



**DUCHENNE *DASH AT HOME***  
**DASHER'S FUNDRAISING PACK**



Duchenne  
UK

## Accelerate your Dash Fundraising

# DUCHENNE DASH

## AT HOME

Challenge your friends, family and colleagues to complete 300kms of activities over six weeks (or less) for Duchenne UK. By the end of the challenge they will have covered the distance from London to Paris - just like you! And, their donations can be added to your own Dash fundraising to help you on your way to your £4,000 target.

They can take part on their own or as a team and do it wherever and however they like. Walk, cycle, run, swim - the choice is theirs!

DMD is a muscle-wasting disease. It's the most common and severe form of muscular dystrophy.

To date, Duchenne UK has committed £17M to the fight against DMD

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

## LET'S GET STARTED!

It's easy to take part. Start a Dash AT HOME challenge as part of your own training or encourage your friends, family and colleagues to take on their own 300km challenge over 6 weeks. Make sure you let us know if they are supporting you and that they mention your name on their fundraising page so we can add their donations to your total raised!

Here are a few ideas to get you started and on your way to hitting your fundraising target.

Get sponsored to run errands for friends. Raise money and kms towards your goal

Sponsor your soundtrack! Ask for a donation to add a tune to your workout playlist

Set up your [JustGiving page](#) and share with everyone you know!

Add the return journey and complete 600kms in six weeks for an extra challenge

Set up a fitness challenge at work and get your colleagues to join the fun



# MEET ALISTAIR, JIM AND BRUCE

**There are occasions in life when you can remember exactly where you were and what you were doing.**

Well, for me, hearing about Duchenne muscular dystrophy (DMD) was one of those times. I was in the study, when my wife said "I have some very distressing news about Bruce", our eldest grandson. He was, and still is, a lovely, lively, active, inquisitive and bright boy. I felt an immediate sense of alarm. I'd never heard of DMD before and certainly didn't know what its impact might be.

The Dash AT HOME got me thinking about whether I could do something to raise a "couple of bob" for Duchenne UK. I decided to cycle one hundred miles in a day with my son-in-law Jim, Bruce's dad. It turned out to be one of the hardest things that I've ever done, but we made it!

Actually, there was no way we would ever have failed, for two very good reasons:

1. The generosity of the people who made all of the fantastic donations.
2. Our wonderful, lovely wee man, Bruce, who was in my thoughts saying "come on Grandpa, you can do it" many times during the day when my legs were about to give way.

If you're thinking about taking part in the Dash AT HOME just do it and then expect to be overwhelmed by people's kindness.



# FUNDRAISING TIPS

Ask your work if they have a matched giving scheme

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

Spread the word on social media using videos and pictures

Contact your local paper, news and radio station to reach even more donors

Ask your local sports club or gym to join you in your challenge

Set up a [JustGiving QR](#) code to collect donations wherever you go

Ask local businesses and groups to help you raise money

# FUNDRAISING TIPS

**Set up a JustGiving page** Visit [JustGiving](#), search '[Duchenne Dash AT HOME 2024](#)', click the orange 'start fundraising' box to set up your own page or click the link above. Make sure that the Dash AT HOME page references a Dasher clearly if you would like to donations to count against your overall Dash fundraising

**Bank transfer** Please email: [dash@duchenneuk.org](mailto:dash@duchenneuk.org) with the subject Dash AT HOME BANK TRANSFER and we'll provide our bank details

**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 G24 The Shepherds 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](mailto:dash@duchenneuk.org)**

Duchenne UK, Unit G24, The Shepherds Building, Charecroft Way, Hammersmith, W14 0EE  
[dash@duchenneuk.org](mailto:dash@duchenneuk.org) [duchenneuk.org](http://duchenneuk.org) Charity number: 1147094