



Thank You for Registering to take part in Step Up for Stomas, Active April!

Step up for the over 200,000 people in the UK living with a stoma by getting Active this April.

Whether you take on our 200,000 step challenge, or chose your own activity, there are many ways you can raise vital funds for Colostomy UK!

Read on to find out more!

Why Step Up for Stomas, Active April?

No fancy equipment or gym membership is needed – as long as you have an active challenge that is suited to your abilities, you can take part in Step Up for Stomas, Active April and help us to support anyone impacted by a stoma in the UK, making this challenge not only beneficial for you but for thousands of others.



It is no secret that getting active is beneficial for both your physical and mental health.

It reduces anxiety, boosts self-esteem and helps you to become physically healthier.





How Can I Get Active and Take Part?

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**200,000+ people
live with a stoma in
the UK**



Take on our 200,000 step challenge!

Walk 200,000 steps over the month of April (that's 6,600 steps a day), one step for every person who could benefit from our support.

You could do this as a solo challenge or as part of a group and share the steps/reps/distance!

Step challenges not for you?

Get creative and take on an active challenge of your choosing, here are some examples:

Climb 20 flights of stairs a day and be sponsored £1 per flight

Commit to doing 200 squats, lunges or crunches every day of April

Enjoy a 20 minute daily walk, swim or dance



There are many more ideas on how to take part in Step Up for Stomas, Active April over on our website:

www.colostomyuk.org/getinvolved/activeapril

How your fundraising helps

As a self-funded charity, every £1 that we raise makes the world of difference. We would love it if you could aim to fundraise as much as you can – setting a target of £200 or £2000 may be helpful!

Your fundraising efforts allow us to support thousands of people around the UK before and after stoma surgery.

Thanks to you, we will be able to continue providing our 24-hour stoma helpline, private Facebook group and Tidings magazine free of charge.

We will also be able to continue to produce our wide range of support literature, run care workshops and campaign for a more Stoma Aware UK.

“The benefits that I personally got out of being part of Step Up for Stomas were quite simply, the pleasure of getting sponsored by many of my friends and family for doing something active that I loved and enjoyed doing. It made me feel that I was at last doing something constructive to repay in some small way, the charity and surgery that actually gave me my life back”.

I had to use Colostomy UK's helpline, and it reminded me what an incredible service they operate. Having a stoma (I've got an ileostomy) is not widely understood and comes with a lot of taboo. So having someone to speak to means an incredible amount.



Fundraising Top Tips

1. Choose your challenge

200,000 steps in April breaks down to only 6,600 a day – does that sound more achievable? We also encourage you to get creative if steps aren't for you – why not create your own challenge around the number 200? 200 minutes of an activity in a week is just under half an hour every day. There are plenty more ideas over on our website!



2. Kickstart your fundraising!

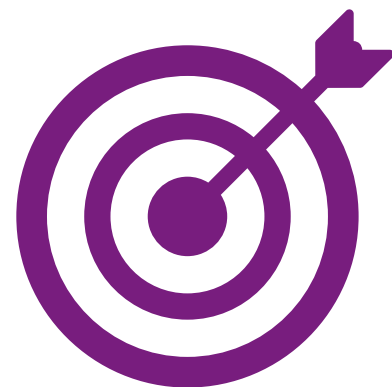
You can set up your Active April fundraising page on JustGiving or Facebook – you can also print our sponsorship form at the back of this pack!

 [justgiving.com/campaign/sufs-active-april](https://www.justgiving.com/campaign/sufs-active-april)

 www.facebook.com/colostomyuk

3. Set yourself a fundraising target

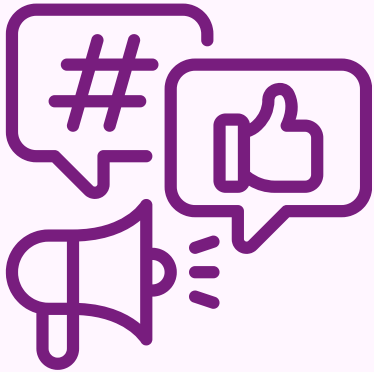
Whether it is focussed on the number 200 or 2,000 or a target of your choosing, having a goal is likely to help you generate more support.



For more information on Step Up for Stomas, Active April head over to our website:

www.colostomyuk.org/getinvolved/activeapril

Fundraising Top Tips



4. Tell everyone you know!!

Share your intention to Get Active in April with everyone you know, and don't be afraid to ask people to sponsor you or join in – remember you are not doing it for you, but to help the over 200,000 people in the UK living with stomas get the support they need.

5. Giftaid it

Because Colostomy UK is a self-funding organisation, every penny we raise really matters, so please remind your sponsors that if they are a UK taxpayer, to tick the gift aid box on your online donations page or sponsor form. For every £1 raised, we get 25 pence back from HMRC, which means your efforts go even further.

giftaid it

6. Get your Challenge Merchandise

Don't forget to order your Step Up for Stomas, Active April branded merch, so you can promote the fantastic challenge you are undertaking!

The last date for ordering your merchandise is 10th March. All merch will be dispatched after this date

To place your order, click on the link here: <https://colostomyuk.bigcartel.com/>





**We can't wait for you to
take part in this years
Step Up for Stomas,
Active April!!**

**[www.colostomyuk.org/getinvolved
/activeapril](http://www.colostomyuk.org/getinvolved/activeapril)**