



# A MILE A DAY IN MAY

Your Challenge Toolkit



# THANK YOU

Thank you for signing up to our new challenge A Mile a Day in May! This is a new collaboration between Wales-based charities who are all working to end violence against women and girls.

## WHY A MILE A DAY IN MAY?

For the first time ever, specialist violence against women charities in Wales are teaming up for a new supporter challenge! Like many charities, we are struggling to survive in this challenging financial climate. In working together by sharing this challenge and our resources, our collective ability to raise funds and awareness is boosted during this tough time.

YOU can help! We're challenging you to undertake A Mile a Day in May. All you need to do is pick the charity that you'd like to support and get active! Choose to walk, wheel, run, cycle, swim or even hop your way through the challenge. A Mile a Day in May, your own way.

In this challenge toolkit, you will find all the information you need to get moving in May. If you need any further support, please get in touch.

# FREQUENTLY ASKED QUESTIONS



## IS THERE A FUNDRAISING TARGET?

No, you can set your own target, but we encourage everyone to try and raise at least £50.



## ARE THERE ANY REGISTRATION FEES?

No, A Mile a Day in May is free to take part in.



## HOW DO I FUNDRAISE?

Firstly, set up your Just Giving page to get started with the challenge. All the donations made to your page will be sent to your chosen charity automatically. Use our handy fundraising tips and other support in the toolkit to help with your fundraising journey. If you would prefer to use another platform, or to collect donations offline, please get in touch and we can help.



## HOW DO I TRACK MY MILES?

You can use the challenge 'miles tracker' which you can use to help track your miles throughout May. Simply print off the tracker and stick it on your fridge for a daily reminder.

If you use a fitness app such as Strava, or have an Apple Watch or Fitbit, you can use these to track your miles too. You can even link these to your Just Giving page, so your miles are uploaded directly!





### **DO I HAVE TO WALK?**

A Mile a Day in May can be completed in any way that works for you. Not a fan of walking? Choose swimming, cycling, or the activity of your choice.



### **CAN MY FRIEND TAKE PART TOO?**

Yes, the more the merrier!



### **CAN ME AND MY COLLEAGUES TAKE PART AS A GROUP?**

Yes of course, you can create a shared or team fundraising page. You could even encourage other teams in your organisation to create a page and then compete to see who can reach the most miles or your fundraising target first!



### **CAN UNDER 18S TAKE PART?**

This challenge is for adults. Under 18s can take part if supervised by a responsible adult and will remain the responsibility of that adult.



### **CAN I COLLECT CASH DONATIONS?**

Yes! We can provide you with a sponsorship form for any offline donations. Details of how you can then pay in your donations can be found on this form. You can also upload 'offline donations' to your fundraising page too! Please contact your chosen charity for their cash handling guidance.





### **I DON'T KNOW HOW TO SET UP A FUNDRAISING PAGE.**

No problem – we can help! Please reach out to your charity contact who will help you to set up your fundraising page.



### **HOW WILL MY DONATIONS HELP?**

Your chosen charity will let you know how your donations will make a specific difference to their work.



### **WHO ARE ALL THE SPECIALIST CHARITIES TAKING PART IN THIS CHALLENGE?**

Check out the list of charities taking part at the end of this Challenge Toolkit.





# FUNDRAISING TIPS

Decide if you are undertaking the challenge alone, or with a team. Encourage your family, friends, and colleagues to get involved too!

Set up your fundraising page making sure you personalise it! Raise interest in what you are doing by sharing regular updates on your miles, adding photos of your walks and letting others know why you are taking part in this challenge.

Enable QR codes when setting up your fundraising page so your supporters can reach your page quickly.

You can now transform your fundraising page into a poster directly from Just Giving by simply clicking 'Share' and 'Print'. You can then add your poster to local community boards, post to your neighbours or handout at work. You can also access a challenge poster template later in this toolkit.

If you're struggling to get started with your fundraising, donate to yourself first. It's a great way to get the ball rolling and show everyone that you're committed to the challenge.

Speak with your employer about matched giving; an easy way to double your donations!

Host a webinar for your colleagues explaining why you are taking part in this challenge and why it is important. Or give an in-person presentation and encourage people to donate any loose change.

You could ask for donations in exchange for wearing fancy dress while you get your miles in. For example, a £100 donation means you will wear fairy wings and a wig!

Ask your friends and family to Gift Aid their donations to your page. This means we receive an extra 25p for every £1 – at no extra cost to you or your supporters!

# KEEPING SAFE

Any activity undertaken as part of the A Mile a Day in May challenge should be conducted safely. Please follow our safety tips below and consider your own personal abilities.

If you are planning any activities at night, please wear bright, reflective clothing so that you will be seen.



Consider carrying an alarm, a mobile phone, and/or doing your miles with a friend.

Avoid walking on roads, or near roads that are high speed, heavily trafficked, or near major junctions.



Wear suitable clothing, footwear or other safety apparatus associated with your activity e.g., an appropriate helmet if cycling, use lights at night etc.

Please ensure that appropriate supervision is in place where appropriate e.g., lifeguard if swimming.



Wild swimmers should take all usual precautions e.g., ensuring awareness of extreme temperatures, personal limitations, tides/rip tides etc.

If planning extended activity (e.g., if completing your daily miles in bulk) please ensure you have water, food, first aid kit, all appropriate clothing, a mobile phone and take regular breaks as needed.





Check the recent weather and forecasted weather and plan accordingly e.g., awareness of any recent rainfall that may cause slippery ground.

If using a public facility to undertake this challenge (e.g., swimming pool or gym) please follow all advised safety protocols.



If using home-based gym equipment (e.g., treadmill, static bike) please follow all advised safety protocols.

**Disclaimer:** You are undertaking this challenge at your own risk for your chosen charity. The charities involved will not be liable for any accident, injury, or loss of or damage to property arising out of or in connection with an individual's participation in the A Mile a Day in May challenge.







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is taking part in A Mile A Day In May  
in aid of

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to help end violence against women  
and girls in Wales.

**NO-ONE SHOULD HAVE TO  
ACCEPT VIOLENCE IN THEIR LIVES.  
IT NEEDS TO STOP.**

Please help by donating to my  
fundraising page today.

Please visit my fundraising page here:

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# MILES TRACKER



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Keep track of your mile a day, your own way...



**1**  
Time to get started...

**2**

**3**

**4**

**5**  
Enjoy your Bank Holiday walk!

**6**

**7**

**8**

**9**

**10**

**11**

**12**  
Mental Health Awareness Week

**13**

**14**

**15**

**16**  
You're halfway through - keep going!

**17**

**18**

**19**

**20**

**21**

**22**

**23**

**24**

**25**

**26**  
Get those Bank Holiday miles in!

**27**

**28**

**29**

**30**

**31**  
You did it!



# THANK YOU.

Thank you for participating in A Mile a Day in May in support of survivors and specialist sector charities working to end violence against women and girls in Wales.

We hope you enjoy the challenge!



A MILE  
A DAY IN MAY



Llinell Gymorth Live Fear  
Byw Heb Ofn Free Helpline

0808 80 10 800 [SignLive]

ffôn • tecst • sgwrsio byw • ebost  
call • text • live chat • email