

THE DEAF HEALTH CHARITY SIGNHEALTH

FUNDRAISING CHALLENGES 2023

SignHealth is a registered charity, no. 1011056.



Are you up for a challenge?

Do you want to help SignHealth to improve the health and wellbeing of Deaf people?

We are looking for people who want to take on a challenge in 2023 to raise money for SignHealth. It is a great opportunity to try something new, improve your wellbeing and support a really great cause.







You could run, walk, cycle or even sky dive. There are loads of ways you can get involved. This guide will help you through the first few steps of taking on a challenge for SignHealth – we can't wait for you to join the team!











Step 1











Choose your challenge

When it comes to choosing your challenge, the possibilities really are endless! There are thousands of organised challenge events for you to take part in.

Below we have suggested some of the more popular events that you could get involved in.

	Run - There are thousands of running events across the UK – whether you are a beginner looking to take on a park run or 10k or an experienced runner seeking your next challenge.
	Walk - Do you fancy taking on a trek for SignHealth? Taking part in an organised walking challenge can be a great way to make friends and join a team. You could also create your own walking challenge anywhere in the world!
	Cycle - Charity cycle challenges are becoming more popular – get on your bike to raise money and support for SignHealth!
	ToughMudder - Take on a very muddy obstacle course – you can even get your friends, family and colleagues involved too! There are ToughMudder events across the UK throughout 2023.
	Swim - Would you prefer to take on your challenge in the water? There are a few great organised open water swims so that you can dive straight into your challenge!
	Thrill Seekers - Are you seeking an even more thrilling challenge? You can do a Sky Dive or Bungee Jump for SignHealth!

Date	Event Type	Event Name	Registration Link	Registration Fee
26 March		Hampton Court Palace Half Marathon	SELECT	£40
2 April		Brighton Marathon	SELECT	£70
16 April		Manchester Marathon	SELECT	£79
16 April		Manchester Marathon Relay	SELECT	Team of 2: £89 Team of 4: £99
29-30 April		Isle of Wight Ultra Challenge	SELECT	25km - £79 54km - £129 106km - £198
27-28 May		London 2 Brighton	SELECT	25km - £79 50km - £129 100km - £198
28 May		Ford Ride London - Essex 60	SELECT	£55
4 June		Ride Vyking	SELECT	65km - £36 112km - £46 160km - £48
9-11 June		Arla Great North Swim	SELECT	1 mile £46 2 miles £54
10-11 June		Lake District Ultra Challenge	SELECT	25km - £79 50km - £129 100km - £198







Date	Event Type	Event Name	Registration Link	Registration Fee
8-9 July		Peak District Ultra Challenge	SELECT	25km - £79 50km - £129 100km - £198
9 Sept		Thames Bridges Trek	SELECT	25km - £79
10 Sept		Great North Run	SELECT	£64
10 Sept		London to Brighton	SELECT	£55
16 Sept		Swim Serpentine London	SELECT	TBC
23 Sept		Chiltern 50 Challenge	SELECT	£79
30 Sept		AJ Bell Great Scottish Half Marathon	SELECT	£40
1 October		AJ Bell Great Scottish 10k	SELECT	£35
8 October		London Royal Parks Half Marathon	SELECT	£64
28 October		Halloween Walk	SELECT	10km - £37.50 21km - £59 42km - £79

Thrill seekers

For those who want to take on an even bigger challenge, why not join a ToughMudder event, go sky diving or a daring bungee jump?

Thrill seeker events are a great way to wow sponsors and can give you a once in lifetime opportunity to do something you have never done before. The events listed below are available across the UK throughout 2023 on various dates, allowing you to plan your fundraising event in your own time.

You can even get your friends, family and colleagues involved too! You can choose how much of a challenge you want to take on for SignHealth!

Event Type	Event Name	Registration Link	Registration Fee
	ToughMudder	SELECT	5k, 13 obstacles – registration fee from £94
	ToughMudder	SELECT	10k, 20 obstacles - registration fee from £94
	ToughMudder	SELECT	15k, 30 obstacles – registration fee from £94
	Endurance Toughest Mudders	SELECT	12-24 hour overnight endurance. Registration starts at £144
	Sky Dive	SELECT	At any SkyLine centres across the UK. Prices start at £270.
	Bungee Jump	SELECT	160ft or 300ft. Prices start at £99.

Step 2

Setting your fundraising target

Once you have chosen and booked your event, it is time to set your fundraising target. It's entirely up to you how much you want to raise and it will depend on the size of your challenge, your personal network and how much you think you'll be able to raise.

This is how your fundraising can help:

- **£200** could help 20 Deaf children to learn about safe relationships
- **£500** could help fund our research into mental health support for Deaf children
- **£1,000** could provide 10 BSL therapy sessions in Deaf schools
- **£2,500** could help fund our campaign work to improve health access for Deaf people

Step 3

Next steps

Once you have decided what you want your challenge to be, let us know at: fundraising@signhealth.org.uk

As part of **#TeamSignHealth** you will receive:

- A fundraising pack full of tips and guides
- A social media pack to help you to tell everyone about your challenge
- Your own SignHealth t-shirt or running vest
- A training guide.

More importantly, you will know that as part of **#TeamSignHealth**, you are making a real difference for Deaf people facing barriers to accessing the health and wellbeing support they need.

We are so grateful that you are thinking of taking on a challenge for SignHealth this year. We have a long way to go to remove the barriers that Deaf people face in accessing health services. We simply couldn't get there without your support.

Thank you!
#TeamSignHealth



SignHealth is a registered charity, no. 1011056.
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