



Having had to cancel our annual fundraising coffee morning and cake bake event this year, we will instead be taking on a personal **#12AWeekChallenge** as part of the **Cardiac Risk in the Young** awareness week that runs from **14th – 22nd November 2020**.

Like all charities, 2020 has been a difficult and financially challenging year. With this in mind, at the end of our challenge we will be making a donation to **CRY Core Funding** rather than to Jamie's Fund.

To find out more about the CRY **#12AWeekChallenge** please follow this link:

<https://www.c-r-y.org.uk/cry-12-a-week-challenge>

Our challenge is to walk 12 miles in one day

Even as a couple of reasonably fit '50 somethings' it's still going to be a challenge!

The walk will be around Swanland and North Ferriby

This will consist of 3 circuits of 4 miles

The challenge will take place during w/c 16th November

Exact day to be confirmed – subject to weather forecast

We'll be wearing blue hi-vis waistcoats with the CRY logo

Please give us a wave or a toot if you see us!

The completed 12 miles will represent the **12 young people who die each week** from young sudden cardiac death (YSCD), just like Jamie.

If you'd like to support the work and research that CRY undertake, here's a link to their core-funding donation page: <https://www.c-r-y.org.uk/donate>

We look forward to being able to invite you all to the coffee morning again next year!

Until then, please stay safe.