

PLEASE SPONSOR!

SATURDAY 11th AUGUST

What? ToughMudder 5k

Where? Heaton Park, Manchester

What does it involve? 10 obstacles across a 5k course!!

Who? Outreach Worker— Amie

What can you do? Please sponsor as little as £1 at DRC or through BtMyDonate—<https://mydonate.bt.com/events/>



**Deafness
Resource Centre**

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