



Summer Steps challenge

fundraising pack

A fundraising guide to help you make your steps count!

Welcome

Thank you for joining us for our Summer Steps challenge. It's great to have you join the team!

The average adult takes 7.5 million breaths a year, and we're aiming to take a collective 7.5 million steps this summer from 25 July until 31 August.

Your best summer starts with better breathing. If you have a lung condition, being active can help you manage your condition, improve your breathing and feel better day to day.

Taking on our Summer Steps challenge is a great way to get active in a way that works best for you. It's the perfect reason to get out in the sunshine and spend time with family and friends, all while raising money and making a difference.

1 in 5 people in the UK will experience a lung condition in their lifetime. £27 could support a researcher at the start of their career to carry out an hour of lung health research. So why not start walking and make your steps count!

Together we can improve our breathing and make a difference to everyone living with a lung condition.

This guide will give you lots of tips to help you with your challenge. If you need extra help, you can contact our friendly team by email at **community@asthmaandlung.org.uk** or call us on **0300 222 5800** and we'll answer any questions you might have.

AsthmaAndLung.org.uk

Choose your challenge

Do what works for you – as much or as little as you're able. Walk with family and friends or take on a challenge for yourself.

Step challenge – why not challenge yourself to walk a number of steps a day...



Step challenge

5000 steps a day – 2.5 miles.

If you walk an average of **5,000 steps** every day from 25 July until 31 August you'll have taken **185,000 steps**.



That's 92.5 miles!



Step challenge

10,000 steps a day – 5 miles.

Walking an average of **10,000 steps** a day for the challenge will equal **370,000 steps**.



That's 185 miles!



More challenge inspiration

- 1** **Trek.** Embrace the challenge and take on a trek e.g. the Three Peaks Challenge.
- 2** **Social walk.** Get everyone involved – walk with friends or family and end your route at a nice coffee shop or pub for a well-deserved treat!
- 3** **Dog walk.** If you don't have a dog, why not volunteer to walk someone else's?
- 4** **Stair climb.** An easy way to factor your challenge into your daily routine.
- 5** **Distance challenge.** Challenge yourself to walk a specific distance on a set day or over a month in your favourite location.



How to get started – and some fundraising tips!

We're here to help you get organised for your fundraiser. Our handy tips should help get your walk off to a flying start!

- 1 Register and choose your step challenge!** You will automatically receive an online fundraising page created through your registration – please do add any photos and why you've chosen to take part if you wish.
- 2 Set your fundraising target -** This gives you something to focus on and makes it even more satisfying when you hit it – or exceed it! To give you an idea, £100 could allow us to answer helpline calls from two people, providing them with life-saving support. That's the incredible difference you can make!
- 3 Fundraising materials –** We can support your fundraising events by providing you with resources such as banners, cardboard collection boxes, posters, t-shirts and sponsorship forms.
- 4 Spread the word about your challenge** with friends and family for support, donations and walking companions!
- 5 Step up!** – Make sure to update your fundraising page with your steps and share your progress.
- 6 Share updates and let everyone know about your efforts!** Share your progress on social media, via email and message, and ask your friends to help you reach as many people as possible.
- 7 Thank your supporters!**

Need anything at all? Drop us an email at community@asthmaandlung.org.uk

Paying in your fundraising

If you have an online fundraising page, donations will come directly through to the charity, so there's no need for you to do anything! If you have any offline donations you would like to pay in, there are a few options:

Online:

You can pay in online [here](#) and select 'Fundraising event' as your reason for donation

Phone:

Call us on **0300 222 5800**

Cheque:

Please make this out to 'Asthma + Lung UK' and send it to:

**Community Team
Asthma + Lung UK
The White Chapel Building
10 Whitechapel High Street
London E1 8QS**

If you have any questions please email us at community@asthmaandlung.org.uk or call us on **0300 222 5800**

Thank you for your support!

Thank you!

Thank you so much for joining us with our Summer Steps challenge!

Together we're fighting for everyone's right to breathe by raising funds for life-saving services, research and advocacy for lung health.

Good luck!

Contact us: community@asthmaandlung.org.uk



Note about our events

Participation in this activity is at your own discretion and assumes you are in good health. If you are unsure whether you are fit for participation or have any health concerns, please consult with your GP or other healthcare professional before participating.

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info@asthmaandlung.org.uk
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