



HAMMER BOTTOM
CHARITABLE TRUST

Charity No. 1129344

THE Hammer Bottom Hike

Get your boots on for the Hammer Bottom Hike!

Saturday, 5th September

HASLEMERE • HINDHEAD • BLACKDOWN

Starting and finishing at the Haslemere Town Hall, the Hammer Bottom Hike is a 3 in 1 event of 7, 16 or 27 miles, taking in Blackdown and the Devil's Punchbowl. We are expecting that most people will walk, but runners are very welcome too. This year we are raising funds for two very worthwhile local causes - **Action for A-T** and **Pancreatic Cancer Action**.



The Temple of the Winds viewpoint, Blackdown

This year's charities

Action for A-T Based in Haslemere, Action for A-T fund medical research aimed at finding a cure and treatments for a terminal degenerative brain condition that affects children.

Pancreatic Cancer Action Based in Liphook, Pancreatic Cancer Action focus on improving early diagnosis of pancreatic cancer and improving the lives of those living with the disease.

A Fun Family Day Out

This event is designed to be a fun day, suitable for families and friends of all ages and speeds. All entrants will be supplied with a uniquely designed T-shirt.

All the routes start and finish at the Haslemere Town Hall. The 27 mile route starts from 6.00am onwards and the others at intervals during the [▶ see over](#)



Waiting to set off from the Chichester Canal Basin

2013 event raises over £10K for local charities

In 2013 we organised the TittyWittering Challenge which took place between Liphook and West Wittering via Titty Hill in Milland. The full distance was 38 miles. Those doing the whole distance set off from Liphook in the dark at 4.00am, and persevered through Midhurst, over Heyshott Down and on to Singleton where they were joined by the 19 milers and later by the 10 milers.

How the money was used

Our chosen charities in 2013 were Dreams Come True (Liphook), Liphook Community First Responders and the Hampshire & Isle of Wight Air Ambulance.

We donated the following:

£5K to Dreams Come True - fulfilling dreams for young people aged 2 - 21 years old with life-limiting conditions - see page 2

£2.5K to Liphook Community First Responders - volunteers are trained to attend emergency calls received by the ambulance service and provide care until the ambulance arrives. Stuart Turner, one of the Hammer Bottom Charitable Trust's own trustees is now a First Responder in Liphook.

£2.5K to the Hampshire and Isle of Wight Air Ambulance - helping to keep the Air Ambulance flying and saving lives.



www.actionforat.org



www.pancreaticcanceraction.org

For more information, visit our website and join us on facebook

[f/hbcthbh2015](https://www.facebook.com/hbcthbh2015)

www.hbct.org.uk/hbh2015

► morning. Refreshments will be available and a great welcome will be given at the Prince of Wales in Hammer Bottom after the finish.

Waypoints will be manned along the way to check everyone's doing OK and to supply refreshments. We will have a back up team on hand in case anyone has to be picked up or needs help - plasters or otherwise.

Fundraising - and a prize for the most raised!

We are hoping that everyone will raise as much money as possible - sponsor forms will be sent out to entrants and we have our own Just Giving page at www.justgiving.com/hbcthbh2015, or you can create your own page and link it to the Hammer Bottom Charitable Trust. We are offering a prize to the person who raises the most money.

Sam's Story - A Dream Come True

In 2013, the Hammer Bottom Charitable Trust donated £5K to Dreams Come True.

17 year-old Sam from Eastleigh had always dreamed of jetting off to New York, but never believed it would become a reality.

Sam has Duchenne muscular dystrophy: a genetic condition that only affects males and causes progressive weakening of the muscles. However, Sam doesn't allow his condition to define him and maintains his independence as much as possible with the help of his trusty electric wheelchair.

Dreams Come True really wanted to help Sam fulfil his dream and to make the most of everything the Big Apple has to offer before his condition progresses. We are so grateful to the supporters that helped us to make it happen.

With a positive attitude, stamina of steel and support of his close family, nothing holds Sam back. Despite relying on a wheelchair to get around, Sam and his parents managed to cram in all of New York's iconic sites in just seven days!

Sam described New York as being *"Just like the movies"* and *"mesmerising"* as they took in the sights of the iconic Statue of Liberty, Central Park and the New York Zoo. One evening, they headed out to Broadway to see the award-winning production of the Lion King. Sam felt he was right in the centre of *"The Circle of Life"* as actors and actresses in their amazing animal costumes prowled the aisles.



"Thank you very much for making my dream come true. It was a wonderful dream that I wish I never had to wake up from. It's not every day you have a dream about experiencing everything in New York."

What is the Hammer Bottom Charitable Trust?

As a group of friends we began raising money in 1994 when we did the Three Peaks Challenge - climbing Ben Nevis, Scafell Pike and Snowdon within one 24 hour period. Ten years later, in 2004, we repeated this and in 2007 we organised a charity walk along the length of the South Downs - from Winchester to Eastbourne - completing the 100 miles in 5 days.

In 2009 we decided to make our fundraising more official by setting up The Hammer Bottom Charitable Trust with the purpose of raising money for local charities. We have chosen our name as we meet in the Prince of Wales in Hammer Bottom which lies between Liphook and Haslemere. In that year we organised a one day, 38 mile walk from Liphook to West Wittering raising over £30K for 3 local breast cancer charities. We repeated this challenge in 2011 and again in 2013.

Over £100K raised

Over the years, we have raised over £100K for:

- The Cancer Research Trust
- The Melanie Braysher Trust
- Lymphoedema Support Network
- Cancer Back Up
- Buffer
- The Juniper Trust
- Lavender Trust
- The Prostate Project
- Everyman (Stamp out Cancer)
- Dreams Come True (Liphook)
- Liphook Community First Responders
- Hampshire & Isle of Wight Air Ambulance

Local Business Support

As well as funds raised through personal sponsorship, we have always been very generously supported by many local businesses who have recognised the importance of helping local charities. All support is most welcome and any business sponsoring us £100 or more can have their name printed on the back of our T-shirt.