

Mencap's **Superhero Challenge**



**Thank You for
being a Superhero!**



Welcome to our Superhero Squad!



We're so excited you've signed up to our Superhero Challenge this October. With the help of good guys (and gals) like you, we can raise money, run vital projects and make a real difference to the lives of people with a learning disability. So today, we want to say a super-sized thank you!

Now's the time to swoop into action – choosing your challenge, spreading the word and starting to collect sponsorship. Remember, we're here to help you every step of the way – so read on for lots of ideas and inspiration, as well as top tips to get your fundraising off to a flying start.

Whatever you do – and however much you raise – we really do appreciate your support. You're a true hero in our eyes and we hope that you feel super-proud too.

The Mencap Super Squad

Content List

Challenges to suit every superhero.....	3 - 4
Take your fundraising to the next level.....	5
How your money could help.....	6
Your challenge checklist.....	7
More ways to be a Mencap superhero.....	8



Ideas & Inspiration

Challenges to suit every Superhero

Join hundreds of fellow heroes at events in Belfast and Carmarthen in October. Or fly solo whenever you like with your own choice of challenge – whether it's super-sporty, super-skillful, or simply super-fun!

Be part of something Big...

⚡ Take on our Superhero Challenge in Carmarthen National Botanic Garden of Wales 24th October 2021. Walk, run or fly round a 1.5km or 5km course in the National Botanic Garden of Wales – all dressed up as your favourite caped crusader! Find out more and join the fun at www.mencap.org.uk/carmarthen

⚡ Conquer our epic Superhero Challenge in Belfast Mencap NI Children's Centre, Newtownbreda 23rd October 2021. Join us at our Mencap Children's Centre for an epic day of adventure as you take on our Superhero Challenge. Assemble your Avengers Squad and come along with the whole family! Find out more and join the fun at www.mencap.org.uk/belfast



Or set your own Heroic Challenge...

⚡ Workout Like Wonder Woman

... cycle dressed as Superman, or even do an Iron Man! You can track your training with a fitness app in the run-up to your event and share updates on social media – it'll help you stay super-motivated and get the sponsorship money flying in!

⚡ Walk Your Way

No matter the date, no matter the distance do your own Superhero walk with friends and family. Whether you hike to a nearby town or landmark, scale a local peak or simply do laps around your garden, you'll be lacing up your trainers for a very good cause.

⚡ Comic Quizzer

Challenge your friends to a comic book quiz and put their obscure superhero knowledge to the test! Every team pays to take part, dresses up and brings their own comedy buzzer, bell or whistle. Alternatively, you can hold a virtual quiz and let your teams battle it out online...

⚡ Host Your Own Marvel-lous Movie Marathon

From the old classics to the modern franchises, there are some amazing superhero movies to choose from. So why not get your friends, family or colleagues together for a big night in? Everyone pays to attend – just add popcorn and snacks for the ultimate cinematic experience. You can even make extra dosh by selling popcorn and other treats!

⚡ Your Own Super Challenge

Think you can come up with a better idea? You can be as creative as you like when coming up with your challenge – the sky's the limit! So get your thinking capes on, superheroes...

Whatever you get up to, please stay safe – make sure you stick to the latest government guidelines regarding coronavirus in your area.



Take Your Fundraising To The Next Level

Worried about hitting your fundraising target? Never fear – these simple tips will take your total from zero to (super)hero in no time...

⚡ Use your superpower of creativity

Think hard about the challenge you take on. The more creative, exciting and memorable it is, the more people will join in, donate and make it a success.

⚡ Tell the world

The easiest way to do this is on social media, where you can:

- Let people know what you're doing and why it's so important
- Update people on your progress – ideally once a week
- Post photos and videos of yourself on the day or in training
- Share the link to your fundraising page, or add a donation button to your Facebook page
- Tag Mencap and other friends who are taking part
- Encourage everyone to share your posts and spread the word far and wide!

As well as super-charging your social media, keep chatting, texting and emailing everyone about your challenge – and make sure you display your fundraising poster somewhere eye-catching too!

⚡ Hit up your contacts

Do you know anyone who owns a business, runs a sports club or is super-active in your local community? See if they can help with your fundraising by making a contribution, donating prizes or drumming up lots of support – you might be pleasantly surprised by their response.

⚡ Explore Match Funding

From banks to supermarkets loads of companies match fundraising for their colleagues. Speak to your boss today to find out if you can up your fundraising in a flash.

⚡ Say thank you!

It pays to be polite, so channel your inner Clark Kent! When people see you saying thank you – in person or on social media – it reminds them to get involved too.

⚡ Call on the Mencap Super Squad

Our Squad is here to support you with every aspect of your challenge, so do get in touch if you need help, advice or fundraising materials, like extra sponsor sheets, collection buckets or bunting.

Best of luck – we know you're going to smash this!



How Your Money Could Help

£25

could help pay for an instructor to run a sports session for people with a learning disability in their community.

£50

could help us train someone with a learning disability to be confident using the internet, keeping them connected with loved ones and essential services

£200

could allow a child with a learning disability to enjoy sessions of sensory, imaginative, creative and exploratory play and start to interact with the world around them.



You're a hero to people like Caoimhin

Three-year-old Caoimhin was born with a learning disability and a range of physical difficulties, which mean he has problems with his communication and sensory needs. Until he started coming to our children's centre in Belfast, he was very withdrawn – and his parents Martin and Kelly felt isolated and alone.

But now – thanks to the support of our children's centre team – Caoimhin is really thriving. "After a few months, we noticed his eye contact had improved," remembers Martin. "He was responding to his name and he was a lot more alert". "Now we're seeing him communicate and be such a happy wee boy," adds Kelly. "It makes me very happy as a parent too".

Your Challenge Checklist



Choose your Superhero Challenge
– turn to p3-4 for inspiration!



Set up your JustGiving page at
www.justgiving.com/campaign/superherochallenge



Spread the word on social media and display your
fundraising poster where everyone can see it.



Make like a superhero between 22nd-24th
October – and make lots of much-needed money
for Mencap.



Celebrate your heroic achievements! You're
supporting people with a learning disability across
the country – and you should feel super-proud!



More Ways to be a Mencap Superhero

Help us change the world

Join our campaigns to help improve life for people with a learning disability – whether that's by fighting cuts to services or lobbying for vital new legislation. With superheroes like you on our side, we really can make a powerful difference.

Clear out your cupboards

Next time you have a clear-out, take your unwanted clothes, books and other household items to your **nearest Mencap shop** – we'll sell them on to raise money for our life-changing projects.

Spread the word about our Helpline

We run a free Learning Disability Helpline and we want as many people as possible to know about it – so they can get advice and information about learning disability and find the right support and services in their area.

Helpline: 0808 808 1111

(Open 10am-3pm,
Monday-Friday)

Volunteer with us

If you're passionate about supporting people with a learning disability, why not check out our **volunteering opportunities?** Whether you're helping someone to get out and about, assisting with our fundraising activities or working in a Mencap charity shop, you'll be gaining skills and experience, making friends and changing so many lives.

Thank you once again for being super!



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From the minds at:

