



Take part in the Fit for 30 Challenge and raise funds for Canine Partners

Thank you so much for downloading this e-pack and for taking part in our Fit for 30 Challenge by doing 30 miles in 30 days. We want this challenge to be a fun and exciting way to get fit during the month of September and to be a great way to stay connected with your friends, family and colleagues.

Canine Partners continues to face some challenges, and our priority remains supporting our existing partnerships in their homes whilst we steadily return to being fully operational as soon as it safe to do so. Your support will significantly help to keep the charity operating.

This digital pack is packed with lots of great ideas to help you fundraise and our team will be on hand every step of the way.

We have designed an editable social media poster and a thank you certificate that you can share with your friends and family to help drum up lots of support.

If you need any more information, please do get in touch by emailing fundraising@caninepartners.org.uk.

Where do I start?

If you haven't already, you can get started now by setting up your JustGiving page or you can collect donations using the sponsor form included in this pack. Once you've finished, head to caninepartners.org.uk/donate to pay in your life-changing donations.

We would like to send a huge thank you to you for taking part in the Fit for 30 Challenge and for raising money for our transformational assistance dogs.

Good luck!

Team 30
Canine Partners



Canine Partners

Amazing dogs. Transforming lives.

Get fit for 30 days and transform a life

Canine Partners, registered charity in England and Wales (803680) and Scotland (SC039050).



1. Choose your challenge

Decide how you are going to do your 30 miles in 30 days – you could run it, walk it, cycle it, wheel it – whatever you wish. Plan your route and ensure that whatever you decide to do, please do so safely and within your local Government guidelines.

2. Spread the word

Using the social media poster provided in this pack, add the details about your challenge and post it on your channels to encourage your friends, family and colleagues to donate. Remember to use the hashtag **#fitfor30challenge** and share the link to your JustGiving page.

3. Nominate someone else

Getting your friends and family involved is a great way to stay connected, and it helps to raise awareness of our work. By nominating someone else, it helps to keep motivated and complete the challenge knowing that others are doing it too!

4. Keep your supporters updated

Remember to keep updating your supporters on your progress. You can do this via your social media pages or on your JustGiving page.

5. Time to cool down... and thank your guests!

Enter your fundraising total into the editable thank you poster included in this pack, and post it on your social media pages to let your friends know what an amazing difference they have made to people living with physical disabilities. Be sure to share your photos online using **#fitfor30challenge**.

6. Paying in your donations

Paying in your funds couldn't be easier! If you have set up a JustGiving page, these donations will come straight to us with no further action needed from you.

If you have collected funds in another way, you can pay the funds to us by visiting our website caninepartners.org.uk/donate, calling us on 03456 580 480 or sending a cheque made payable to 'Canine Partners' to:

Canine Partners
Mill Lane,
Heyshott,
Midhurst
West Sussex
GU29 0ED



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Please remember

If you have any underlying health conditions, please seek medical advice before taking on a physical challenge.

You are entering the challenge entirely at your own risk and so far as permitted by law, Canine Partners shall not be liable for any injury, damage or loss to you or your property that might occur as a result of your participation.

Whether you're running, cycling, wheeling or walking, please don't put yourself at unnecessary risk and always ensure you are wearing appropriate footwear and clothing.

...and don't forget

To let us know what you're doing and keep your supporters updated on your progress.

To use the **#fitfor30challenge** hashtag when sharing your photos and updates!



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£5

pays for a pack of tasty treats to help train our puppies

£10

pays for a set of grooming equipment for a dog in training

£100

pays for dog food and insurance for a dog whilst in advanced training

£350

pays for essential equipment for a puppy starter pack



Every step you take, whether it's running, cycling, wheeling or walking, will inspire your friends and family to support you in your Fit for 30 Challenge. Thanks to the efforts of brilliant fundraisers like you, hundreds of people have been able to receive a life-changing canine partner.

If you would like more information about our work, please call us on 03456 580 480 or visit our website at caninepartners.org.uk



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