



Greater Manchester Mental Health NHS Foundation Trust

3 PEAKS 3 PEERS CHALLENGE 2025

Join Wigan Borough Living Well peers while they tackle the famous National 3 Peaks Challenge for Mental Health Awareness Week 2025



THE VALUE OF EXERCISE:



MENTAL WELLBEING

Our aim is to show the importance of how movement and exercise can have a positive impact on mental health wellbeing and encourage a fulfilled life



FITNESS

To improve fitness levels and promote the benefits of exercise and how this can affect the lives of people in many different ways



COMMUNITY

We aim to create a safe space for people to get involved with our hikes and training plan to promote staff wellbeing and connection between services



BEACON OF HOPE

Peer Mentors are the beacon of hope in your local community, showing how lived experience is valued and can promote recovery and a brighter future

JOIN US ON OUR NEXT ADVENTURE!

2024

- 1 September – Snowdon
- 21 September – Stick Tarn, Lake District
- 19 October – Scafell Pike
- 26 October – Snowdon

2025

- 22 March – Ben Nevis
- April – Yorkshire 3 Peaks
- May – National 3 Peaks

During the winter months of November, December, January and February, we will be organising flat walks within the Wigan borough and would love to invite you all to come along!