



**Refuge**



For women and children.  
Against domestic violence.

# 60 Mile Walking Challenge

*September 2024. Your fundraising guide*

National Domestic  
Abuse Helpline  
24/7 call free **0808 2000 247**

Live chat  
Mon–Fri 15.00–22.00  
[nationaldahelpline.org.uk](https://nationaldahelpline.org.uk)

BSL service:  
[nationaldahelpline.org.uk/en/bsl](https://nationaldahelpline.org.uk/en/bsl)

# Thank you

Thank you for joining our #60MilesForRefuge challenge this September and for standing in solidarity with women and their children in their hour of need.

The money you raise by taking on the 60 Mile Walking Challenge this September will fund our life-saving services so we can listen, believe, understand, plan, organise and use all our expertise to help women and their children get to safety.

Our fundraising pack contains everything you need to get started.

Any money you raise, big and small, ensures we can continue to support women and their children; every penny counts.

We must stand together for all women. So, when they're ready, we can help each woman get to safety – and their children too – and they can start to take back their freedom.

Thank you again for supporting Refuge, escaping safely all starts with a woman's courage. And you.

*Hannah  
& Becca*

Hannah & Becca

**Events Fundraising Team**

[events@refuge.org.uk](mailto:events@refuge.org.uk)

## FOLLOW US

Find out more about what we do at

[www.refuge.org.uk](http://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

**£150** could give two remote community workers mobile phones to provide a woman life-saving support

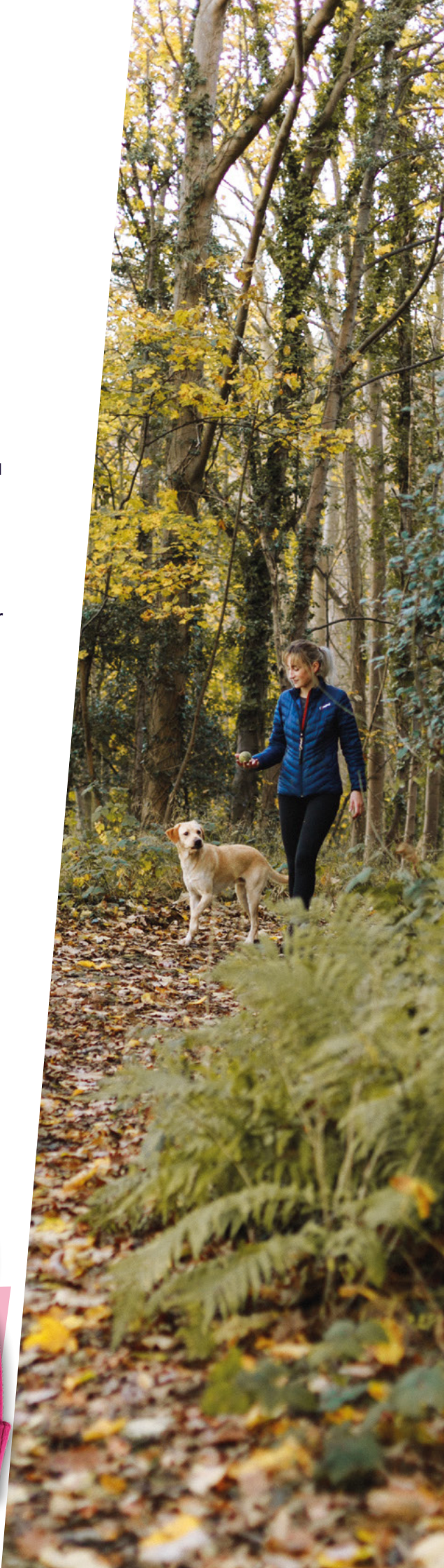
# How to boost your fundraising

- 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-shirt 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.**

**Raise £150**

**AND CLAIM AN EXCLUSIVE REFUGE WOOLLY HAT!**



# 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 Facebook group).

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 September means walking two miles a day
- Walking two miles a day should take around 45 minutes
- Two miles a day equates to around 5,000 steps

## 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.

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

### **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, but you'll also find a paper tracker included in this guide so you can keep a note of your progress (it's great to see these shared on our Facebook group)!

### **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, we can accept donations via our website at [www.refuge.org.uk](http://www.refuge.org.uk). Or, you can pay over the phone on **020 7395 7771** or email [events@refuge.org.uk](mailto:events@refuge.org.uk).

*If you have a question not answered here, please post it in the Facebook group or email [events@refuge.org.uk](mailto:events@refuge.org.uk).*

# #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 SEPTEMBER  <i>GOOD LUCK!</i>	2 SEPTEMBER 	3 SEPTEMBER 	4 SEPTEMBER 	5 SEPTEMBER 
6 SEPTEMBER 	7 SEPTEMBER 	8 SEPTEMBER 	9 SEPTEMBER 	10 SEPTEMBER 
11 SEPTEMBER 	12 SEPTEMBER 	13 SEPTEMBER 	14 SEPTEMBER 	15 SEPTEMBER  <i>HALFWAY THERE!</i>
16 SEPTEMBER 	17 SEPTEMBER 	18 SEPTEMBER 	19 SEPTEMBER 	20 SEPTEMBER 
21 SEPTEMBER 	22 SEPTEMBER 	23 SEPTEMBER 	24 SEPTEMBER 	25 SEPTEMBER 
26 SEPTEMBER 	27 SEPTEMBER 	28 SEPTEMBER 	29 SEPTEMBER 	30 SEPTEMBER  <i>FINAL WALK!</i>

CONGRATULATIONS! YOU'VE WALKED 60 MILES!