

Walk 30 Miles in September

Find top challenge and fundraising tips inside.



With your help, no one will face dementia alone.

Welcome to #TeamDementiaUK!

We can't thank you enough for committing to walk 30 miles this September for families facing dementia. With each step, you'll ensure more people can access the life-changing support of our dementia specialist Admiral Nurses.

Ready to get started? Start ticking off the checklist below:



Join the Facebook Group

Meet your fellow walkers and introduce yourself. The Dementia UK Virtual Events Team will be there too, cheering you on and answering any questions you might have.



Set up your fundraising page

Once it's up and running, you can personalise your page. Simply sharing your story on your fundraiser could help you raise up to 65% more! To do this, just click 'Edit' in the 'About' section on your page.



Secure your first donation

The earlier you kick off your fundraising, the more you will raise for families facing dementia. Why not get a headstart and make the first donation yourself? Just £4 could cover the telephone costs of a family carer calling our Helpline for vital support.



Plan your month

Think about some routes to try around your local area or further afield. Work out a few one-mile routes for those busy days, and why not look up some new places to explore when you have a bit more time?



Track your miles

On average, fundraising pages linked to Strava raise more! It's also a great way to keep track of your miles and share your progress with your supporters. If you're using **JustGiving**, you can link your **Strava** directly to your fundraiser.



Download your toolkit

Take a look at our digital fundraising tips and resources ahead of the challenge!

All that's left to do now is get your walking shoes ready, head out for some practice walks and wait for your t-shirt to arrive, if you requested one – it will be with you within two weeks of registration.

Frequently asked questions



Can you give me more information about the challenge?

We are challenging you to walk 30 miles throughout September to raise vital funds for Dementia UK.

You can complete your miles wherever – and however – you like. Just be sure you record your walks and keep your sponsors updated on your progress.

Is there a fundraising target?

There is no fundraising target for this challenge – we just ask you to raise as much as you can for families affected by dementia.

How do I fundraise?

You can fundraise via Facebook, JustGiving or by using a sponsorship form.

If you set up a fundraising page when you registered, you can find it [here](#).

To set up a fundraising page on Facebook, click [here](#).

To set up a fundraising page on JustGiving, click [here](#).

Both are great platforms to use to raise funds.

If you choose to set up a Facebook fundraising page, you will be able to share it with family and friends who use Facebook in a matter of seconds.

Here are some tips on how to share your fundraising page...

How to share your Facebook fundraising page

1. Log into Facebook and go to your personal profile page (click 'Menu' then click your name).

2. Scroll down your feed to find your fundraising page and click on it.



3. Click the 'Share' button.



4. Select how you would like to share your page.



I prefer to fundraise offline

If you prefer fundraising offline, you can download a sponsorship form [here](#).

You will also receive one in your fundraising pack.

Where do donations to my Facebook fundraiser or JustGiving page go?

All donations made to your fundraising page will be sent directly to Dementia UK by Facebook and JustGiving so we can put them straight to work supporting families facing dementia.

How can I send in sponsorship money I've collected offline?

The easiest way to send cash donations to Dementia UK is by donating to your online fundraising page.

Alternatively, you can:

Donate via our website:
secure.dementiauk.org/donate/payin

Send in a cheque made payable to Dementia UK.

Enclose a note including your full name, the email address that you used to register for your challenge, and an explanation that you raised the money for the Walk 30 Miles in September challenge.

Post it to us at:

Dementia UK
7th Floor
One Aldgate
London
EC3N 1RE

Make a payment by phone

by calling 0300 365 5500

How do I record how many miles I have walked?

Strava is a free, easy to use app that can track your miles throughout September. We highly recommend downloading it for this challenge. You will also receive a Walk 30 Miles in September tracker with your t-shirt (or below), which you can use to tick off your miles.

Can I do more or less than 30 miles?

Absolutely. This is your challenge and you can tailor it to suit you. Just be clear with your supporters about how far you are intending to go and keep them updated regularly with your progress.

Can I get additional materials?

If you would like to buy additional Dementia UK branded items, please [visit our shop](#).

You'll even find dog bandanas for sale so your four-legged friend can join in with your adventures too.

We hope these FAQs are helpful, but if you have any further questions, please don't hesitate to get in touch with your Walk 30 Miles in September Admin Team in the Facebook Group or via email at virtualevents@dementiauk.org

Fundraising top tips



We've put together these handy fundraising tips and ideas to kick-start your challenge!

Get set...



Set a fundraising goal

By posting a target on your page, you could raise 17% more than those without, as your supporters will get excited about helping you reach your goal.



Share some photos of your adventures

Add updates from your walks so family and friends can see your commitment to the challenge.



Share, share, share

Don't be afraid to keep shouting about your challenge! Often, supporters need a few reminders before they donate. And sharing your page via Facebook, WhatsApp, Instagram, email and text will mean you raise more for families facing dementia.



Get talking

When spending time with your friends, family and colleagues, spark some conversations about your challenge to get them interested. Make sure you keep your sponsorship form handy!



Find some team support!

If you have family and friends who are interested in the challenge, encourage them to get involved too.



Email your colleagues letting them know about your challenge

You could even add your fundraising page link to your email signature.



Check with your employer if they will match your donations

This could double your funds.



DementiaUK
Helping families face dementia

Walk 30 Miles in September

I'm aiming to raise £..... for Dementia UK
by walking 30 miles in September.



Use this tracker to record how many miles you complete each day.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Ready, set, walk!



1

2
Share your fundraiser!

3

4

5

6

7
First week complete!

8

9

10

11
Keep walking...

12

13

14

15
Halfway!

16

17

18

19
You can do it!

20

21

22

23

24
Amazing job!

25

26

27

28
Nearly at the finish line

29

30
Well done!

Grand total:
.....

A big congratulations from everyone at Dementia UK. You did it!

Thank you for stepping up for families facing dementia this September.

Walk 30 Miles in September bingo card

As you cover your miles in September, why not see how many of these things you can spot along the way?

How does it work?

Head out to get your steps in and see how many of the things on our list you can find. Keep us updated with your progress and photos in our Facebook Group – and post ‘BINGO!’ if you cross off every item.



This isn't a competition, but we hope these prompts help you stay motivated on your walks. Don't forget to share your snaps on the Facebook Group and shout, "BINGO!". Thank you for your amazing support!

Thank you for taking part!

Together we will make sure no one faces dementia alone.

Our specialist dementia nurses, known as Admiral Nurses, provide life-changing support for families affected by all forms of dementia.



£3 could

cover the telephone costs of a family carer calling our free national Helpline for expert dementia support.



£60 could

pay for a dementia specialist Admiral Nurse to advise two families in virtual clinic appointments when they are struggling to know where to turn.




£179 could

fund a new Admiral Nurse to run a full day of face-to-face clinics in an area where families have little other support.


Our Admiral Nurses are here to offer free, confidential support around any aspect of dementia. During your challenge and beyond, please know we are here for you and anyone you know who is affected by dementia.

Our Helpline is ideal if you would like to speak to an Admiral Nurse straight away.



 **Call:** 0800 888 6678

 **Email:** helpline@dementiauk.org

 **Opening times:** Monday-Friday 9am-9pm
Saturday, Sunday and bank holidays 9am-5pm
Every day except 25th December.

If you have a more in-depth query, you can book a phone or video appointment in our Admiral Nurse virtual clinic at a time to suit you. Please visit dementiauk.org/book

Please share this information with anyone who you think might benefit from talking to our specialist dementia nurses.