

# iNSIDEONE MAGAZINE

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## Power Lifting to help HopeKids

By Laurie Bryant on February 20, 2014

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Daniel McCaughey, 28, is a personal trainer at PureGym Nottingham. In March he will be flying out to Minnesota, USA, to take part in a Power Lifting Event to raise money for the charity HopeKids.

Power Lifting events are strength competitions which include three moves, bench presses, dead lifting and squat lifting.

Where Daniel has done a lot of weight lifting and strength training at PureGym Nottingham in the past, he has never taken part in a Power Lifting competition, so this is a brave undertaking.

To take part in the event each entrant must raise at least \$500, Daniel has set his target for \$750 which he hopes to beat.

The charity, HopeKids, was set up to help children in America who suffer from life threatening diseases. The money raised by the charity goes towards helping the kids enjoy fun days out so they have something to look forward to between hospital appointments.

Daniel has chosen this charity because of a friend of his in the US who suffered from colon cancer. His friend Garth Heckman co-owns the gym Southside Bully with Scott & Rachel Nutter. It was Scott & Rachel who decided to put on a Power Lifting event to raise money for Garth and they managed to raise an incredible \$15,000.

Garth Heckman succeeded in beating his cancer, but because the event was such a success the founders Scott & Rachel now put it on annually and raise in the region of \$200,000 every year for HopeKids.

Around 200 people take part in the Power Lifting Event every year and are sponsored by friends and family through a donation page.

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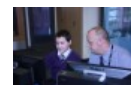
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Each participant sponsors a child; Daniel's sponsor child is called Markus Bachman. Markus is a 14 year old boy who suffers from Laryngotracheoesophageal cleft, type IV.

Daniel says: "Many families in America don't have access to health insurance and aren't lucky enough to have the NHS like we do in the UK. I want to give those children a fighting chance and a bit of hope and I will endeavour to raise enough money to do so."

Chris Woodhall, the General Manager of PureGym Nottingham, says: "We are extremely proud of Daniel. He's doing a great thing for family's farther afield. It's so important that we all help each other out."

To sponsor Daniel please go to:

<http://www.firstgiving.com/fundraiser/DanielMcCaughey/relentless2014>



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ABOUT INSIDEONE

Milford Scott were awarded lottery funding in 2013 to set up this online digital and hard copy magazine.

Inside one magazine will be covering all aspects of lifestyle including Health, Wellbeing, Fitness, Creative Arts, Business etc.

With the revenue from advertising, we will also be able to develop a cohort of community groups through offering media and IT training etc and then they will be invited to contribute to the future magazines in order to share expertise and advice. This will help us to develop community cohesion and self-help within the third sector. The magazine will eventually be written, designed, edited and distributed with enthusiasm by local community groups!

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