

## Our Commitment to Time Donations: Supporting RunningHour in 2024

At our **February 2024 AGM**, the committee made a collective decision to expand our charitable efforts beyond monetary donations by dedicating our time. Following an engaging ideas session, we voted to support **RunningHour** for the year—a perfect match for our commitment to **community and sports**.

Led by our member, **Karen Mulligan**, we are proud to contribute weekly on **Tuesday** by volunteering one hour to guide individuals with special needs through running. Many of the committee and friends and members have undergone specialized **induction training**, equipping us with the skills to assist those with additional needs, particularly individuals with **visual impairments**.

RunningHour is an inclusive sports co-operative that integrates persons with special needs through physical activity, and we're honored to play a part in this mission. Through our weekly efforts, we aim to make a meaningful impact, while fostering a stronger sense of connection within our community.

Together, under Karen's guidance, we are embracing this opportunity to give back in a way that goes beyond financial support—helping to create a more inclusive and supportive environment for all. Karen has been invited to join Running hour and become a shareholder in their co-op due to her dedication and passion for the cause.



