



5K Challenge

What is the **5K Challenge**?

We aim to raise **£5,000** in **50** days.

Everyone, either as individuals or in groups of people, is invited to think of a **5K Challenge** that you can do to raise funds towards the first phase of St Edmund's Raise the Roof project. This could be any activity you like doing or want to challenge yourself to do. A few examples to start you thinking are: baking, crafts, running, singing, walking...

Be inspired by Captain Sir Tom Moore!

Individuals / your group will ask for sponsorship to complete their **5K Challenge** event, particularly by people from outside the St. Edmund's community i.e. colleagues, family, friends...

The theme is simply: the number **5** and multiples of **5**.

Who is it for?

In a word, everyone!

- **5K Challenges** can be for all ages & abilities.
- Members of St Edmund's 'on-line' congregation can take part and contribute wherever they live.
- Family members & friends can also be encouraged to join in with the **5K Challenge**.

Fundraising can be done online or using paper sponsorship forms, individually or in teams.

And if you really don't want to take on a challenge yourself, please be generous in supporting those that are doing a **5K Challenge**, by sponsoring them, sharing their stories with your colleagues, family and friends and encouraging them to sponsor a **5K Challenge** event, or by donating any materials that people might need in their **5K Challenge**.

Timing

We are launching the **5K Challenge** on Sunday 22nd August 2021.

The 50-day **5K Challenge** period starts on Sunday 5th September and finishes Sunday 24th October.

You can do your **5K Challenge** event on a single day or across part / all of the 50-day period.

Keeping you up to date

Updates of individuals' / groups' progress, including photos, can be shared on the church website, in the weekly newsletter and on a notice board in the church foyer.

Let's inspire and encourage each other!

Thank you for supporting the **5K Challenge**.

Sarah & Simon Wilson

How to set up your fundraising page

Online fundraising is set up via Virgin Money Giving, with whom St Ed's is a registered charity. This enables donors to donate money directly to St Ed's and for us to gain Gift Aid directly.

1. Enter your email address and register for Virgin Money giving (or sign in if you have already registered).
When registering you will need to fill in and tick a few boxes...
Once registered / signed in:
2. Go to our "**5K Challenge** – Raise the Roof at St Ed's" campaign website:
<https://virginmoneygiving.com/fund/steds5kchallenge>
3. Click on "Start fundraising".
You will now be able to create an event for your **5K Challenge**.
There's all sorts of fun stuff you can do, like adding a target amount, cover photo, story, etc.

Once you have completed these 3 steps you will find that you are listed as a supporter on our **5K Challenge** campaign. People that view the **5K Challenge** page will be able to click on your name and sponsor you. It's as easy as that!

If you need any help, please ask Simon (07764 658065) or Steve for help.

Paper-based sponsorship

We have prepared some simple sponsor forms for you to use. They are generic, but if you would like them to be tailored for your challenge, please let us know.

Some more suggestions for **5K Challenges**

- Walk/run/cycle/ride mobility scooter 5/15/25/50 times around your garden/the parish boundary/Ruislip Lido/Rickmansworth Aquadrome...
- Run/walk 5km 5/15 times...
- Swim 5/15/25/50 lengths of your local swimming pool...
- Score 50 goals in basketball/football/netball...
- Read 5/15 novels or books of the bible...
- Knit or crochet 5/15/25/50 squares to make blankets or 5/15/25 hats for a neo-natal unit...
- Make (and possibly sell) 5/10/15 bird boxes for the church grounds & members of the church community/friends/families gardens...
- Bake (and possibly sell or donate) 5/15/25/50 cakes/pies/jars of jam/sweets...
- Paint/sew/make (and possibly sell or donate) 5/15/25/50 items...
- Take part in a 5 hour singathon/danceathon/readathon...
- Complete 50 crossword puzzles/Sudoku puzzles...
- Complete 5/15/25 jigsaw puzzles...

A reminder of why we need your help

Quite simply, our roofs are leaking and the rain is coming in...

By fundraising you will help towards the replacement of the leaking roofs around St Edmund's Hall and Lady Chapel.

By fundraising for St Edmund's Raise the Roof campaign, you are helping to secure the future of the Hall and Church for this generation and beyond.

For more information about the overall Raise the Roof fundraising campaign please visit:

www.saintedmundschurch.org.uk/RaiseTheRoof