



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 - in the park, in the garden, in the house. Counting steps or miles, on your own or with your household - however you decide - we walk together united by Scleroderma and Raynaud's.

Set your challenge

Measure steps or miles, as a team or individually. Walk alone, with friends or as part of a bigger team challenge. Set your fundraising target and set up an online fundraising page via **JustGiving** or **Virgin Money Giving**

You're all set - now it's time to spread the word and challenge others to join you

- **Tell everyone about it** - share your fundraising page and ask people to sponsor you and keep them updated as you go along.
- **Thank your supporters**, record a video message, post a blog, set up a chat group. Keep the conversation going!
- You could keep the walking going when you've finished by nominating people and **'Passing on the baton'**

Use #SRUKwalk to keep everyone updated

Remember - to keep your walking safe and follow government guidelines if you're walking with others. Only spread the walking not the virus!

Get inspired.

Over the last year, 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!

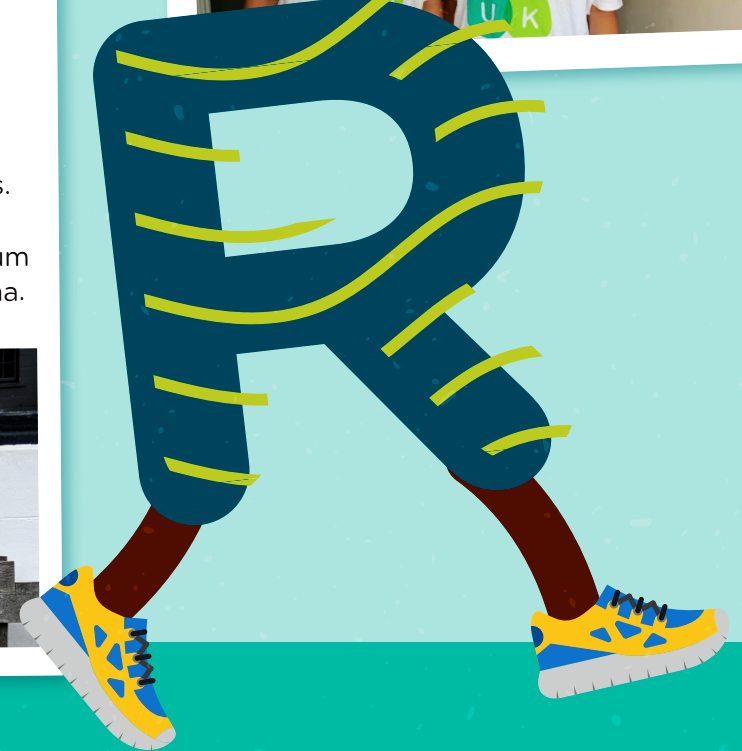
Sue Edser and her nephew Lee walked Wainwright's Coast to Coast path; a distance of around 200 miles. **They raised over £3,000** for SRUK, inspired by Caroline, Lee's mum and Sue's sister, who has scleroderma.



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!

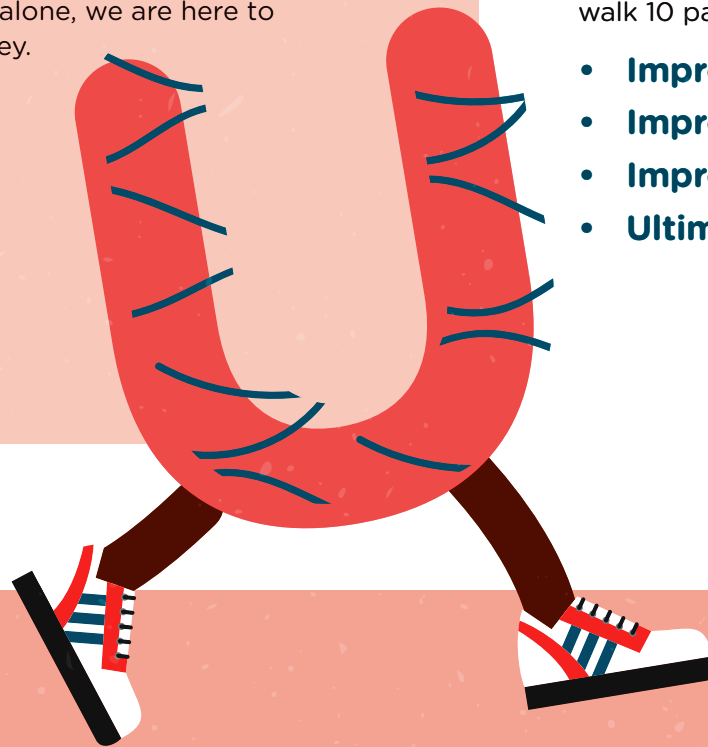


Your support has helped us in a challenging year.

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.

We have been rapidly changing and updating our information, providing webinars and a dedicated section of our website. We have also been providing support through our Helpline and new Keep In Touch phone service, and we are continuing to fund vital research.

We work with you to make sure that where there is doubt or anxiety we can provide support and reassurance. As things start to change, you are not alone, we are here to support you throughout your journey.



We are extremely grateful for your generous support which means we can be here throughout this pandemic and beyond.

- Last year we answered over **1,580 calls to our helpline and information line.**
- Our website information on Coronavirus has had **over 71,800 visitors since March**
- We have continued to fund **research** projects

We know that there are challenges for many of our community with walking but that 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**

2021 is our 5th anniversary - here are some ideas to make your walk 5 times the fun!

- Walk 5 miles/5km/5,000 steps
- Walk 50 miles/50km/50,000 steps over 5 days
- Walk as part of a team of 5, or with 5 others
- Join the Proclaimers and 'Walk 500 miles'
- Walk for 50 hours during June
- Take 5 photos on your walk and then post them to your JustGiving page
- Ask 5 people to sponsor you and then ask them to ask 5 other people to sponsor you #passiton
- Celebrate the end of your walk with a 5th Birthday Party, and choose your 5 favourite party foods to enjoy!
- Create a walking route in the shape of a pentagon - check out www.plotaroute.com to help you!



Sign-up today

Visit sruk.co.uk/walk

Call us on **020 3893 5993**

email fundraising@sruk.co.uk

Register your interest, get your fundraising pack, request your SRUK t-shirt and help raise money and awareness for Scleroderma and Raynaud's.

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



sruk.co.uk/walk    **WeAreSRUK**

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

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