

## Rob's Run

## CEFET Press Release

Rob Hanlon from Buxton completed the Great Scottish Run half marathon in Glasgow on September 6th 2009, to raise money for a Nottingham based charity and get fitter.

Despite doing all the healthy things, Rob was weighing in at 111 kilograms (17.5 stones "in old money") in January of this year due to gaining weight from medication for a bi-polar condition. Now he is a sleeker 95 kilograms and has the satisfaction of having helped CEFET, the Charity that has helped grassroot groups and small charities across the East Midlands get an extra £28 million of European funding over the last 7 years.

Rob said "Doing the Great Scottish Run was my small way of giving something back to CEFET for the great help they provided via their Catalyst Programme. Hopefully, it will be the first of many future events for CEFET, not only to raise Funds but to publicise the fantastic work they do which helps Grassroots Groups get heard at all levels. I feel a great personal sense of achievement in doing this for CEFET and am particularly proud that my 17 year old Son participated in the run with me" Photo of Rob at the finish line is here <http://robhanlon.blogspot.com/>

You can still contribute via Rob or CEFET's websites  
[www.aimhighpeak.com](http://www.aimhighpeak.com)      [www.cefet.org.uk](http://www.cefet.org.uk)

In 2004 and 2005, a small grant from the Catalyst Fund enabled A.I.M. (Active Involvement in Mental Health the self-help group that Rob organises) to stage World Mental Health Day events, which were very successful in taking mental health issues to the public in a participatory way.

CEFET represents the interests of voluntary and community groups in the European Social Funds coming into the East Midlands. It particularly works to increase resources for poor communities to run activities that combat social exclusion and the effects of poverty.



**CEFET**

Co-ordinating European Funding for the East Midlands Third Sector

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