



Refuge



For women and children.
Against domestic violence.

Run 56k

In February 2025

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

BSL service:
nationaldahelpline.org.uk/en/bsl

Thank you

Thank you for registering for our *#Run56KForRefuge* challenge this February and for standing in solidarity with women and their children in their hour of need.

The money you raise by taking on the Run 56K Challenge this February 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 to 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 & Beth*

Hannah, Becca & Beth

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

£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 set up your fundraising page

- Follow this link to set up your [JustGiving fundraising page](#).
- Click on the orange 'start fundraising' button to start creating your fundraising page.
- Join our [Strava group](#) and connect your Strava page to your JustGiving page by selecting 'Connect with Strava' on JustGiving, so you can share your runs directly with your supporters!

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 £25 AND CLAIM
A PAIR OF REFUGE SOCKS.**

**RAISE £150 AND
CLAIM AN EXCLUSIVE
REFUGE WOOLLY HAT!**



Preparing for the challenge

NEW TO RUNNING?

If you are not already exercising regularly, then here are a few tips:

- Mix your run with some brisk walking
- Do warm up exercises and stretches daily
- Build your general strength with swimming or weights

MORE EXPERIENCED?

If you are a regular jogger, consider pushing yourself in different ways:

- Vary your route to include hills or rougher terrain
- Keep a note of your time each day and set new personal bests (PBs) each week
- Make the challenge your own and increase the 56K target

BEFORE THE CHALLENGE

Get everything that you'll need ready to ensure there's nothing holding you back on the 1st of February:

- Check your trainers still fit comfortably
- Make sure you have comfortable clothing suitable for running and the weather
- Plan your 2K jogging route or routes
- Decide what time of day you'll be jogging and put it in your diary
- Get yourself a high energy playlist to stay motivated, or line up some podcasts or audio books



JOGGING DO'S AND DON'TS

DO:

- Stretch and warm up before you start
- Wait for about two hours after eating a meal before jogging
- Be aware of your posture – stand tall, drop your shoulders and engage your core
- Warm down to improve muscle relaxation

DON'T:

- Increase your pace too quickly
- Over-stride, try for shorter faster steps which are more efficient
- Be disheartened if you find it hard – you'll be surprised how quickly you improve

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: HOW DO I SET UP MY FUNDRAISING PAGE?

A: Visit our [JustGiving campaign page](#) and select the orange 'start fundraising' button to set up your own JustGiving fundraising page.

Q: SHOULD I RUN 2KS A DAY OR CAN I DO LONGER RUNS TO CLOCK UP THE KMS THROUGHOUT THE MONTH?

A: You can approach the challenge in the way that suits you best. If you love long runs, then it may suit you better to get more kms under your belt for a few days over the month. If you like to get out every day, then 2Ks a day may feel more achievable.

Q: HOW DO I KEEP TRACK OF MY KILOMETERS?

A: Join our [Strava Club](#) so we can cheer you on! You'll also find a paper tracker in this guide so you can keep a note of your progress.





























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 email events@refuge.org.uk.

#Run56KForRefuge 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 FEBRUARY  <i>GOOD LUCK!</i>	2 FEBRUARY 	3 FEBRUARY 	4 FEBRUARY 	5 FEBRUARY 
6 FEBRUARY 	7 FEBRUARY 	8 FEBRUARY 	9 FEBRUARY 	10 FEBRUARY 
11 FEBRUARY 	12 FEBRUARY 	13 FEBRUARY 	14 FEBRUARY  <i>HALFWAY THERE!</i>	15 FEBRUARY 
16 FEBRUARY 	17 FEBRUARY 	18 FEBRUARY 	19 FEBRUARY 	20 FEBRUARY 
21 FEBRUARY 	22 FEBRUARY 	23 FEBRUARY 	24 FEBRUARY 	25 FEBRUARY 
26 FEBRUARY 	27 FEBRUARY 	28 FEBRUARY  <i>FINAL RUN!</i>		

CONGRATULATIONS! YOU'VE RUN 56K!