

ONE BIG WALK

for **mencap**



ONE BIG WALK FOR MENCAP

WELCOME TO #TEAMMENCAP

We're so excited you've signed up to Mencap's One Big Walk! 2026 is a really special year for Mencap as we're celebrating our 80th anniversary and it's a great time to reflect on where we've come from, and where we're going.

One Big Walk this year is taking place during Learning Disability Week between 15th-21st June and the theme is 'Do you see me'. Every step you take is all about making sure people with a learning disability are seen, heard, and valued for all they are, and all they can be.

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.

Your support can help people with a learning disability to live their lives to the full.



If you've got any questions, please don't hesitate to contact us by calling 020 7696 5425 or emailing community.fundraising@mencap.org.uk

WALK YOUR WAY

One Big Walk has been designed to be as accessible as possible.

We want you to choose the distance that's right for you,

- 1.5 miles a day over the week
- A 15-mile One Big Walk
- Join our TikTok Live and walk together on Friday 19th June at 12pm

Lace up to feel good and raise vital funds for Mencap.



FUNDRAISING

HOW YOUR MONEY HELPS

£10

could help us provide support for someone calling for information on accessible (leisure, community, or activity) groups in their area.



£50

could help provide an employability workshop to help people learn skills that could secure them a job.



£150

could help us run a yoga session for families, helping them to decompress and give them some time to focus on themselves.

Every penny you raise will help us make sure people with a learning disability like Rahima are seen and heard.

Rahima is a lively and creative 19-year-old with a passion for photography, fashion and music. She has a mild learning disability and Cerebral Palsy, which means she requires 24-hour care and uses eye-tracking technology to communicate.

Rahima has faced challenges, including delays in education and feeling unheard in mainstream settings, but it was during the pandemic where she truly felt like a “second class citizen” because of her learning disability.



Rahima was taken to hospital where she was lying in a hospital bed with her sister. The doctor came in and asked her sister to make plans for her end-of-life care. When Rahima was in hospital again in 2021 the doctors asked her sister whether she wanted Rahima to be resuscitated or not. On both occasions Rahima heard those conversations.

The doctor did not ask what Rahima wanted, just because of her disability. She was ignored and excluded from her own healthcare plans. Rahima’s is just one of many stories where doctors were asking loved ones to sign a Do Not Attempt Resuscitation Notice just because of their learning disability.

People with a learning disability continue to face discrimination when trying to access medical care, but with reasonable adjustments they can have the same rights and access as anyone else.

Reasonable adjustments aren’t just “nice to haves’ as seen with Rahima, they are the literal difference between life and death. Mencap will continue to campaign so that people with a learning disability can stand up for what they want. Like through our I’m In campaign, which is raising awareness of the learning disability register so everyone with a learning disability gets better health care and a free annual health check.

COOPER'S STORY

In September 2024, **Cooper Bentley** walked **46 miles** for Mencap over September whilst taking part in One Big Walk, smashing his fundraising target at raising **£260** in the process!

Cooper who has autism and is non-verbal, along with his mum Kate, wanted to take on the walk to shine a light on the massive contribution to society those with a learning disability can make.

As Cooper is such an active boy Kate said it was great to see how accessible One Big Walk was and that they could choose where, when and what distance they wanted to do.

Kate said, **“Cooper spread joy to those he met on his walks, and his walks started many conversations with members of the public. Even though he is non-verbal, he stopped people in their tracks with his enthusiasm and happy nature. It allowed me to talk about the great work Mencap does for those in the learning disability community.”**



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 £150 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 X 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!



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Fundraiser rewards

To show our appreciation of your One Big Walk efforts we will be rewarding your fundraising when you hit these incredible amounts

When you get your first donation – a whistle to make sure people with a learning disability are heard!



£50

Mencap water bottle



£150

Mencap bucket hat



- **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
- **Explore matched funding** - From banks to supermarkets, loads of companies match fundraising for their colleagues. Match fundraising is where your company will double the amount raised by their staff when they fundraise. Speak to your boss or HR team today to find out if you can boost your fundraising.
- **Track those miles** on your very own miles tracker and keep sharing your progress to encourage people to donate.

Our 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 **community.fundraising@mencap.org.uk**.

Thank you for taking on our

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Any questions please contact Community Fundraising team on
community.fundraising@mencap.org.uk



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