





WALKING WITH THE WOUNDED
10th Anniversary

CUMBRIAN CHALLENGE
2020
16th May

Presented by
All Together CUMBRIA
DAE SYSTEMS **FDM***

MEET, WALK AND BE INSPIRED BY OUR WOUNDED

3 Routes | Peak (15km), Tough (24km) or Tougher (29km)

#CumbrianChallenge

Emma Morrey, Yodel:
"One of the proudest moments of my life. I have never felt so rewarded by my team's efforts, and all those around me."

Image credit: Stephen Mitchell

Sign up or find out more at www.cumbrianchallenge.org

COULD YOUR TEAM SHOW IT'S SUPPORT IN WWTW'S 10TH ANNIVERSARY YEAR?

7 years of team building | nearly 1,000 teams | £1m+ raised

The #CumbrianChallenge is Walking With The Wounded's flagship fundraising event for teams who want to show their support and experience a memorable weekend in the Lake District alongside our beneficiaries.

Walking With The Wounded supports those who served. We target veterans who have fallen the furthest, men and women struggling with mental health issues, unemployment, homelessness or caught in police custody. By providing early intervention programmes and speeding up access to therapy we are changing the lives of veterans and, crucially, their families.

Rory Todd, All Together Cumbria:
"The camaraderie makes you forget any fears or aches as it's such an amazing day. You get to chat to the people you are supporting and our volunteers receive our support."

Billy Menzies, HMP Knebworth, Serco UK:
"The best event I've ever attended. The team had a terrific time enjoying the camaraderie. We will have the mile map pinned in the office and use that day for inspiration."

Jon Laithwaite, IAE Systems:
"We got involved with the Cumbrian Challenge because we're really keen to do more to show the Armed Forces covered in more than just a piece of paper."

Thanks to all our past teams including:



In the past 10 years WWTW has supported 8,664 veterans

Last year (2019) Walking With The Wounded supported:

- **996** veterans through its reduction to reoffending team Project Nova, by IDing them at the point of custody and getting support before they reoffend and are jailed.
- **366** veterans through its mental health programme (Head Start) which gets veterans access to private, 1-2-1 mental health therapy within an average of a week of consents.
- **166** back into paid employment and 113 into unpaid outcomes through it's Employment team.
- **CRUCIALLY 71%** of Head Start clients are in recovery or have made meaningful change post therapy.
- This work changes their lives, their families' lives and directly contributes to their and our communities.
- Just **£675** can fund a veteran - or a family member - through Head Start
- So every team entering the Cumbrian Challenge will directly change the lives of three people who walked in far more dangerous places for us.



To find out more please contact
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Or to sign up directly to
<https://www.cumbrianchallenge.org/>

Enjoy the 2019 highlights
<https://www.youtube.com/watch?v=yMsYw7qB6Xw>