

# The SRUK Virtual Relay

Walk together for scleroderma  
& Raynaud's #SRUKVirtualRelay

Take on our Virtual Relay walk to raise money and awareness for Scleroderma and Raynaud's and **get a virtual medal to use on social media.**

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



# June is Scleroderma Awareness Month and we are asking you to **pick up your baton, walk and then pass the baton on to help us raise at least £19,000.**

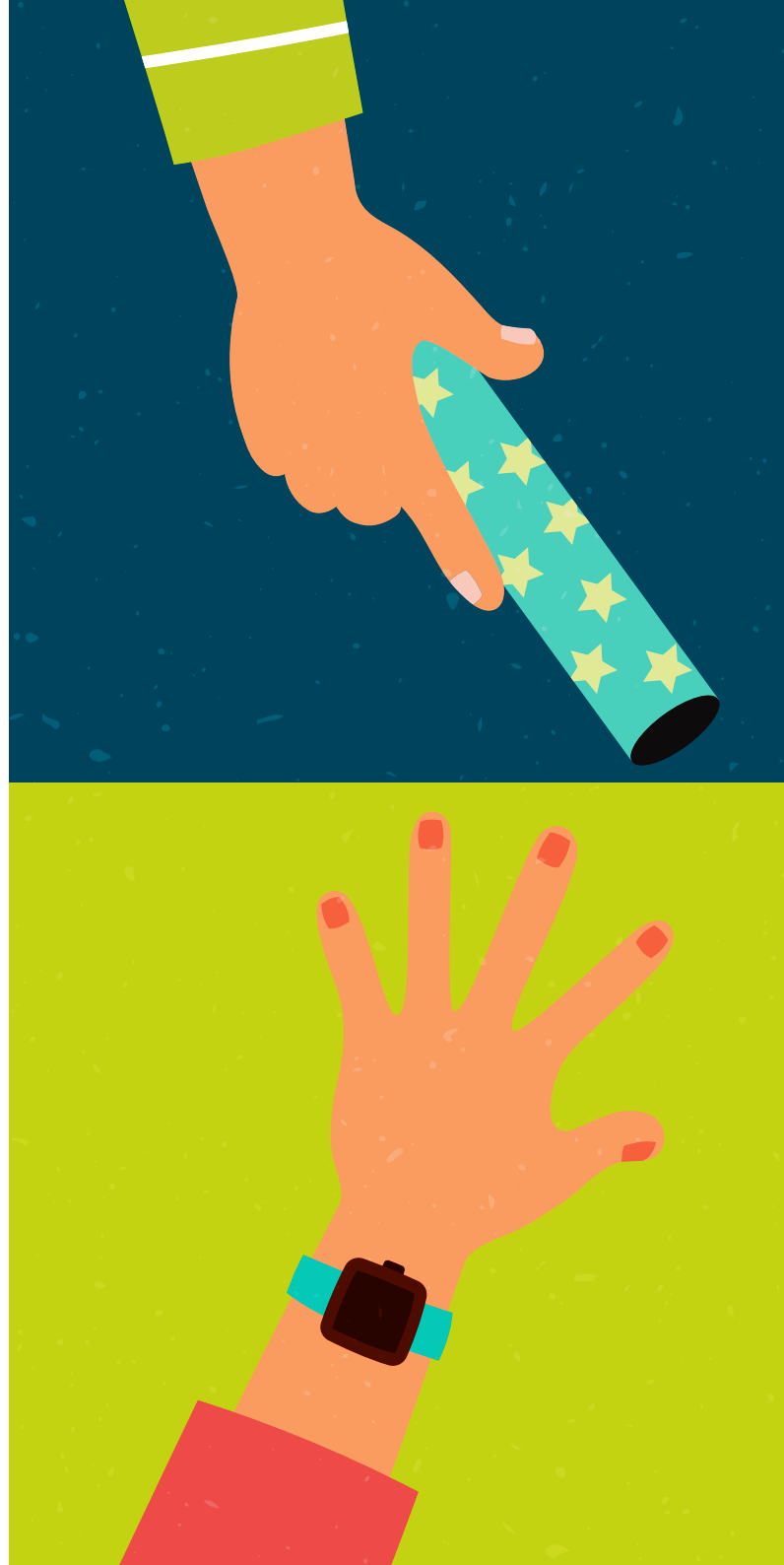
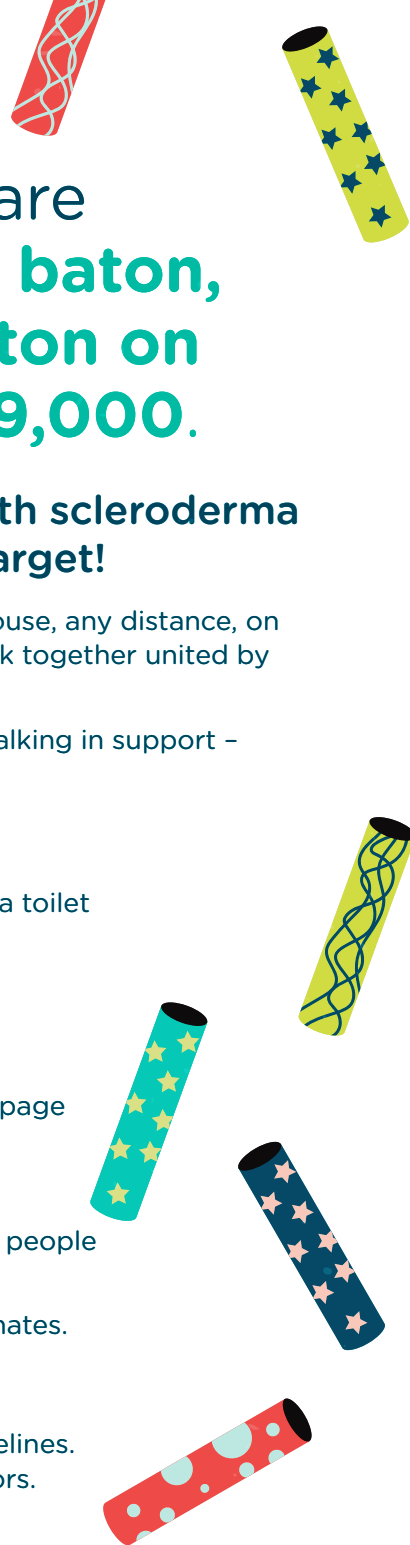
19,000 people are currently diagnosed with scleroderma so this is where we are starting with our target!

**This is your walk, your way** - in the park in the garden, in the house, any distance, on your own or with your household - however it happens - we walk together united by scleroderma and Raynaud's.

Whether you are walking in memory, walking in appreciation, walking in support - we are united even though we are apart.

## It's simple to take part:

- **First - make your baton.** You can choose anything you like - a toilet roll makes a good baton! Watch our video for inspiration [Click here to watch](#)
- **Choose your route, choose your distance.** Stay in or go out and then walk.
- **Set your fundraising target** and set up an online fundraising page via [Justgiving](#) or [Virginmoneygiving](#)
- **Do it on your own or with your household**
- **Tell everyone about it** - share your fundraising page and ask people to sponsor you
- **Pass the virtual baton** - nominate your friends, family, workmates. You can see if they can equal you, beat you or perhaps do an accumulative total of miles and money!
- **Remember** - keep a social distance, follow government guidelines. Only go outside if you are well, otherwise you can walk indoors. Only spread the walking not the virus!



## Una's story

Una Gillespie recently completed her 40km Virtual walkathon and this inspired us to pick up her baton and continue the walking.

Una walked 10km around the perimeter of her house every Saturday for 4 weeks. She was diagnosed with Diffuse Scleroderma 5 years ago which affects her skin and internal organs including her lungs – so this really is a challenge for Una. She has shown amazing spirit to keep going – 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 and finds there is a lack of support currently.

**Una smashed her original £250 target** and has so far raised £5,850 which is amazing and so vital to us. Una also recruited friends and family to walk virtually with her and we wanted to keep the walking going. In fact, we were so inspired by her efforts that we set up the **SRUK Virtual Relay**.



Una has so far raised £5,850 which is amazing and so vital to us.



## How your support helps

Coronavirus has had such a huge impact on us all, with fundraising events cancelled and a whole new way of life suddenly thrust upon us. It has been particularly hard for our community, with information and guidelines changing rapidly, but very little specific guidance for scleroderma and Raynaud's. SRUK are here to help you navigate your way through this; we are committed to ensuring that where there is doubt or anxiety we work to find information. We are also working with other organisations to jointly ensure that rare diseases are on the agenda and that they are not forgotten or ignored.

- **Since the lockdown began we have answered over 125 calls to our Helpline, more than double the usual call rate.**
- **We have received three times as many calls and emails to our general information service**
- **Our website information on Coronavirus has had over 20,000 visitors since March**
- **We have been supported by our community to provide a programme of online support including live Q&As on mental wellbeing, exercise and your medical questions.**

**With your support we are able to be here through this pandemic and beyond.**





## #SRUKpassiton

We know that there are challenges for many of our community with walking but small amounts of exercise can be very 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**

### Here are some extra ideas for adding a fun element

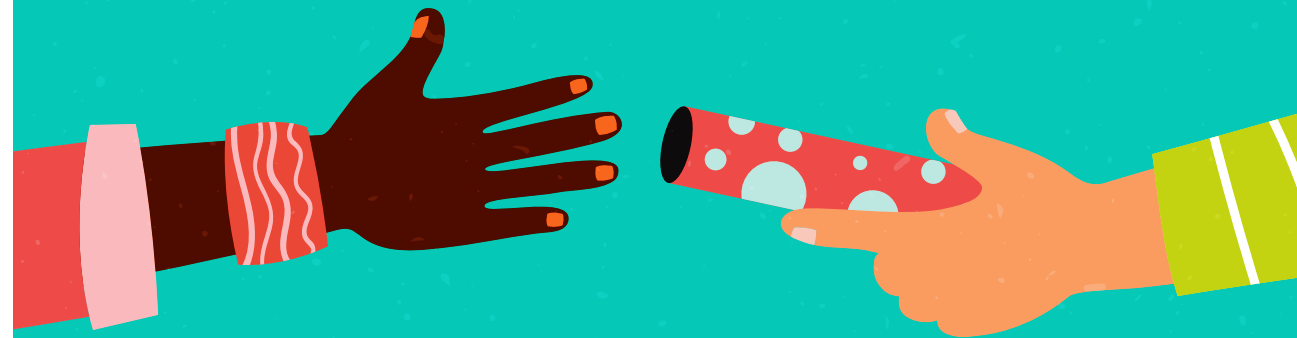
- **Fancy dress**
- **Theme**
- **Glitter**
- **Take your friends on the walk via video call**
- **Take the dog with you – real or otherwise**
- **Silent disco whilst you walk**
- **Add a treasure hunt for the kids**
- **Add a virtual background and walk anywhere in the world / galaxy!**

## How to take part

- Register your interest [sruk.co.uk](http://sruk.co.uk)
- Download our ideas and materials
- Tell us what you are doing, share your photos or videos
- Use the **#SRUKVirtualRelay** & **#SRUKpassiton**
- Call us **020 3893 5993**
- or email [fundraising@sruk.co.uk](mailto:fundraising@sruk.co.uk)



## Walk together for Scleroderma & Raynaud's #SRUKpassiton



[sruk.co.uk](http://sruk.co.uk)



WeAreSRUK



/WeAreSRUK

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