



Refuge

For women and children.
Against domestic violence.

Ironwoman Challenge

September 2022. **Your fundraising guide**

National Domestic Abuse Helpline
24 Hour **CALL FREE 0808 2000 247**

Live chat Mon–Fri 15.00–22.00
nationaldahelpline.org.uk

Registered charity number 277424

Thank you

for registering for our *#IronwomanForRefuge* challenge. You are making a big impact on survivors of abuse.

Since 1971, Refuge has led the campaign against domestic abuse. We have grown to become the country's largest single provider of specialist domestic and gender-based violence services. Now **we support thousands of women and children on any given day.**

The National Domestic Abuse Helpline run by Refuge is a lifeline that can enable someone to take their first steps out of abuse, our services are designed to give practical and emotional support, and our refuges provide a safe space for women as they start a new life.

Whether your Ironwoman Challenge feels daunting or exciting, you are doing something amazing and the money you raise will make an immediate difference.

Thank you.



Hannah & Judith
Events Fundraising Team
events@refuge.org.uk

FOLLOW US

Find out more about what we do at www.refuge.org.uk, or by following us on [YouTube](#), [Facebook](#), [Twitter](#) or [Instagram](#).

The impact you have on survivors of domestic abuse

£15 could give a woman arriving at a refuge the essentials she needs for her first night

£25 could buy food supplies, toiletries and cleaning products to help a family stay safe and healthy

£45 could buy a cot mattress and protector for a baby in a refuge

£52 could provide a mother and her children a safe night's stay in a refuge

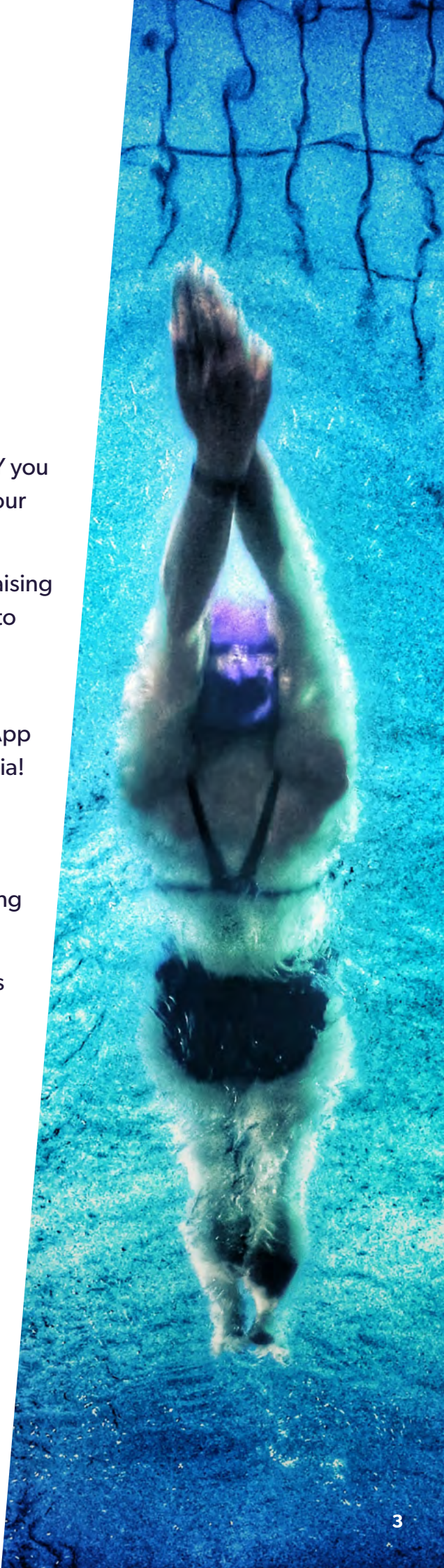
£75 could give a remote community worker a mobile phone to provide a woman lifesaving support

£185 could help fund the running of the Domestic Abuse Helpline for an hour, providing lifesaving information to women wishing to flee

How to boost your fundraising

- Update your fundraising page to tell people WHY you are taking on the challenge. If you are able, tell your story or tell them what a donation could fund.
- Post training and progress updates to your fundraising page every day! Your friends and family will love to see your pictures in your t-shirts and will see how dedicated you are.
- Share the link to your fundraising page in WhatsApp groups, on email, via text and on your social media! Shout about your amazing challenge.
- Share your page on pay day.
- Share our downloadable assets on your fundraising page.
- When making a donation, ensure the person ticks the Gift Aid box if eligible so we can reclaim an extra 25p of every £1.
- Thank your donors at the end of the challenge.

By raising money for Refuge you are having a direct impact on the thousands of survivors of domestic abuse we support every day.



Get ready to crush those miles!

Your challenge is to complete an Ironman during the month of September: a **2.4-mile swim** (3.9 km), a **112-mile bike ride** (180.2km) and a **26.2-mile run** (42.2km). You don't need to complete the entire **140.6 miles** (226.3km) in one day, but however you choose to split the distance, these tips might help.

- You can build up your miles indoors, outdoors or a mix of both: **spin bike and treadmill miles all count** towards your total.
- Ensure you **fuel and hydrate your body** before doing intense exercise.
- Have **24-48 hours' rest between workouts** to reduce your chances of sustaining an injury.
- Make sure you have appropriate, **well-fitting training gear**.
- Take it at your own pace – **don't rush**. You have the whole month to complete the miles.
- Invest in your warm up and cool down, with **plenty of stretching**.

Your challenge countdown

5 **Go to the Facebook group** and check the pinned welcome post for details of how to set up your fundraiser.

4 **Share your fundraiser** and ask friends and family to donate £4 or more (that's the minimum Facebook donation).

3 **Set your target** – it should challenge you and motivate you. Whether it's £10 or £100, every pound helps.

2 Or if you prefer you can create a fundraising page on **JustGiving**.

1 **Download and share** the graphics we'll be sharing in the Facebook group and via email.

GO! Start your challenge and fundraising!



→ Trigger warning: domestic abuse story

Help us to help more women

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I called the National Domestic Abuse Helpline and quite simply, the staff member I spoke to saved my life. She made me feel like I mattered and my actions were justified. Refuge is the charity to whom I feel I owe my life."

*Natasha,
Survivor Ambassador for Refuge*

The National Domestic Abuse Helpline, run 24/7 by Refuge, saves lives. You can help.

Donating **£13.22** could cover the cost for one of our expert team to respond to a contact from a woman fleeing abuse.

Raising **£185** could help fund the running of the Helpline for an hour, providing life-saving information to women who wish to flee.

Share this and make a real impact to the survivors of domestic abuse we support every day.

Challenge FAQs

Q: WHAT DO I RECEIVE FOR COMPLETING THE #IronwomanForRefuge CHALLENGE?

A: We'll be delighted to send you a **Refuge T-shirt** as a thank you for fundraising for us and helping us support more women and children in desperate need.

Q: HOW DO I SET UP MY FUNDRAISING PAGE?

A: Visit the [Facebook group](#) for all the information you need to set up your fundraising page.

Q: WHAT WILL HAPPEN TO THE MONEY I RAISE?

A: The funds you raise will be used to help us continue providing support services to help women and children affected by domestic abuse. If someone wants to sponsor you and isn't on Facebook, they can do so via the [JustGiving page](#). Alternatively, they can pay over the phone on **020 7395 7771** or email supportercare@refuge.org.uk.

If you have a question not answered here, please post it in the Facebook group.

#IronwomanForRefuge Challenge Tracker

Here's a tracker for you to keep a note of how you're doing.

Please share your tracker with us – we'd love to see your progress!

WEEK	RUN 26.6 MILES (42.2KM)	BIKE 112 MILES (180.2KM)	SWIM 2.4 MILES (3.9KM)	TOTAL MILES
1				
2				
3				
4				
5				
SUB TOTALS				

CONGRATULATIONS!
YOU ARE AN IRONWOMAN!

