



**MARCH
IN MARCH**

FUNDRAISING GUIDE

**Put your best foot forward and
take part in March in March.**

Walk 10 miles on any day during the month of March to raise funds for life-changing mental health treatment for veterans. It's easy to take part – simply register online, decide when and where you're going to walk and then get started!

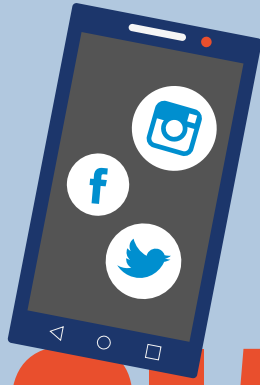
THANK YOU

You've taken the first step to support us by signing up for March in March. Now here's how to get started on your 10 miles in March.



- » **Choose a date and your location:** the joy of March in March is that you can walk or run your 10 miles on whichever day suits you, in any location, inside or out.
- » **Create your online fundraising page:** It's the easiest way to fundraise! When you sign up for March in March you will automatically create a fundraising page as part of the registration process.
- » **Shout about it:** let everyone know why you're taking part. The most successful fundraisers often have really personal fundraising pages so say why you're taking part, send out regular updates and photos. Tell your supporters how their donations will help us provide our life-changing treatment to former servicemen and women with mental health problems. Social media is a great way to tell everyone what you're doing – check out our tips on the next page.
- » **The more the merrier:** why not ask friends and family to sign up to do March in March with you.
- » **Matched funding:** ask your employer if they'll match the funds you raise or make a donation.
- » **Last but not least, don't forget to thank all those who sponsor you!**

BE SOCIAL



Facebook, Twitter and Instagram are all great ways to let everyone know you're taking part in March in March so they can support you.

WHY NOT:

- » **Share your online sponsorship page:** to encourage donations.
- » **Make a film:** post a video of yourself training or on your actual March in March.
- » **Join the Team Combat Stress Facebook group:** for help, advice and inspiration.
- » **Share your achievements:** Download your achievement badges from our [Resources and Rewards](#) page or from our Facebook group. Share them on social media so everyone can see what you've achieved. It might encourage others to get involved too!



- » **Wear it loud and proud:** once you've done the miles and got the medal, share a photo of you wearing it on social media so everyone can see what you've achieved.
- » **Share your story:** send us your March in March story and photos or a video.

Dont forget to tag us!

#MarchInMarch

@CombatStress

ANY QUESTIONS? WE'RE HERE TO HELP.



Call us on **01372 587 140** or
email us challenges@combatstress.org.uk

You'll also find lots of help and advice on our website:
combatstress.org.uk/marchinmarch

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FOR VETERANS' MENTAL HEALTH