such as penguins and dugongs. They have also learnt about behaviours and habitats from the fight/flight reaction to the forest canopy. We will be completing our work in Montserrat in August, and it was with a heavy heart that the team held their final library session last month as we focus on completing the last of the data collection requirements.

We are very happy to confirm that one of the other environmental organisations on island, [Blue Halo](#), has joined the last few sessions with an intention to continue the workshops once we move on. This is great news as we have built up quite a list of regular attendees over the years.

Thanks have to go to the staff at Brades Library for their kindness in letting us take over their library (and liberally sprinkle it with glitter) every fortnight, the children themselves, for their unfailing enthusiasm and imagination, and to our keen and hardworking staff, volunteers and scholars who have done such a great job holding, and assisting with, the sessions.



Check out

<http://adventurelifesigns.easyfundraising.org.uk/>

Recent Events

This is the busiest time of year at the Lifesigns' head office, with the last of the season's UK-based team-building days on the one hand, and many school groups flying out on expeditions every week, on the other. Whenever possible we encourage the pupils that join us to raise the funds for their own expedition. This can be a real challenge, especially as many of those that join us are in the middle of their exam year, but we have found throughout the years that paying part, or all of the expedition fee helps students to feel more invested in the expedition. This spurs them on to hit that summit, and feel more connected to the social project which they undertake. Many of the school pupils that join us fundraise the entire expedition fee themselves, which is a testament to their focus and hard work. We have forged a new connection this year with a group called 'easyfundraising', which is proving to be really successful in helping Adventure Lifesigns' explorers achieve their fund-raising goal. Check out below some further information from the organisation themselves:

"Over £1.2m has been raised to help fund expeditions, just through shopping online – thanks to [easyfundraising](#). Don't miss out on such an easy way to raise by signing up your Adventure Lifesigns trip [here](#), that way you can continue to raise funds throughout the summer! Remember that people you know will continue to shop during the summer break; Going to the cinema? You could book your tickets online and collect a donation. Going away with family? You could get travel insurance online and collect a donation. Keeping in touch via Facebook? Spread the word about your easyfundraising page and show friends that they can help you raise so easily!

CONGRATULATIONS to Charlie Scott who won a £50 donation in our easyfundraising competition last month. Stay tuned for more chances to win in the new school year.

Sign up to easyfundraising today at <http://adventurelivesigns.easyfundraising.org.uk> and have a great summer."

Future Events

The Adventure Lifesigns team will experience a small hiatus in UK based work with schools at the end of this week, whilst all the students go on their summer holidays, but as soon as September arrives the team building and prefect training will be back with a vengeance!

Prefect training when we were at school consisted of receiving a handbook and a different coloured tie, a process which in no way prepares you for telling fellow students how to conduct themselves. Thankfully the system has changed somewhat! Being a good leader really doesn't change whether you are a prefect, or the big cheese at a Fortune 500 company. We teach the students to understand the importance of: acting as a role model; having one rule for all (including yourself); and how to listen and communicate effectively. We are looking forward to doing our best to instil a strong foundation of leadership skills in this year's future prefects.

Offer of the Month!

Are you heading off on an overseas adventure anytime soon? If the answer is yes then you should consider joining us for a course in Expedition First Aid.

Most first aid courses only concentrate on what you, as a first aider, should do within 15 minutes of an accident, but what would you do if UK Ambulance times didn't apply, and the paramedics are going to take an hour or more to arrive? The Expedition Care Program (ECP), one or two day first aid course, has been designed to answer this question. Giving you the skills you would need to deal with an injury in a remote location, identifying the necessary kit that you should consider bringing with you, and last but certainly not least, how to use it!

We are happy to be able to offer 15% off one and two day ECP courses booked for this year. You can find a schedule of courses [here](#), and if you would like to take advantage of this offer just contact Pauline on ukoperations@livesignsgroup.co.uk.

Terms & Conditions: Offer applies to ECP courses only. Qualifying courses are those taking place within 2017 only. Offer can only be applied to courses booked before the 28th August 2017. Offer is only redeemable through the mention of 'NewsletterJuly2017' when booking. Offer cannot be combined with any other offer. Offer subject to availability. This offer has no monetary value and no cash or product alternative will be offered. Usual Medical Lifesigns Terms and Conditions apply.