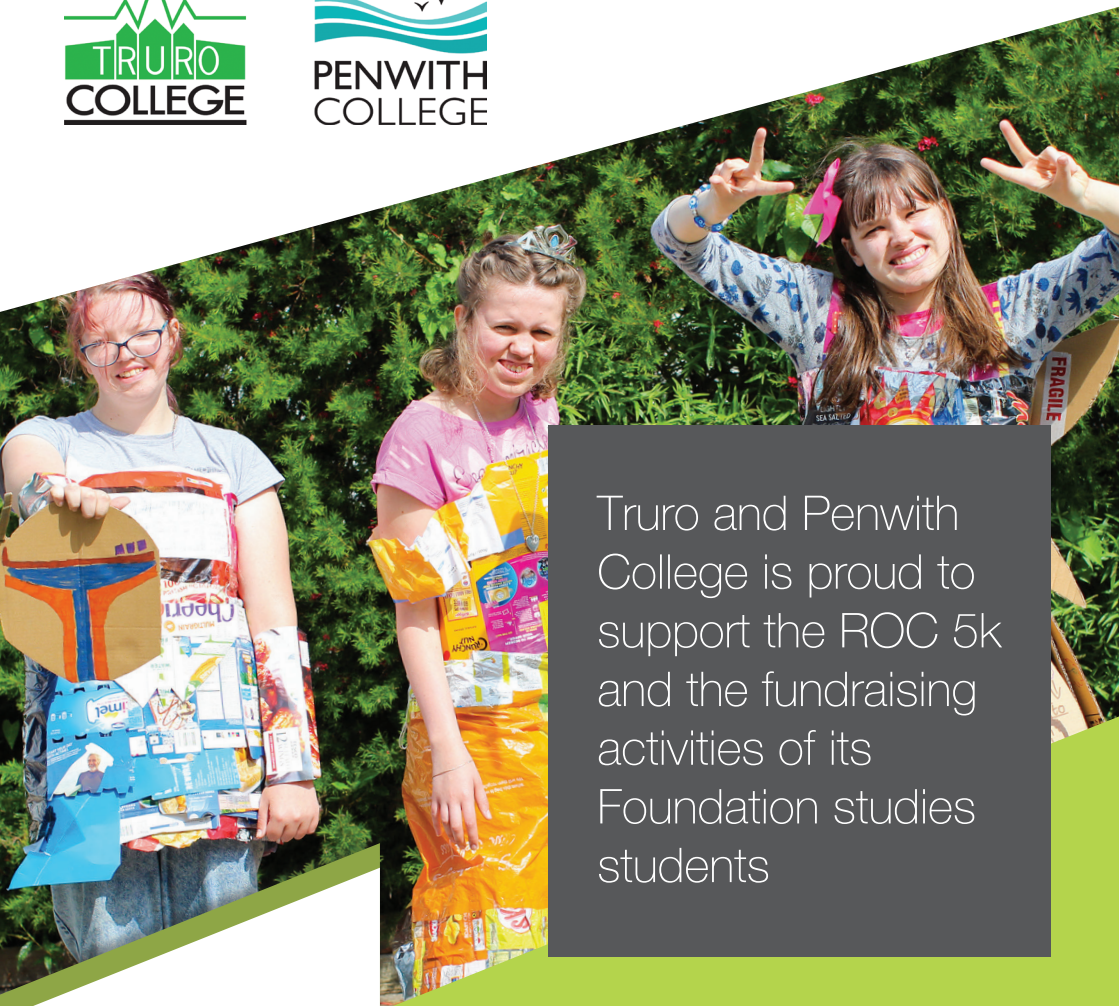


ROC 5k
Charity
Fun Run
2022



Donate today by scanning the QR code on your phone!



Truro and Penwith College is proud to support the ROC 5k and the fundraising activities of its Foundation studies students

The College offers a range of courses to help students with additional learning and support needs gain skills for personal progression, whether it be accessing mainstream education or developing independent living skills. Many of these students will be supported by staff from

our Foundation Studies department to take part in the ROC 5K and to raise funds for United Response.

Truro and Penwith College is one of the best colleges in the country, a fact recognised by Ofsted which gave us Outstanding status

following our review in February 2016.

Campuses in Truro and Penzance offer an exceptional range of courses, providing industry-standard equipment and resources, all housed in modern, purpose-built facilities.

Thank you for supporting United Response's ROC 5K!

The annual ROC 5k (3 mile) charity fun run is taking place today on Tuesday 20th September 2022, starting and finishing at Lemon Quay, Truro.

The 2019 event saw just under 500 individuals and teams take part and more than £16,000 was raised.

This year, we're challenging people to help us raise money to support people with disabilities across the south-west, including services such as Boscawen Farm which is just outside Truro.

The ROC 5k includes people of all abilities, age 11 and over.

This brochure will tell you more about United Response and what we do.

PKF Francis Clark is the largest independent firm of chartered accountants and business advisers in the South West of England, with eight offices throughout Cornwall, Devon, Somerset, Dorset, Wiltshire and Bristol.



The firm has been helping businesses, entrepreneurs, families and individuals to achieve their goals for over 100 years.

We have a large team of tax advisers and chartered accountants based in Truro, with a reputation for excellence and award winning services. We are proud of our Cornish heritage and work with individuals and businesses across the county, helping them to grow and prosper.

**PKF
FRANCIS
CLARK**
Shared Ambition

How money raised through the ROC 5K is **making a difference**

This year, all money received in support of the ROC 5K is going towards the brilliant work taking place at United Response's cherished Boscawen Farm.

Set on several acres of land in Truro, Boscawen Farm runs accredited learning courses for adults with learning disabilities, autism and mental health needs, taught by staff from Truro and Cornwall College.



"I enjoy doing animal care, but another reason why I come here is because I've got all my friends."

The people we support learn specialist skills like farming, planting and growing vegetables, gardening, pottery, crafts, cooking and woodwork.

They also learn all about caring for our adorable farm animals, including pigs, ponies, alpacas, sheep, goats, guinea pigs, ducks, ferrets and cows.

Your support means we can help even more people with disabilities learn these valuable skills. Thank you!

"When I work with the animals it's very therapeutic. It helps me relax, feel better about myself and it gets me out and about."

Scan the QR code to donate!



To find out more about Boscawen Farm, get in touch on 01872 560530.



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NEWHAM BID SUPPORTS THE ROC 5K

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Are you over 19 with a
learning disability, not in
education, employment or
training and looking for
guidance and support?

Call the Skills for Life Project on 07713 395549
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**United
Response**
support that changes with you

ROC College is a specialist
virtual college providing
education within Cornwall,
Devon and Somerset.

We work with young people
between the ages of 16 and
25 with Education, Health
and Care Plans.

Personalised learning

Traineeships and internships

Qualifications

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Or check out
our YouTube
channel:



**roc
college**
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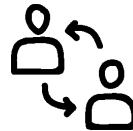
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At Cornish Mutual, we're delighted to have the ROC 5K back in Truro after two years away!



As a mutual, we are owned by our Members and are committed to giving back to communities across the South West. We are proud to support United Response's work through the ROC 5K, and through the charity's Boscawen Farm near Truro.

Farming is in our roots, so being able to further the good work of Boscawen Farm is particularly important to us. We recently visited the farm to see how it helps people to learn useful skills, care for animals and build confidence and creativity.

As a farming insurance provider, we know the importance of protecting and supporting the farming community across the South West. We recognise the benefits that services like Boscawen Farm are able to provide to local young people and adults.

Our team has volunteered at Boscawen Farm previously, helping to muck in with construction, cleaning up and other activities. We also regularly visit Boscawen, and always come away having learnt something new about how people are helped by coming onto the farm.

Events like the ROC 5K are important to making sure that places like Boscawen Farm can continue to support those in need.

We always encourage team members to take part however they can, whether it's fielding runners to race down to Boscawen Park and back, providing marshals to coordinate on the day or by sponsoring the event.

Peter Beaumont, Managing Director at Cornish Mutual, says:

"The ROC 5K is a great way to bring people together, both from across teams in Cornish Mutual, and from companies in and around Truro. We always enjoy meeting other runners and supporters on Lemon Quay, and enjoying well-earned refreshments together after the run.

"I have run myself, and was amazed at the energy on Lemon Quay as people from all ages and abilities came together to run for a very worthy cause. While there are prizes for the winners, the ROC 5K really is about the taking part, and I am delighted that Cornish Mutual is providing support and participating for another year."

"Our team will be heading out from Newham on 20th September, ready and raring to go for another brilliant year of fun and fundraising – we hope to see you there!"

We're in it together



We'll protect what's important to you.

We understand that every insurance need is different. Whether you are looking for home or business insurance, personal or motor cover, our insurance policies provide the protection you need.

Together, we can create tailored insurance that's right for you.

**Want to speak to us direct?
Call us on 01872 277151.**

[cornishmutual.co.uk](https://www.cornishmutual.co.uk)

Cornish Mutual 

Positively
Unique

Shopping with a difference

**Coming
soon!**

New store
opening in
Truro!

Positively Unique is the new online shop from United Response, producing a range of personalised gifts and creative crafts made by people supported by United Response.



Visit our online shop to turn your family photos into stunning personalised gifts, printed onto canvas, mugs, slates, T-shirts, hoodies, super cute soft toys, and more! We've even got Christmas covered with personalised stockings, tree decorations and gift bags! It's quick and easy to upload your photos and create your perfect design using our website. Browse the full product range and place your order at www.positively-unique.co.uk

Get 10% off
when you use the discount code:

5K10

Offer expires 4th October



**United
Response**
support that changes with you

Positively Unique is part of United Response, a national charity committed to making life better for young people and adults with learning disabilities, autism and mental health needs.

Registered charity no. 265249