

FUNDRAISING PACK

Thank you for joining the Duchenne Dash AT HOME and joining the fight to END DUCHENNE.

You are now part of a dedicated family of incredible Dashers who are raising critical funds to help us in our fight to end Duchenne muscular dystrophy (DMD).

Duchenne UK is run by people who live with DMD everyday. We combine the determination of a mother with the rigorous focus of a scientist to ensure the best treatments and quality of life for people living with a diagnosis today.

We know that, one day in the not too distant future, we will end the devastation that a diagnosis of DMD brings to families.

What is Duchenne muscular dystrophy (DMD)?

DMD is a devastating muscle-wasting disease. It is the most common and severe form of muscular dystrophy. Diagnosed in early childhood, it mainly affects boys.

2 families a week in the UK hear the news that their child has DMD

To date, Duchenne UK has committed £14.6M to the fight against DMD



LET'S GET STARTED!

To celebrate Duchenne UK's 10th year, we are challenging you take on a '10 for Duchenne' challenge between 30 April to 11 June 2022. Set your own challenge and achieve it your own way; by bike, foot, scooter, wheelchair or in the pool!

Everyone can take part, so get your kids, parents, colleagues and friends to join you! Just choose your challenge, set up a JustGiving page and set your own target. Here are some ideas to get your started!

Try and go as far as you can using 10 different methods, for example walk, bike, run, scoot, swim, hop, skip

Get out and about using your wheelchair, powerchair or scooter and see new 10 new places

Complete a team challenge of your choice with 10 pals or colleagues

Get out on your scooter, wheelchair or bike 10 times during Dash AT HOME and see how far you can go in total

Smash your step count! Take a 10am desk break and go for a walk. Can you cover 1,000, 5,000 or 10,000 steps everyday?

Go 1, 10, 50, 100, 200kms over six weeks any way you like for Duchenne UK





MEET SHIV



In April 2014, at the age of 3, our fun loving, caring and ever so cheeky son with the most beautiful smile that is always commented on was diagnosed with Duchenne muscular dystrophy (DMD). Shiv looks like any other boy his age on the surface; but his condition means that he is getting weaker by the day. Coming to terms with Shiv's condition has been extremely difficult for us and continues to test us on a daily basis. However, we know that there is hope. Researchers are working really hard to find new effective treatments. We find ourselves in a race against time; we cannot sit back and wait for a treatment to materialise, but need to act now to do what we can to speed up the process. So, last year with 35 amazing dedicated friends and family, as well as very own Shiv, we took part in the Duchenne Dash AT HOME to raise money for Duchenne UK and Smile with Shiv, to help bring forwards the day when we will end the devastating impact of this disease. Over 6 weeks our team covered 7,785km and raised more than £14,000 thanks to their fundraising and generous matched giving from some of the team's employers! Please join the Duchenne Dash AT HOME this year and join our fight to END DUCHENNE.

Try out top fundraising tips!

Ask your work if they have a matched giving scheme

Check out the Dash AT HOME Fundraising toolkit

Share your story. Tell everyone what you are doing and why

Spread the word on social media using videos and pictures

Ask local businesses and groups to help you raise money

PAYING IN YOUR DONATIONS

Set up a JustGiving page Visit JustGiving, search '[Duchenne Dash AT HOME 2022](#)', click the orange 'start fundraising' box to set up your own page or click the link above.

Bank transfer Please email: dash@duchenneuk.org with the subject Dash AT HOME BANK TRANSFER and we'll provide our details and a reference

Cheque Please make cheques payable to Duchenne UK, include your full name and Duchenne Dash AT HOME with your cheque. Please post cheques to: Duchenne UK, Unit G20 Shepherd's Building, Charecroft Way, Hammersmith, W14 0EE

Thank you for taking part and supporting Duchenne UK
If you need any help or advice please contact our fundraising team on dash@duchenneuk.org

