



**Get involved,  
sign-up today!**



**Join us for the SRUK walk**  
Help raise money and awareness  
for Scleroderma and Raynaud's.

June is Scleroderma Awareness Month and we are asking you to help us take steps to improve the lives of all those affected by Scleroderma and Raynaud's.



**Help us raise £19,000.**  
**19,000 people are currently diagnosed with scleroderma so this is our starting target!**

**This is your walk, your way** - you can choose your own distance or walk 19 miles in a month. Whether you walk in the park, on the beach or on the treadmill - each step you take will make a difference.

### Set your challenge

**1. Choose a route**

There are lots of stunning walks in the UK, if you need help deciding on a route we're happy to help.

**2. Choose a date**

Whether you choose to complete all your steps in one day or one month, set a date to get you excited for the challenge.

**3. Get a team together**

Walking with others is more fun, why not get some friends, family or colleagues involved.

**4. Sign up!**

Raise just £50 and we'll send you a bespoke medal to say thank you.

**Use #SRUKwalk to keep everyone updated**

# Get inspired.

So many people have walked for SRUK. Our supporters have walked different distances in different ways, and have all been inspired to fundraise for different reasons.

Here are just some of them!

## Virtual Walkathon!

**Una Gillespie** did a 40km virtual walkathon, walking 10km around the perimeter of her house every Saturday for 4 weeks. She has Diffuse Scleroderma and was motivated by her goal to help us fund research, information and support – with a particular aim to set up a support group in Northern Ireland where she lives. **She raised £5,850** which is amazing and worked with us to set up the Northern Ireland Support group.

## Walking 110km!

**Edward** aged eight, walked 110km over three weeks and **raised £160.**

## 10km walk!

**Sara McAreavey** walked 10km for Scleroderma Awareness month in June 2020 and **raised £420.**

## Everest challenge!

**Kim Dosanjh** brought Everest to her home and climbed her stairs 4467 times – the equivalent of 8848 metres – the height of Everest. **She raised £1,500**

## Thames hike!

**Catherine and her sister Karen** who lives with scleroderma, set off at 6am on a 10-mile hike along the river Thames, between them they **raised an amazing £330**

## Wainwright's Coast to Coast path!

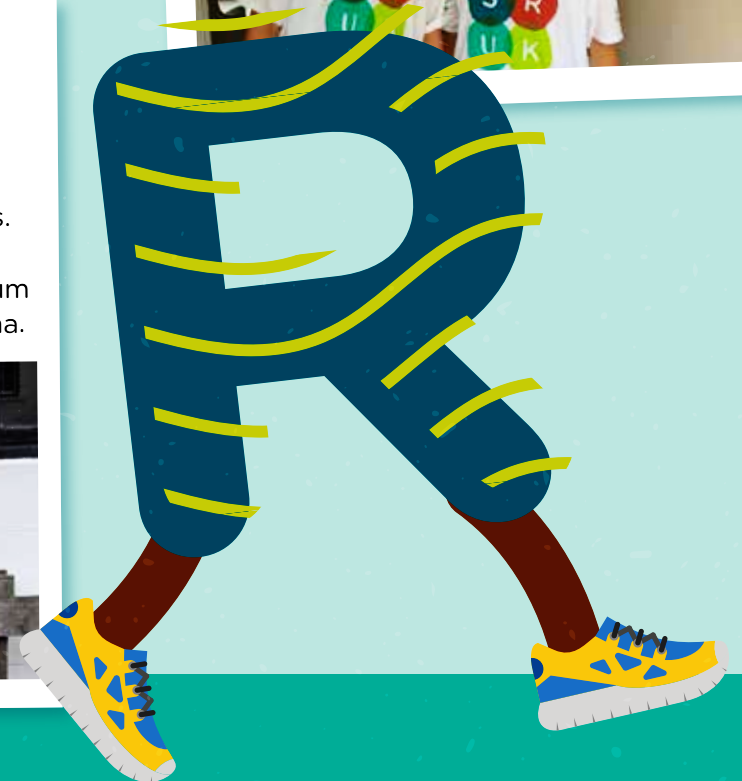
**Sue Edser and her nephew Lee** walked Wainwright's Coast to Coast path; a distance of around 200 miles. **They raised over £3,000** for SRUK, inspired by Caroline, Lee's mum and Sue's sister, who has scleroderma.



## Hanging together in Hampshire!

Friends **Emily and Zoe** walked Hangers Way in Hampshire. Their fundraising was inspired by Zoe's mother who was diagnosed two years ago and Emily's younger sister who has been living with scleroderma for three years.

**They raised over £2,738!**



# How your support makes a difference

Raise just £50 and you could fund a PHD student for a day on one of our life-changing research projects.

We are a small charity, but we have been very busy recently. Here are some ways we have been working to improve the lives of everyone affected by Scleroderma and Raynaud's.

- Hosting monthly webinars on a wide range of topics varying from Raynaud's in general, to our research strategy and interstitial lung disease. Panellists have included some of the top scleroderma experts in the country.
- Trained 12 helpline volunteers to provide peer support 365 days a year.
- Launched the STAR App in 2022 (Symptom Tracking App for Raynaud's) to identify Raynaud's patients at risk of developing scleroderma, with the aim of achieving earlier diagnosis and improved outcomes. The app allows users to track the nature, frequency, severity, and duration of their attacks and potential triggers, which all feeds directly into scientific research.

**“Some of the most important clinical studies I've been part of have been supported by SRUK. They are fantastic at providing vital add-on grants that have allowed us to extract the maximum value from clinical projects. This is a really cost effective way of making a big difference and something I am extremely grateful for.”**

PROFESSOR CHRIS DENTON

# We know that there are challenges for many of our community with walking but the benefits of any exercise are really beneficial.

We all have our own personal milestones and goals and whether that is to walk 10 paces or 10,000 steps – we are united in our ultimate goals:

- **Improved diagnosis**
- **Improved awareness and understanding**
- **Improved treatments and quality of life**
- **Ultimately a cure**



# 6 benefits of taking part in the SRUK Walk:

- A free fundraising pack, support from our expert fundraising team and access to fundraising materials including banners, collection boxes, pin badges and more.
- A free SRUK t-shirt after you receive your first donation.
- The opportunity to share your story through our social media channels.
- Research shows that walking has benefits on our physical and mental health.
- A bespoke SRUK Walk medal to say thank you for all your hard work!
- Knowing that every step you take will help raise vital funds and awareness for those living with Scleroderma and Raynaud's.

## Sign-up today

Visit [sruk.co.uk/walk](https://sruk.co.uk/walk)

Register at [register.enthuse.com/ps/event/WalkforSRUK](https://register.enthuse.com/ps/event/WalkforSRUK)

Call us on **020 3893 5993**

email [fundraising@sruk.co.uk](mailto:fundraising@sruk.co.uk)

Register your interest, set up your fundraising page and get your fundraising pack to get you started.

Get friends and family involved. Raise funds and awareness for Scleroderma and Raynaud's.

Raise £50 to receive your medal!

**Whether you are walking in memory, walking in appreciation, walking in support - we are all walking together.**



[sruk.co.uk/walk](https://sruk.co.uk/walk)    **WeAreSRUK**

For support and information call our Helpline on: **0800 311 2756**

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