



## **'ACTIVE FAMILIES' SEMINAR AND 'STORY WALK' ACTIVITY PACKAGE**

### **Learn How to Get Families More Active and Help Raise £6000 for Charity**

Since 2005 Mark Bryce, the founder of the 153 Mile Challenge (trading as Tyrer Sorrel) has been 'walking/running around the world' to recover from a major calf injury. Mark couldn't walk for 3 months and now aims to reach 18,500 miles by simply stepping out of his door and walking everyday he can. Five years after his injury Mark set up the 153 Mile Challenge to celebrate reaching the 6,000 mile point. Mark wants to get other people involved in his 'Round the World' challenge by asking them to 'step out of their door' and walk, bike, run or dance 153 miles whilst raising £153 for charity\* and telling their story. 'Active Families and Story Walks' is a seminar and activity mentoring programme that teaches you how to get families more active, using the 153 Mile Challenge as a basis for creative and physical activity.

### **Creativity and Physical Activity Improves Children's Self-Esteem, Motivation and Achievement**

Each day we embark on numerous journeys, trips from home to school, to the shopping arcade, the park, our friend's houses. How many times do we make these journeys without giving a thought to the world around us? Our habituation gives rise to the ignorance of the amazing stories and imaginative happenings that take place under our very noses every single day.

This seminar and activity package is designed to help you to engage children and their families in exploring their immediate environment and to develop stories about the world around them. The package also encourages children and young people to be more active and enjoy 6 weeks of physical activity because of the imaginative journeys and worlds they create.

Children who are encouraged to think creatively and independently become:

- more interested in discovering things for themselves
- more open to new ideas and more willing to work with others to explore these ideas
- more willing to work outside of school when pursuing an idea or activity

A key element of the 153 Mile Challenge is that the activity is incorporated into a sponsored event, encouraging children to be more involved in their local communities.

'Active Families' underpins the following key subjects: Geography, History (Local), PSHE, Music and Physical Education. The activity also underpins three of the Every Child Matters targets: 'Be Healthy', 'Stay Safe' and 'Make a Positive Contribution'. Extended guidance on how to incorporate the 153 Mile Challenge into school or play activities can be provided.

### **FIND OUT MORE ABOUT THE SEMINAR AND ACTIVITY PACKAGE AT:**

**<http://experiences.tsconnected.com/153Mile.html> or call 0845 061 3725**

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The 153 Mile Challenge is a social enterprise activity for [www.tssignature.co.uk](http://www.tssignature.co.uk) (Twenty Charities) from Tyrer Sorrel.

\* The nominated charity for this event is MPAC (Merseyside Play Action Council, REG NO: 1048263). Visit <http://www.merseyplay.com>. Merseyside Play Action Council is a resource centre which has supported and developed activities for children and young people in Liverpool since 1974. MPAC is based in a fully accessible building in Liverpool City Centre. MPAC IS A ONE STOP SHOP THAT CAN PROVIDE EVERYTHING YOU NEED FOR YOUR CHILDREN & YOUNG PEOPLE'S PROJECTS. MPAC receives a donation of £40 (+ £5 per pack) from each purchase for this event.

**153 MILE CHALLENGE: ORDER FORM FOR SEMINARS & ACTIVITY PACKS**

**PLEASE COMPLETE YOUR CONTACT DETAILS**

|                  |                |
|------------------|----------------|
| <b>Name:</b>     | .....          |
| <b>Address:</b>  | .....<br>..... |
| <b>Postcode:</b> | .....          |
| <b>Phone:</b>    | .....          |
| <b>Fax:</b>      | .....          |
| <b>Email:</b>    | .....          |

**PLEASE CHOOSE AN OPTION(S) BELOW, TICK THE BOX, INSERT THE QUANTITY REQUIRED AND THEN TOTAL THE AMOUNT PAYABLE**

|                 |   | QTY | COST     | TOTAL |
|-----------------|---|-----|----------|-------|
| <b>OPTION 1</b> | <input type="checkbox"/> Seminar Only (per person)  |     | £153.00  |       |
| <b>OPTION 2</b> | <input type="checkbox"/> Seminar and 10 Activity Packs (Starter)  |     | £549.95  |       |
| <b>OPTION 3</b> | <input type="checkbox"/> Seminar and 30 Activity Packs  |     | £2653.50 |       |
| <b>OPTION 4</b> | <input type="checkbox"/> 153 Mile in the Community Delivery Programme (up to 100 Packs and 5x facilitated sessions) |     | £4916.25 |       |

**Total Amount Payable**

**PLEASE RETURN THIS FORM WITH PAYMENT TO:**

|  |   |
|--|---|
| <p>FAX TO: 01925 493624<br/>CALL: 0845 061 3725<br/>POST FOR FREE:</p> <p>153 Mile Challenge<br/>FREEPOST RRLJ-LLYU-RYBU<br/>TYRER SORREL<br/>WARRINGTON<br/>WA5 1DB</p> | <p><b>PAYMENT DETAILS</b></p> <p>Please send me an <b>invoice</b> for the total amount shown <input type="checkbox"/></p> <p><i>Your Order/Invoice Ref:</i> .....</p> <p><i>Signed:</i> .....</p> <p>I have enclosed payment by <b>cheque</b> for the total amount shown <input type="checkbox"/><br/>(Cheque payable to Tyrer Sorrel)</p> <p><b>You can also pay by credit card at:</b></p> <p><a href="http://experiences.tsconnected.com/153Mile.html">http://experiences.tsconnected.com/153Mile.html</a></p> |
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