

BSWA's Power Walkathon

Your ultimate guide
to fundraising



45,000 Step Challenge

Join us in our virtual walkathon challenge to help make a positive impact on lives of women and children affected by domestic abuse. You can complete the challenge anywhere you like! In the park, at home, in your garden, in the gym.



BSWA

Ready, Step, Go!

Simple steps to get your 45k steps challenge off the ground!

Walk 45,000 steps or take part in a 45-minute activity.



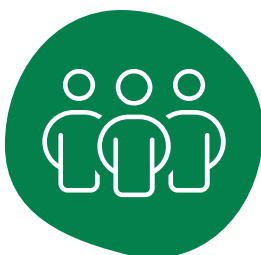
Make the first move

Show potential supporters that you're committed and kick off donations with a contribution to your own Online Giving Page. Fundraisers who make the first donation to their page is over twice as likely to meet their target.



Promote yourself online

Let all your friends and family know you're taking on 45K Steps this year. Share your Online Giving Page across your social media for instant results.



Create your challenge team

Encourage your friends to sign up too. Help motivate each other to reach your target and raise money for vulnerable women and children.

Wear purple to show support!

For a bigger impact, wear purple to show support! A purple tutu, hijab, scarf, turban, wig, head band, t-shirts are some ideas to explore!



Don't let anything stop you!

Walking not your thing?
Why not try 45 minutes of:



Arm Cycling

Cycle with your arms instead of your legs.



Chair Aerobics

Move and stretch your body to music.



Rowing

Pretend to row a boat – in your chair or in the gym.

Follow us on social media

Follow us on Facebook and Instagram to read about other participants and their journey! Let's inspire each other!

@bswaid   

Fundraising Boosters

Use these ideas to help your fundraising jump even higher.

Snap a selfie

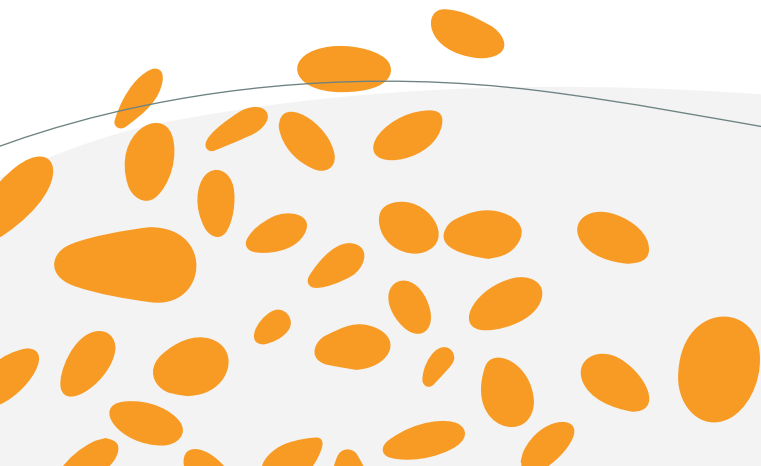
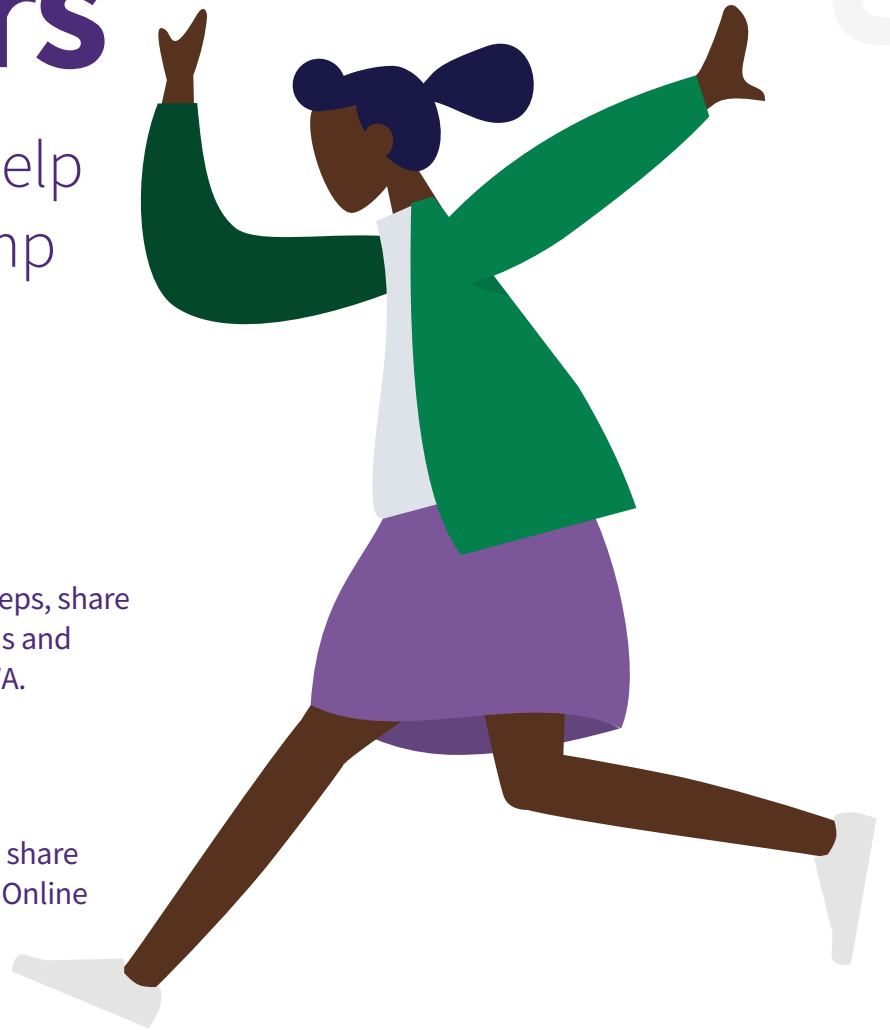
Take a selfie whilst you are doing your steps, share it across social media and let your friends and family know why you're supporting BSWA.

Show off your skills

Film a video of you doing your steps and share it across social media with a link to your Online Giving Page.

Clear out the old

If you're a shopaholic as well as a fundraising hero, why not sell off your old clothes and donate the profits to your fundraising page?





Congratulations!
**Power Walkathon
Challenge Finisher**

This year
Steppers Name

Completed _____ steps
and raised

to help support women and children
affected by domestic abuse.



Thank you for your support!

Birmingham & Solihull Women's Aid

Registered charity number 1073926
Ryland House, 44-48 Bristol Street, Birmingham B5 7AA

BSWA's Power Walkathon Sponsorship form



- Please make sure you fill out each section in full.
- Please make sure the details of each donation are recorded accurately in your sponsor's own handwriting. Forms in the same handwriting or printed aren't valid for Gift Aid purposes.
- Please make sure each sponsor ticks the Gift Aid box next to their address below if eligible.
- Please note we can't claim Gift Aid on business addresses or multiple sponsors e.g. Mr and Mrs Jones.
- Your details are safe with us. Check out our privacy policy at bswaid.org/privacy-statement/ for more details.

Your details

Title: _____ First name: _____
 Surname: _____
 Address: _____
 Postcode: _____ Telephone: _____

Gift Aid – very important

Boost your donation by 25p for every £1 you donate

I want to Gift Aid my donation and any donations I make in the future or have made in the past 4 years, to Birmingham And Solihull Women's Aid. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all of my donations in that year, it is my responsibility to pay any difference.

Please let us know if you want to cancel this declaration, change your name or home address, or no longer pay sufficient tax on your income.

giftaid it

Please use blue or black pen and write in CAPITAL letters. All fields are mandatory.

Tick here for Gift Aid



Full name + Home address + Postcode + Date collected + ✓ = Gift Aid

Title	First name	Surname	Postcode	Home address – not your work address (This is essential for Gift Aid)	Amount	Gift Aid	Date collected
MISS		EXAMPLE	AB1 2CD	12 EXAMPLE ROAD, BIRMINGHAM	£20.00	✓	DD/MM/YYYY
					£		/ /
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Next steps

- Collect your donations from your sponsors and send this sponsorship form, along with a cheque made payable to Birmingham And Solihull Women's Aid, 44-48 Ryland House, Birmingham, B5 7AA.
- Please don't photocopy this form. If you need additional forms please print separately.
- Cash donations can be brought in person to the Birmingham and Solihull Women's Aid administration office by arranging a drop off date and time by calling 0121/6858687

I've raised a total of

£ _____

Visit bswaid.org/PowerWalkathon

Reg. Charity No: 1073926. Company No: 3509538.
 Registered office: Ryland House, 44-48 Bristol Street, Birmingham B5 7AA



Thank you for your support

Together we are working towards a society where no woman or child will be affected by domestic abuse.

The difference your money makes

£30



Could fund a therapeutic play session for a child with one of our specialist children's workers.

Allowing these children to express their emotions during this tough time.

£200



Could pay to staff a helpline worker for the day.

Answering the urgent queries and giving live support to women experiencing domestic abuse.

£500*



Could fund domestic violence and abuse training.

For professionals in the workplace, by our specialist training team.

*Training costs may vary.

