

YOUR WALK TO WORLD ARTHRITIS DAY GUIDE



**VERSUS
ARTHRITIS**



**WALK TO WORLD
ARTHRITIS DAY**

YOU'RE AMAZING!

Thank you so much for taking part in Walk to World Arthritis Day – we're so pleased to have you on the challenge!

From the 1st October to the 12th October you'll be stepping, at your own pace, to show your support to the 10 million people in the UK living with arthritis.

By raising vital funds and awareness, your support will help invest in world class research, deliver high quality services and campaign on issues that matter most to people living with arthritis.

This guide holds all the information you need to get started, but if you need any support or advice do get in touch with the team on **fundraising@versusarthritis.org** or call us on **0300 790 0405** – we're here to help.



STEP TO SUCCESS

Here's a quick step to step guide to make sure you're ready to start your Walk to World Arthritis Day challenge on the 1st October.

1

Make sure you're registered fundraise.versusarthritis.org – why not ask your nearest and dearest to join you. The more the merrier.



2

Choose your own challenge – you're in control. Pick a step count that you want to aim for each day of the challenge to get your full 12-day challenge target.



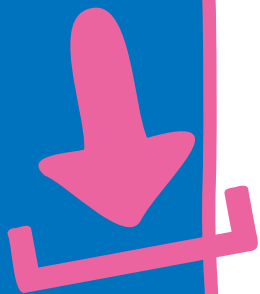
3

Join the Facebook group – to meet other challengers, share photos, hints & tips, and support one another.



4

Get fundraising – set your target, personalise your page and share your page to get that sponsorship coming in!



5

Be ready to record your steps – connect a compatible app to automatically log your steps or enter your steps manually each day. The choice is yours. Moving in kilometres? You can add those, and it will convert into steps!

6

Ready, set, step – get stepping from the 1st October. Make sure you're safe and doing what suits you! Don't forget to record your steps!



LET'S GO!



7

Celebrate your achievement – and World Arthritis Day at the same time!

YOUR FUNDRAISING IMPACT

By taking on this challenge and raising vital funds, you'll be helping change the lives of people with arthritis.

Here's a snapshot of how your amazing support could make a difference to people across the UK. Share these with your friends and family to encourage them to donate today.

£15

could help pick up the phone and offer one-to-one support to someone in pain.

£27

could support a researcher to develop tests to diagnose arthritis earlier.

£48

could help someone attend a Living Well course to help them manage their condition.

£100

could provide training to a GP, helping them to better diagnose and support people with arthritis in the UK.

£250

could pay for a young person living with arthritis to attend a residential weekend to get the support and help they need.

CONTACT INFORMATION

The team are on hand to help you out so do get in touch if you have any questions.

Email: fundraising@versusarthritis.org

Phone: 0300 790 0405




Website: fundraise.versusarthritis.org



**VERSUS
ARTHRITIS**



**WALK TO WORLD
ARTHRITIS DAY**

 /VersusArthritis
 @VersusArthritis
 @VersusArthritis

Versus Arthritis: Registered Charity England
and Wales No. 207711, Scotland No. SC041156.



Registered with
**FUNDRAISING
REGULATOR**