



ONE BIG WALK

#OneBigWalk



Registered with
**FUNDRAISING
REGULATOR**



WELCOME TO #TEAMMENCAP

We're so excited you've signed up to Mencap's first One Big Walk this January! Thanks to wonderful walkers and trekkers like you, we can raise money, run vital projects, and make a real difference to the lives of people with a learning disability. We cannot thank you enough for taking on this challenge!

Now is the time to put your best foot forward, choose your distance, spread the word and start to collect sponsorship. Remember, we're here to help you every step of the way, and this guide has everything you need to complete your walk.

You can help the UK to be the best place in the world for people with a learning disability to live happy and healthy lives.

Thank you for walking for people with a learning disability this winter.

If you've got any questions, please don't hesitate to contact us by calling **020 7696 6946** or emailing [**events@mencap.org.uk**](mailto:events@mencap.org.uk)





CHOOSE YOUR DISTANCE

One Big Walk has been designed to be as accessible as possible, and we want you to choose the distance that's right for you.

From the **17 to 30 January 2022** walk 1.5 miles a day for two weeks or complete one big walk of 15 miles, the challenge is up to you!

Whether you complete your walk in the countryside, in the city or by the seaside we want you to pound those pavements and help us raise vital funds to help support the 1.5 million people with a learning disability across the UK. We want everyone to get involved in One Big Walk, so if you use a wheelchair or find walking challenging please get in contact with our [events team](#) to find different ways to take part.

Got a team? Why not complete 150 miles together!



HOW YOUR MONEY HELPS

£10

could pay for equipment to help people with a learning disability get involved in a new sport.

£50

could pay for 10 exercise mats for young people with a learning disability to take part in yoga and other mobilising activities.

£150

could pay for 5 participants of the All Move programme to engage in a half day of team building at an outdoor activity centre.

The All Move challenge is a physical activity initiative for schools and youth groups which support 11-16 year olds with a learning disability (school years 7-11).

The activities your money could support make a huge difference to the lives of people like Saskia.

Saskia has cerebral palsy and a learning disability. Every social activity she does requires support but being out and about helps her live the life she wants to instead of 'being stuck at home watching daytime tv', feeling lonely and isolated.

Since becoming a volunteer at her local Mencap charity shop and football coaching on the weekend Saskia and her family have seen a big difference in her confidence and communication skills.

Her mum Bobbie said:

"Saskia used to hate speaking to servers in restaurants for fear they wouldn't understand her. But when we recently went for dinner she called the waitress over and asked for a clean glass. To me that was a monumental breakthrough – the confidence that's come [from her coaching and supported activities] is spilling through in all different areas in her life."



CUILCAGH BOARDWALK CHALLENGE, COUNTY FERMANAGH, NORTHERN IRELAND

10 July 2021

Employment Officer Dawn Smith & son Dean Smith

I am an Employment Officer at Mencap NI and help to support people with a learning disability gain paid employment. As my 60th birthday was approaching I decided that I would like to fundraise for Mencap and ask my family and friends for donations instead of birthday gifts.

I decided to complete the 'Stairway to Heaven', Cullcagh Boardwalk challenge on 10 July 2021 along with my son Dean and contacted Therese Wilson, Events & Fundraising Manager, Mencap NI who supported me to set up a JustGiving page and sent out a Mencap fundraising pack. I sent messages to my family and friends with the JustGiving link and also accepted donations of money from those who were not online, and recorded these on my Mencap fundraising form.

My son and I wore our Mencap T-shirts and set off on the two and a half hour car journey to County Fermanagh in Northern Ireland. It was a great day and worth the journey to have shared this experience with my son, to have completed the boardwalk challenge and to see the fabulous surrounding views as we climbed!



**You can follow in Dawn's footsteps and take on
Mencap's first One Big Walk this January!**



**With the
help of the
amazing NI
fundraising team
she raised a total
of £715 for
Mencap.**



CHALLENGE CHECKLIST

- **Choose your One Big Walk distance**
Set up your JustGiving page [here](#).
- **Plan your route**
Plan your route and track your walk by downloading the Strava app to help you, and then connecting it to your JustGiving page. You can join our Strava group [here](#) too!
- **Get your kit together**
You'll find our top tips on the next page and if you raise £50 by 17 January you will receive a Mencap snood in the post to wear on future walks.

We will keep you updated with anything you may need for this challenge. We are with you every step of the way.



TAKE YOUR FUNDRAISING TO THE NEXT LEVEL

Worried about hitting your fundraising target? Look no further, we have the top tips for you below!

Spread the word on social media

- Share your fundraising page with one of our social tiles to tell the world you are taking on Mencap's One Big Walk.
- We'd love everyone taking part to raise a minimum of £100 to support people with a learning disability

Let people know what you're doing and why it's so important

- Post photos and videos of yourself! Everyone will want to see you take on the challenge. Tag **@Mencap** on **Facebook** & **Instagram** or **@mencap_charity** on **Twitter** and other friends who are taking part. **Don't forget to use the hashtag #OneBigWalk too!**
- Keep chatting, texting and emailing everyone about your challenge. The more people that know, the better!



Want to receive a Mencap snood to keep you warm on future walks? Raise £50 or more by 17 January and you will get one in the post.

- **Hit up your contacts** - Do you know anyone who owns a business, runs a sports club or is active in your local community? See if they can help with your fundraising by making a contribution, donating prizes for a raffle or drumming up lots of support.
- **Explore matched funding** - From banks to supermarkets loads of companies match fundraising for their colleagues. Speak to your boss or HR team today to find out if you can boost your fundraising.
- **Say thank you when someone donates!** - It pays to be polite. When people see you saying thank you - in person or on social media - it reminds them to donate too.

Our events team 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. Contact us by calling **020 7696 6946** or emailing **events@mencap.org.uk**.