

# 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 please to have you on the challenge!

From the 1<sup>st</sup> October to the 12<sup>th</sup> 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](mailto: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 1<sup>st</sup> October.

1

**Make sure you're registered** [fundraise.versusarthritis.org](https://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, so pick a step count that you want to aim for or do what you can each day. It's up to you!

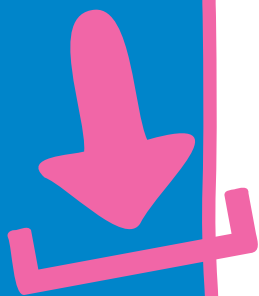
3

**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** – you can connect your account to compatible apps to log your steps automatically. If you don't use them, you can use our step tracker and login to add your steps each day.

# 6

**Ready, set, step** – get stepping from the 1<sup>st</sup> 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!

# FUNDRAISING IMPACT

Over 10 million people in the UK have arthritis. That's one in six people living with the pain, fatigue and isolation it can cause. By taking on this challenge and raising vital funds, you'll be helping change the lives of people with arthritis.



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



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



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



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



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](mailto:fundraising@versusarthritis.org)

Phone: 0300 790 0405

Website: [fundraise.versusarthritis.org](http://fundraise.versusarthritis.org)



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