



National 3 Peak Challenge

What is Coppafeel!?

Coppafeel! is an incredible charity set up in 2009 and is the only charity to solely focus on creating **awareness amongst young people to know their bodies to increase the number of breast cancer survivors.** Their mission is to ensure all breast cancers are diagnosed early and correctly by:

- Encouraging you to check your boobs regularly from a young age.
- Educating you on the signs and symptoms of breast cancer.
- Empowering you to seek advice from a doctor if symptoms persist.

They hold many events, attend festivals, schools, universities and work places with a team of 'Boobettes' attending. The Boobettes are volunteers who have suffered from breast cancer in the past; they talk about their personal experience of breast cancer and tips on how we can detect it sooner rather than later.

Coppafeel! Is all about awareness, so they want to get the word out as much as possible. They are heavily focused on social media, in the press and ask all of their affiliates to shout about it as much as possible!

As you can imagine, as a small charity, Coppafeel! **solely rely on sponsorship from companies like ourselves.**

Some of Coppafeel!'s current partners including FP Mailing are:

- Sweaty Betty
- Barry M
- Avon
- ITVBe

Just a couple of examples of how Coppafeel! spend the money that we raise:

- **£5 enables 100 SMS boob-check reminders to be sent.**
- **£10 allows the Boobettes to be well equipped with awareness materials so they can carry out talks to educate hundreds of young people.**
- **£25 enables provision of a handy shower sticker to act as a monthly reminder to 70 young people.**

What have FP done so far?



We've been really excited here at FP to work with Coppafeel! and have already hosted of different charity events this year, including:

Valentines FP bake off

Boob brunch

Parties at home

The big one | National 3 Peaks challenge

Over the last 6 months, 10 of our keenest staff members prepared to climb the 3 biggest peaks in the UK; Ben Nevis, Scafell Pike and Snowdon.

The team have taken part in practice walks, worked to improve their fitness, had talks from people who have done the challenge before, prepped a kit list, carb loaded and sorted everything else that was needed to climb 3 mountains.

These 3 mountains are not close together; a 1200+ mile round trip in fact. Our Managing Director and Sales Director kindly volunteered to do the driving in order to give the climbers time to sleep and recover between each mountain. Some would say the challenge of driving was harder than the mountain climbs themselves.

The 10 volunteers all range in fitness and ability and it was down to teamwork and sheer determination to complete it; all in aid of Coppafeel!

Now that the challenge is complete, we wanted to share our stories; everyone's was different.

When someone tells you that they are doing the National 3 Peaks challenge – you brain doesn't really comprehend what that actually involves, and what is required. What does it require? It requires a lot of prior planning: walking routes, driving routes, food, fundraising, and equipment for all weather. It requires a certain level of fitness. It requires a huge amount a determination to carry on walking when you have no energy left. But most importantly, it requires a group of people who will pick you up when you fall down (physically and emotionally). Did we complete the challenge in 24 hours? Not quite (27.5 hours for those interested). But does that mean we failed? Not at all. We did what we set out to do: climbed The 3 Peaks, walked 26 miles & sat in a minibus for 1200+ miles. All that aside, we have raised some money for a very worthwhile cause.



Our journey...



Total time 27.5 hours

Favorite mountain: All were different and amazing in their own way from Ben Nevis and the incredible view and Scafell Pikes war memorial at the top but Snowdon will always be my favorite!!

Worst mountain: I found Ben Nevis physically the hardest

Best bit: Visiting some of the most beautiful places in the UK with a group of awesome people

Hardest bit: Climbing the first mountain knowing you have another two to go and the lack of sleep (I only had around 20 mins)

Item or person that got you through: Alisa, if I didn't have her to sit next to and just laugh between mountains I would have actually gone crazy!!!

Would you do it again?: 100% yes

Thing you were most scared of before: Failure! Heights and walking doesn't bother me but not completing it does!

First thing you did when you got home: Saw my little boy and had a lay down the sofa!

Biggest shout out to: Stacey for running down Ben Nevis and Chris Harvey knowing his full story I think is a massssssive achievement, but honestly everyone impressed me!!

“Overall I thought this challenge was one of the most rewarding/frustrating/tiring/funny/emotional things I have ever taken part in. I truly believe that the people made this challenge what it was and without them it would not have been possible.”

Jake Robinson



Favorite mountain: Ben Nevis

Worst mountain: Scafell Pike

Best bit: Standing at the top of each mountain and looking at the beautiful views

Hardest bit: Halfway up the second mountain and running out of energy

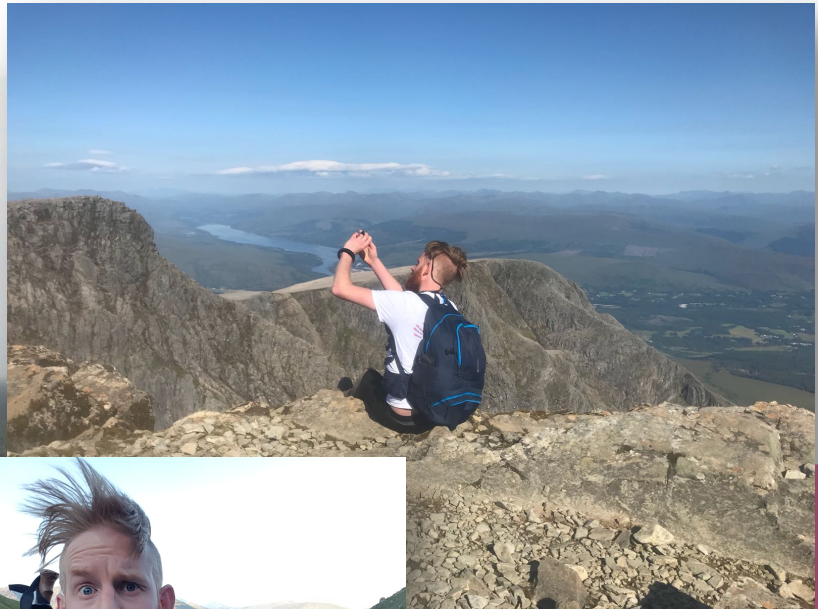
Item or person that got you through: My nan's rosary

Would you do it again?: Yes, in a heartbeat

Thing you were most scared of before: Letting the team down

First thing you did when you got home: Ate a huge bowl of pasta

Biggest shout out to: Len and Adam; our drivers!



Ashley Flood

Favorite mountain: Ben Nevis, the views were so clear and beautiful.

Worst mountain: I actually enjoyed them all and disliked them all at different points

Best bit: Walking down Scafell pike in the dark it was so peaceful and silent.

Hardest bit: Walking away from Len and Adam to climb Scafell Pike when they were about to have a glass of red wine in their camping chairs.

Item or person that got you through: All my sponsors especially the ones I received during the climb, messages from family.

Would you do it again?: Yes, for charity

Thing you were most scared of before: Getting an injury because it would be too inconvenient in my everyday life after I got back.

First thing you did when you got home: Drove my car to pick up my little boy Heath, then showing him all my photos and videos of the mountains.

Biggest shout out to: Len and Adam, especially Adam, the last leg of the drive home was horrific, and he managed to remain composed and awake.



Stacey Staines

Favorite mountain: Scafell Pike

Worst mountain: Snowdon

Best bit: Walking through the mud on Ben Nevis while Jeni run ahead blowing her whistle when there was a hole

Hardest bit: Facing my fear on Snowdon

Item or person that got you through: Jake

Would you do it again?: Yes, definitely

Thing you were most scared of before: Heights

First thing you did when you got home: Ordered Chinese had a bath and a glass of wine

Biggest shout out to: Chris Harvey; he smashed it



Alisa Egan

Favorite mountain: Snowdon (best views)

Worst mountain: Scafell (Tested me physically and mentally, unbelievably humid on the way up the and the terrain was tough on the feet)

Best bit: -Actually getting to top of each mountain, knowing you've finally done it

Hardest bit: The lack of sleep you have in general

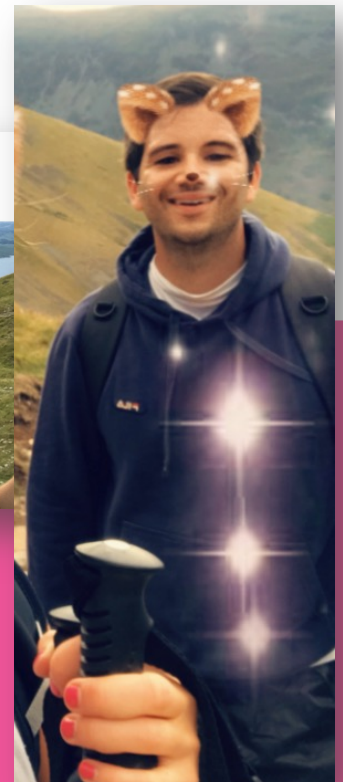
Item or person that got you through: People wise, everyone, I felt as a group we were brilliant. Item wise Adam and Lens Pasta after Scafell pike

Would you do it again? If you asked me on Friday night, I'd say no but now I'm recovered and not so tired definitely a yes

Thing you were most scared of before: Lack of sleep

First thing you did when you got home: Started eating

Biggest shout out to: Jeni, one of the first people up every mountain, remained positive throughout the whole thing



Chris Mustafa

Favorite mountain: Snowdon

Worst mountain: Ben Nevis

Best bit: Completing Snowdon

Hardest bit: Not reaching the top of Ben Nevis

Item or person that got you through: Everyone's positive attitude and words of encouragement

Would you do it again? Already Planning To Next Year (But Not Within 24 Hours)

Thing you were most scared of before: The whole challenge

First thing you did when you got home: Ordered a Chinese and ran a bath

Biggest shout out to: Chris Harvey; absolute legend!



Nathan Braine



Favorite mountain: Ben Nevis

Worst mountain: Snowdon (top of the mountain; it was so cold and scary! The only thing that kept me going was the imaginary, warm, cozy café at the top...)

Best bit: The sunset at Scafell Pike

Hardest bit: Sleeping the night before the challenge!

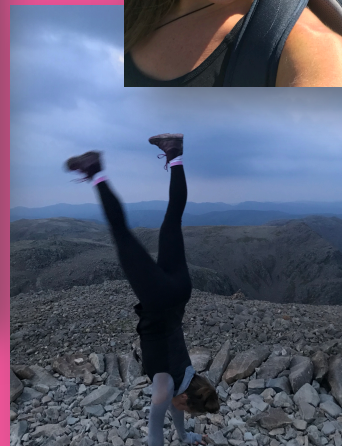
Item or person that got you through: Ellen! She made me laugh the whole time! Mostly when she used her walking sticks as she looked like Bambi!

Would you do it again? One mountain at a time with a bed in between, maybe.

Thing you were most scared of before: Lack of sleep and blisters

First thing you did when you got home: Had a bath and a prosecco!

Biggest shout out to: Adam and Len for driving us with serious lack of sleep at 65mph tops and for the best spag bol at the bottom of a mountain I've ever had!



Jeni Myers

Favorite mountain: Ben Nevis. The weather was perfect and being the first mountain it calmed my nerves and made me realise the trip wasn't going to be as horrendous as I expected – I had expected the worst! It was nice and sunny on the way down and a group of us decided to take a detour and go down the side of the mountain instead of the footpath which ended up being a lot more fun. This was the best part of the trip for me!

Worst mountain: Snowdon. I had been told before this was the easiest of them all so I expected a walk in the park. However, when we got closer to the summit the conditions were quite bad. It was really windy and rainy and visibility was poor. This was the only mountain that involved climbing with hands and feet, we had to pull ourselves up the side of the mountain and try not to slip. I was wearing trainers due to my boots breaking and so I really thought I was going to end up with a broken foot or back. This was the only point where I thought to myself I am really scared right now.

Best bit: Taking a 'shortcut' down Ben Nevis!

Hardest bit: Definitely having to go to the toilet in the smelliest, dirtiest, darkest porta loo at the bottom of Scafell pike

Item or person that got you through: Jeni. I was ready to turn around at Ebbsfleet station but Jeni persuaded me to get on a train and meet her. After some wine on the train to calm our nerves and meeting some great Mancs at the bar I had forgotten about all previous worries! #TeamPeachAndDaisy

Would you do it again? I think I would do it again but not in one go. I enjoyed it more than I expected. I would like to stay in Fort William in a lodge on the lake and then climb Ben Nevis again. It looked like a really pretty place and somewhere I'd enjoy going for a weekend break. I would probably do the same if climbing Scafell Pike and stay in the Lake District. I'm not sure I would go back to Snowdon but I didn't see as much as the area here.

Thing you were most scared of before: Lack of sleep and dying - thankfully that didn't happen!

First thing you did when you got home: Eat hummus on toast. I then showered and showed appreciation for the sofa.

Biggest shout out to: Stacey Staines. She is so fit and practically sprinted back down every mountain! I know Stacey didn't really know anyone before the trip and I think she was a great member of the team and at the end of the trip I felt like I had known her for ages.



Ellen Nourse

A massive thank you to our
drivers; Adam & Len!



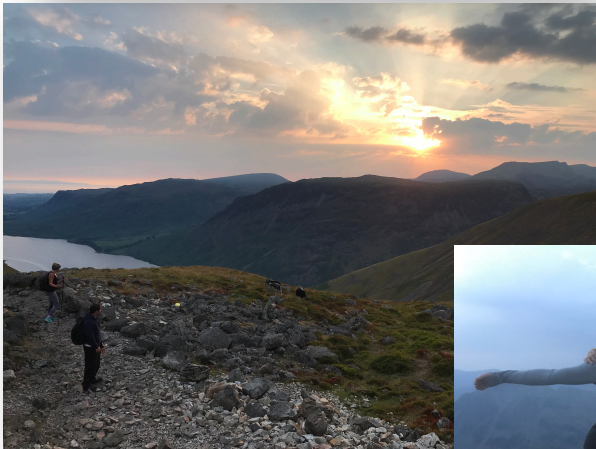
We do not underestimate how tough that
was!



BEN NEVIS



SCAFELL PIKE



SNOWDON



Thank you to everyone who has sponsored us so far.

There is still time to sponsor us though!

Please go to
www.justgiving.com/fundraising/fp-mailing
to donate to Coppafeel!

Thank you!

So far we have raised
£6283 (63% of our £10k target)

