

Refuge



For women and children.
Against domestic violence.

62 Miles

Walking Challenge

August 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 #62MilesForRefuge 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 their 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 62-mile walking challenge feels daunting or exciting, you are doing something amazing and the money you raise will make an immediate difference.

Thank you.

*Hannah
& Lottie*

Hannah & Lottie
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 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 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!

Whether you already take regular walks, enjoy long distance hikes or are seeing this as a way to start your fitness journey, here are five 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.
- Maintain **good posture** to ensure you don't strain your back muscles.
- **Hit those hills** – walking uphill strengthens your legs and increases your heart rate.
- Keep motivated with a **high energy music playlist** to listen to as you walk (why not share yours with others in the Facebook group).
- Just as with all forms of exercise, **stretch those muscles before and after** a walk to reduce the risk of injury.

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'd 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 fundraising!

Help us to help more women

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There are many questions that run through your mind when you think about leaving. Starting over and having to uproot your life in a completely new city is daunting but I absolutely know this was the right decision for me. Hearing that other survivors are having to weigh up the risks to their personal safety staying with a perpetrator or facing potential poverty by leaving is devastating.”

Amara*

**Name has been changed*

Refuge is the largest specialist domestic abuse organisation in the UK. On any given day our services support thousands of survivors, helping them to overcome the physical, emotional, financial and logistical impacts of abuse and rebuild their lives — free from fear.

Challenge FAQs

Q: WHAT DO I RECEIVE FOR COMPLETING THE #62MilesForRefuge 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 their 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 their children affected by domestic abuse. If someone wants to sponsor you and isn't on Facebook, they can do so via the JustGiving page at www.justgiving.com/campaign/62miles2023. Alternatively, they can pay over the phone on 020 7395 7771 or email events@refuge.org.uk.

Your handy #62MilesForRefuge 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 AUGUST 2 MILES	2 AUGUST +2 MILES	3 AUGUST +2 MILES	4 AUGUST +2 MILES	5 AUGUST +2 MILES	10 miles WALKED!			
6 AUGUST +2 MILES	7 AUGUST +2 MILES	8 AUGUST +2 MILES	9 AUGUST +2 MILES	10 AUGUST +2 MILES		20 miles WALKED!		
11 AUGUST +2 MILES	12 AUGUST +2 MILES	13 AUGUST +2 MILES	14 AUGUST +2 MILES	15 AUGUST +2 MILES			30 miles WALKED!	
16 AUGUST +2 MILES	17 AUGUST +2 MILES	18 AUGUST +2 MILES	19 AUGUST +2 MILES	20 AUGUST +2 MILES				40 miles WALKED!
21 AUGUST +2 MILES	22 AUGUST +2 MILES	23 AUGUST +2 MILES	24 AUGUST +2 MILES	25 AUGUST +2 MILES				
26 AUGUST +2 MILES	27 AUGUST +2 MILES	28 AUGUST +2 MILES	29 AUGUST +2 MILES	30 AUGUST +2 MILES	60 miles WALKED!			
31 AUGUST +2 MILES	62 MILES WALKED... YOU'VE DONE IT!							