



For women and children.
Against domestic violence.

**100
MILES
IN JUNE**



100 Miles in June, supporting Refuge

Join #TeamRefuge

Your fundraising guide, everything you'll need

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

Thank you, you're amazing!

Thank you for joining our #100MilesInJuneForRefuge throughout June. You are doing so in solidarity with women and their children across the UK when they most need it.

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.

The money you will be raising by taking part in our challenge will help support and fund our life-saving services enabling us to listen, believe, understand, plan, organise and use all our expertise to help women and their children get to safety.

Your fundraising pack contains everything you'll need to get going with your challenge, including your challenge t-shirt and mileage tracker! Don't forget, if you raise £30+ you can earn your challenge socks and shoelaces and if you really go for it, get yourself a challenge medal at £150+ - you got this!

Any money you raise for Refuge, no matter how small, will help us ensure we can continue to support women and their children all around the UK, every donation helps, and your efforts are making a huge difference!

Thank you again for your support and for choosing Refuge, escaping safely begins with a woman's courage. And you!

Hannah
Refuge Events Team
events@refuge.org.uk

Refuge



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Against domestic violence.

FOLLOW US

Find out more about what we do at **www.refuge.org.uk**, or by following us on YouTube, Facebook or Instagram.

The impact your fundraising has on survivors of domestic abuse:

£18

could cover the cost for one of our expert team to respond to a contact from a woman fleeing abuse, via our Helpline, online chat or BSL services.

£25

could help us provide food supplies, toiletries and cleaning products to help a family stay safe and healthy after fleeing abuse.

£45

could provide a cot mattress and protector for a baby in a refuge

£75

could provide specialist emotional and practical support to enable women to rebuild their lives after escaping abuse

£150

could provide 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 let them know what a donation could fund.
- Post regular progress updates to your fundraising page. Your friends and family will love to see your pictures and to see how you're doing and just how dedicated you are.
- Share the link to your fundraising page in WhatsApp groups, on email, via text and on your socials! Let people know about your amazing challenge and see how well you're doing.
- Share your page on pay day.
- Share our downloadable assets on your fundraising page.
- Make sure that everyone who donates ticks the Gift Aid box (if eligible) so we can reclaim an extra 25p from 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.

How to help improve your fitness

Everyone is different when it comes to fitness, so make sure you're doing a pace that suits you. Cover the distance at a comfortable pace that makes you feel a bit out of breath, but not so much that you're struggling. We know you can do it!

Increasing your heart rate is good for your whole body, it gets the blood pumping and improves your leg strength.

Keep yourself going by listening to high energy music, or find some new music to listen to, feel free to share your recommended playlist or artist in the Facebook group so others in Team Refuge can enjoy it too.

As with all forms of exercise, stretch your muscles before and after to reduce the risk of injury.

If you feel you can complete more miles in one day, why not keep going - 2 miles a day is just for guidance, so feel free to go further, this will help bank some miles for the days when you can't get out.

Give your family and friends a call or take your furry friend - this challenge is a great opportunity to get out in the fresh air and have a catch up, or perhaps suggest they come with you as well to support your 100 Miles in June challenge.

Did you know?



Refuge's 100 Miles in June challenge is just over 3 miles a day.



Walking three miles a day should take around an hour



Three miles a day equates to around 7,500 steps.



You can do this challenge indoors or outside, it's totally up to you. it's totally up to you

Your Challenge

5 Go to the challenge Facebook group (scan this QR code) and check out the pinned welcome post for details of how to set up your fundraiser.



2 If you'd prefer to create a fundraising page on JustGiving, scan this QR code to set one up.



4 Share your fundraiser on your Socials and ask your friends and family to donate.

3 Set your personal target – it should challenge and motivate you. Whether it's £10 or £100, every pound helps and we're so grateful to you for taking part.

1 Download and share the graphics we'll be sharing in the Facebook group and via email. Let the challenge commence! Start fundraising!

Trigger Warning: Domestic Abuse Story

Help us to help more women experiencing domestic abuse.

The most helpful part about staying in a refuge was the fact that they didn't give up trying to ensure I was safe. Even when I didn't have the strength to keep being strong, the amount of support they offer gives you the boost you need to continue fighting to escape a situation that can seem so helpless. Refuge helped me breathe easier and see that I was strong enough to survive, I can't thank the people who helped save me enough.

Kelly*

*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.

FAQ

Q: DO I HAVE TO DO 2 MILES A DAY?

A: You can approach the challenge in the way that suits you best. If you love longer 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 might feel more achievable, but don't forget, if you can't manage the 2 miles one day, it's not a problem - just do what you can.

Q: HOW DO I KEEP TRACK OF MY MILES?

A: You can use a free tracking app available for all smartphones (Strava) or a Fitbit/Smart Watch if you have one. You'll also find a paper progress tracker included in your pack so you can keep a note of your progress each day (it's great to see these shared on our Facebook group)!

Q: HOW DO I SET UP MY FUNDRAISING PAGE?

A: Scan the QR code or 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 experiencing 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. Or, you can pay over the phone on **020 7395 7771** or email 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.

Scan to visit the Facebook group



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