

Refuge



For women and children.
Against domestic violence.



50 Push Ups a Day

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 *#PushUpsForRefuge* 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 Push Up 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

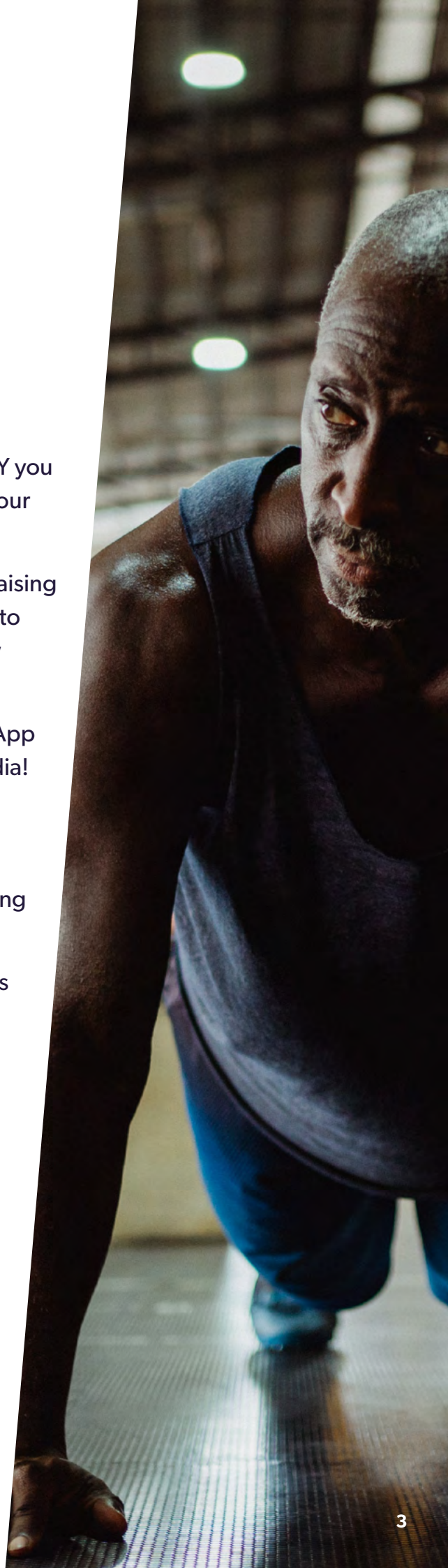
£75 could give a remote community worker a mobile phone to provide a woman lifesaving support

£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.



Tips for the perfect push up

Whether you are a beginner or a push up pro, here are **six common mistakes to avoid**.

- Letting your back sag. This is all about your core, so press your chest to the floor first, rather than your hips.
- Forgetting to breathe. Sounds simple but it's a vital part of the movement. Inhale on the way down, exhale on the way up.
- Twisting your arms. Keep your elbows tucked into your body to reduce strain on your shoulders.
- Not reaching the floor. For the perfect push up, your chest needs to reach the floor before you push back up.
- Straining your neck. A common mistake when people lower their forehead first. Keep your neck in a neutral position.
- Straining your wrists. Make sure you keep your wrists stacked below your shoulders to ensure your chest is doing the hard work.

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

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 those push ups and your 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 #PushUpsForRefuge 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.

Your #PushUpsForRefuge 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!

1 SEPTEMBER 50 PUSH UPS	2 SEPTEMBER 50 PUSH UPS	3 SEPTEMBER 50 PUSH UPS	4 SEPTEMBER 50 PUSH UPS	5 SEPTEMBER 50 PUSH UPS	250 DONE!
6 SEPTEMBER 50 PUSH UPS	7 SEPTEMBER 50 PUSH UPS	8 SEPTEMBER 50 PUSH UPS	9 SEPTEMBER 50 PUSH UPS	10 SEPTEMBER 50 PUSH UPS	500 DONE!
11 SEPTEMBER 50 PUSH UPS	12 SEPTEMBER 50 PUSH UPS	13 SEPTEMBER 50 PUSH UPS	14 SEPTEMBER 50 PUSH UPS	15 SEPTEMBER 50 PUSH UPS	750 DONE!
16 SEPTEMBER 50 PUSH UPS	17 SEPTEMBER 50 PUSH UPS	18 SEPTEMBER 50 PUSH UPS	19 SEPTEMBER 50 PUSH UPS	20 SEPTEMBER 50 PUSH UPS	1,000 DONE!
21 SEPTEMBER 50 PUSH UPS	22 SEPTEMBER 50 PUSH UPS	23 SEPTEMBER 50 PUSH UPS	24 SEPTEMBER 50 PUSH UPS	25 SEPTEMBER 50 PUSH UPS	1,250 DONE!
26 SEPTEMBER 50 PUSH UPS	27 SEPTEMBER 50 PUSH UPS	28 SEPTEMBER 50 PUSH UPS	29 SEPTEMBER 50 PUSH UPS	30 SEPTEMBER 50 PUSH UPS	1,500 DONE!



LEGEND!
YOU'VE DONE IT!

