

Refuge



For women and children.
Against domestic violence.



60 Mile

Walking Challenge

June 2023. 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

Thank you

for registering for our #60MilesForRefuge challenge this June. You are making a big impact on survivors of abuse.

Refuge work tirelessly to put domestic abuse in the spotlight. The team never ceases to campaign and fundraise to help more women and their children escape domestic abuse.

However, the true heroes are people like you who challenge themselves to raise as much money as they can for us to continue running our life-saving services.

By registering for the **60 Mile Walking Challenge** this June, you are helping us reach more women in desperate need of support. Thank you.

To help you on your fundraising journey, we have put this pack together to give you some inspiration and advice and will be delighted to send you a **Refuge T-shirt** for you to wear during the challenge.

You've got this!

*Hannah
& Lottie*

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

**JOIN OUR TWITTER COMMUNITY
AND MEET FELLOW WALKERS. →**



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 go towards essentials for a woman's first night at a refuge

£25 could go towards buying food supplies, toiletries and cleaning products to help a family stay safe and healthy after fleeing abuse

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

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

£75 could go towards providing emotional and practical support to enable women to rebuild their lives after escaping abuse

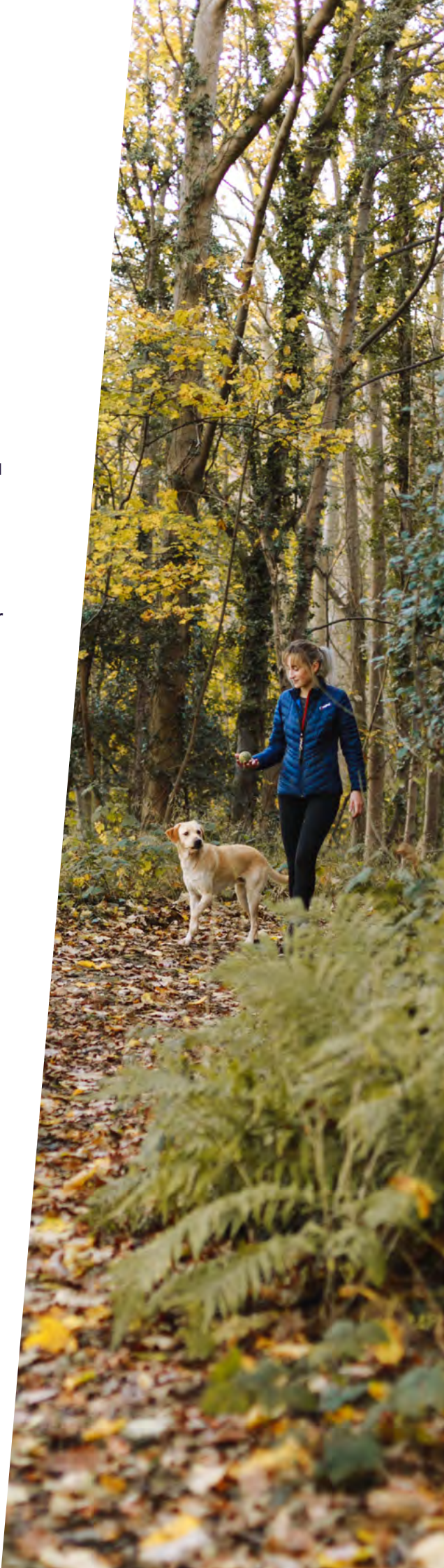
£200 could buy a school uniform for a child in one of our refuges for their year at school

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 progress updates to your fundraising page. 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.

**JOIN OUR TWITTER COMMUNITY
AND MEET FELLOW WALKERS. →**



Walking tips to boost your fitness

- Reach a **pace that makes you feel a bit out of breath**, but not so much that you can't have a conversation.
- **Hit those hills** – walking up (and down) hills boosts your heart rate and strengthens your legs.
- Keep motivated with a **high energy music playlist** to listen to as you walk (why not share yours with others in the Twitter Community).
- **Maintain good posture** to ensure you don't strain your back muscles.
- Just as with all forms of exercise, **stretch those muscles** before and after a walk to reduce the risk of injury.

DID YOU KNOW?

- 60 miles in June means walking two miles a day
- Walking two miles a day should take around 45 minutes
- Two miles a day equates to around 4,000 steps

Your challenge countdown

5

Go to our Twitter Community where you can ask questions, encourage others and have fun while you are doing the challenge!

4

Share your fundraiser far and wide and ask friends and family to donate.

3

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

2

Personalise your JustGiving page with a photo and the reason why you are taking part in the challenge.

1

Download and share the graphics we'll be sharing in the Twitter Community.

GO! Start fundraising!

JOIN OUR TWITTER COMMUNITY AND MEET FELLOW WALKERS. →



Help us to help more women

When Beth* called the **National Domestic Abuse Helpline** she was in a desperate situation. Following an incident with her ex-partner the night before, she knew she needed to get her child and herself to safety. Beth had previously contacted the Helpline online through the Live Chat service. This time, she knew where they were wasn't safe – she called the Helpline for support whilst she was packing her, and her child's belongings.

**Name has been changed*

||

When you're drowning it's not enough for somebody on the shore to just tell you to swim. You're drowning, you're panicking, and you're scared. You need someone who will give you a hand and try to pull you out rather than just standing on the shore saying, 'You're fine, you're strong. You can swim right? I know I saw you swimming.' But no, you cannot. You just cannot. You need someone to give you a hand. I think in my case the Helpline was able to offer a lifeline. It was like a hand when you cannot manage anymore."

Q: SHOULD I WALK TWO MILES A DAY OR CAN I DO LONGER WALKS TO CLOCK UP THE MILES THROUGHOUT THE MONTH?

A: You can approach the challenge in the way that suits you best. If you love long hikes, then it may suit you better to get more miles under your belt for a few days over the month. If you like to get out every day (dog walkers especially!), then two miles a day may feel more achievable.

Q: HOW DO I KEEP TRACK OF MY MILES?

A: Feel free to use a tracker app or Fitbit – you'll also find a tracker in this guide so you can keep a note of your progress (it's great to see these shared on our Twitter Community)!

Q: HOW DO I START FUNDRAISING?

A: Make the first move by donating onto your own page to get the ball rolling, keep friends updated by posting onto your fundraiser and share photos and videos of your training and progress and share you page with everyone you know. Visit the Twitter Community for more tips and advice.

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 their children affected by domestic abuse. If you have a question not answered here, please contact us at events@refuge.org.uk or post it in the Twitter Community.

JOIN OUR TWITTER COMMUNITY AND MEET FELLOW WALKERS. →



#60MilesForRefuge 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 JUNE	2 JUNE	3 JUNE	4 JUNE	5 JUNE	6 JUNE	7 JUNE
2 miles	2 miles	2 miles	2 miles	2 miles	2 miles	2 miles
8 JUNE	9 JUNE	10 JUNE	11 JUNE	12 JUNE	13 JUNE	14 JUNE
2 miles	2 miles	2 miles	2 miles	2 miles	2 miles	2 miles
15 JUNE	16 JUNE	17 JUNE	18 JUNE	19 JUNE	20 JUNE	21 JUNE
2 miles HALFWAY!	2 miles	2 miles	2 miles	2 miles	2 miles	2 miles
22 JUNE	23 JUNE	24 JUNE	25 JUNE	26 JUNE	27 JUNE	28 JUNE
2 miles	2 miles	2 miles	2 miles	2 miles	2 miles	2 miles
29 JUNE	30 JUNE	CONGRATULATIONS YOU'VE WALKED 60 MILES!		SHARE YOUR PROGRESS WITH OUR TWITTER COMMUNITY HERE. →		
2 miles	2 miles					