



Step UP FOR STOMAS Do 42!

It's that time of year again, when we gear up for our annual Step Up for Stomas Challenge! We're making sure there's something for everyone this year, so read on for ideas, and details on how to get involved.

Every year, Colostomy UK holds our Step Up for Stomas Challenge to raise vital funds to support our services. Fundraising is a critical aspect of our operations as we don't receive any government funds; we must generate all our income ourselves. We're reliant on the generous support of people like you!

This year, we're challenging you to 'Do 42' – undertake a challenge based around the number 42, and raise funds through your efforts!

By taking part in our 'Do 42' challenge, you can help make sure we're accessible to all those who need us, when they need us – 24 hours a day, 7 days a week.

"I've been an ostomate for just over 2½ years, prior to that I religiously did my daily 10,000 steps. Sadly, I've rather let that go since my surgery. The Step Up challenge will give me the impetus to step up my game .. and hopefully raise a few quid for Colostomy UK".

When is the 'Do 42' challenge?

The challenge will take place on 14th - 20th October - the 42nd week of the year!

Save the date

OCTOBER

14th - 20th

Why 42?

Every 42 minutes, someone contacts Colostomy UK for help.

"My daughter has had her stoma since June 2019. She continues to live life to the full - Nothing stands in her way and she is an inspiration to us all. I wanted to do something for my brave, uncomplaining, beautiful daughter and Step Up For Stomas seemed the ideal thing enabling me to give support to the colostomy community".

Find full details and lots more ideas at www.ColostomyUK.org/do42



What's Your Challenge?

Many of our supporters set themselves a physical challenge for Step Up for Stomas, as it is a fantastic opportunity to get fit while raising funds for a good cause, while others take a more creative approach. We've tried to come up with enough ideas to make sure there's something for everyone – and there are plenty more on our website:

www.ColostomyUK.org/do42



"I took part in the Step Up Challenge as I'm a passionate walker and intend to ensure I get my steps in every day. I want to support Colostomy UK as I have lived with my stoma for 20 years and am so lucky to continue to be active".



Get Active...

If you fancy the active step challenge, you could commit to walking or running 42,000 steps during the week, or covering 42km or 42 miles by bike or on foot.

Or think beyond the steps – the possibilities are endless! Here are just a few more ideas:

- » Swim 42 lengths a day in your local pool, or 42 minutes in the sea
- » Do 42 skips a day without stopping
- » Do 42 football kick-ups
- » Take your dog for a 42 minute walk each day
- » Dance for 42 minutes a day
- » Do 42 star-jumps/crunches/press ups a day
- » Take on a different physical 42 challenge each day!



Get Creative...

We realise that not everyone can or wants to set themselves a physically demanding goal.

If stepping up to the challenge in other ways is more your style, how about trying one of these:

- » Get sponsored for completing 42 puzzles in a week
- » Bake 42 cakes and sell them for £4.20 each
- » Get crafty and make something to sell for £4.20 or £42 each
- » Organise a virtual bingo game with 42 players, with a £4.20 entry fee
- » Challenge 42 friends to donate to Colostomy UK
- » Challenge yourself to do 42 hours of painting or knitting within the week – whatever you love doing!
- » Organise a raffle with 42 tickets at £4.20 each
- » Host a 42-item treasure hunt and charge people £4.20 or £42 to enter (depending on the value of your 'treasure'!)

WHY DON'T YOU... DO 42!



Get Ambitious...

For those that want to go the extra mile, maybe some of the ideas below will inspire you!



- » In the original Alice in Wonderland book, there were 42 illustrations. Hold a Mad Hatters tea party, charging guests £4.20 to come along.
- » 42 is an episode of Doctor Who, set in real time, lasting 42 minutes. Host a Doctor Who viewing evening, charging £4.20 to join.
- » In the board game, Risk, there are 42 territories. Hold a Risk tournament throughout the week, with entries costing £4.20.
- » If you type "the answer to life the universe and everything", into a Search Engine, the result will be 42. To find out why, read The Hitchhiker's Guide to the Galaxy and host a book club discussion about it, with participants paying £4.20 to join.
- » Cricket has 42 laws. Organise a charity cricket match with 42 overs, with players paying £4.20 to take part.
- » The total number of dots on a pair of dice is 42. Host a poker night, for £4.20 buy-in (or £42 if your purse is large enough!)

- » Cassius and Brutus, the main conspirators in the assassination of Julius Caesar, died in the year 42 BC. Invite your friends' children to a Horrible Histories party and charge your friends £4.20 for you to watch their offspring for the afternoon/evening (or £42 if they're particularly Horrible children!)
- » In Egyptian mythology, there are 42 questions asked of persons making their journey through Death. Hold a quiz night, with 42 questions, charging each contestant £4.20 to enter.



"At JMW Solicitors we often act for clients who have had stomas for a number of different reasons and, having seen the ways in which Colostomy UK support those with stomas, supporting the charity and building a relationship has been really rewarding for us. I'm hopeful that by speaking about the challenge within our firm and on social media, we have helped to raise awareness of the difficulties those with stomas face and the fantastic work Colostomy UK do".



Save the date: **14-20th October** and sign up today!

For more information, visit ColostomyUK.org/do42



Why Do 42?

You'll be part of an energised community, working together to raise valuable funds to make sure we're there when, every 42 minutes, someone looks for help via Colostomy UK's services.

Many previous 'Steppers' have told us they've used our Step Up for Stomas Challenge as a springboard to get active after surgery, enjoying doing so in the company of others. Our more creative participants have relished the challenge of coming up with a really fun idea around the theme. And everybody has loved having the excuse to get in touch with so many of their friends and family, far and wide, to share what they're doing and ask for their support!

"I'm doing this challenge to fight the stigma of having a stoma, and show having a stoma shouldn't stop you doing anything".



How to Get Involved:

Follow our five steps to Step Up for Stomas!

Step One:

Register online at www.ColostomyUK.org – it's free and easy to join in, and we love to hear what you're planning to do and how you're getting on!



Step Two:

Set up a fundraising page at **Justgiving** or on **Facebook**, or print out a sponsor form from our website: www.ColostomyUK.org/do42 (or ask us to post one to you).

JustGiving
OR **facebook**



Step Three:

Set yourself a fundraising target – whether it's £42, £420 or £4,200, having a goal is likely to help you generate more support.

Step Four:

Tell everybody! Share your challenge with everyone you know, and don't be afraid to ask people to sponsor you, or to join in – remember, you're not doing it for you, you're doing it to help the 200,000 people in the UK living with stomas get the support they need.



Ask your employer if they will match-fund your effort.



Step Five:

Order a 'Step Up for Stomas - Do 42' t-shirt at www.ColostomyUK.bigcartel.com – If you raise over £42, you can claim your free t-shirt by completing the form [here](#).

WHY
DON'T
YOU...
DO 42!

Visit our website for full details, more information, hints and tips:
ColostomyUK.org/do42



Sponsorship Form



Participants Name: _____ Participants Email: _____

Participants Phone Number: _____ Date of event: _____ Sheet number: _____ of _____

We wish you every success with your fundraising activity. Please remember to return this form to our office with any money raised, otherwise we will be unable to claim gift aid. The donors full name, address and postcode are needed in order for us to claim gift aid. You have a legal responsibility to ensure all sponsor money is paid to the Colostomy UK. Please print another copy of this form and number it, if you need additional pages. Cheques should be made payable to Colostomy UK. Thank you for your support.

Title	First Name	Last Name	Address	Postcode	Amount	Paid	Gift Aid*
MR	JOHN	SMITH	1 EXAMPLE ROAD, EXAMPLE STREET, READING, BERKS	AB1 2AB	£25.00	YES	YES

*I want to Gift Aid my donation and any donations I make in the future or have made to Colostomy UK in the past four years. I am a UK tax payer and understand that if I pay less In come Tax and/or Capital Gains Tax than the amount of the Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference (currently 25p for every £1 donated).

Please return completed form to: Colostomy UK, 100 Berkshire Place, Winnersh, Wokingham, Berkshire, RG41 5RD