



London to Lapland

Activity Pack

Thank you for requesting a London to Lapland Big Give Christmas Challenge Activity Pack!

We want YOU to help Barnet Mencap get all the way to Lapland between 1st - 8th December 2020.

You don't need to walk/run/cycle/travel in your wheelchair for 1,844 miles on your own, but any distance you do manage adds up and helps our total as we make our way there - and helps raise money for Barnet Mencap

In this pack we've got all the information you need on what you need to do, and how that helps Barnet Mencap.



#ChristmasChallenge20

One donation, twice the impact



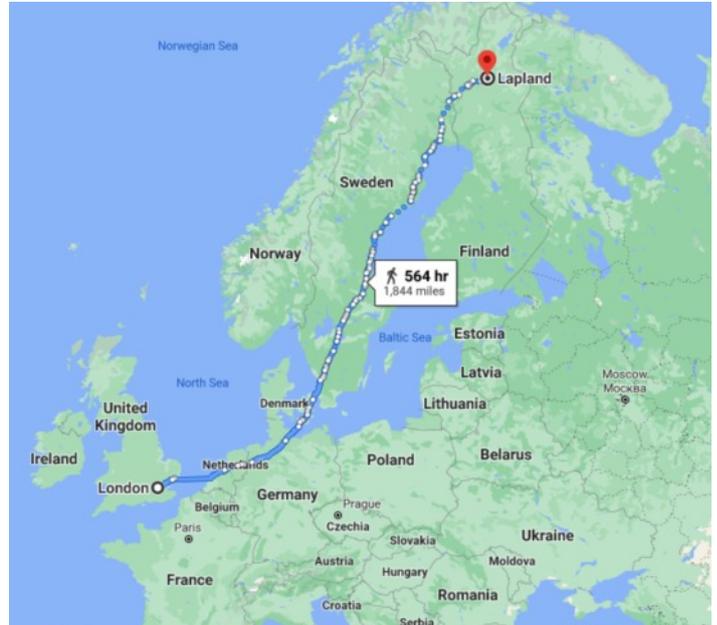
What are we trying to do?

Between our service users, their carers, our staff, volunteers and supporters, we are trying to walk/run/cycle or travel in their wheelchair the distance between London to Lapland, between 1st - 8th December 2020 to raise money for Barnet Mencap.

How far do you need to walk?

The distance between where Barnet Mencap is in London, to Lapland, is 1,844 miles. Here it is on a map!

We aren't expecting any one person to travel over one thousand miles, but if we all travel a couple of miles or as much as we can, then together we might be able to do it! You could travel as little as one mile on one day, or spread your challenge across several days - it all counts!



Why are we trying to do it?

We know 2020 has been a very tough year for everybody, so we thought this campaign would be something to look forward to and to get involved in for our supporters as we look forward to Christmas. We are also hoping to raise some money for Barnet Mencap as part of the Big Give Christmas Challenge 2020. During this period, donations we receive through their platform will be **DOUBLED** if we hit our target, so they will go even further!

What will we do with the money?

The money raised will go to our Community Opportunities Project, which provides leisure and learning, sports and fitness activities for adults with learning disabilities; towards our day breaks, and towards our Children's Services projects.



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Here's what we want you to do

We want to get people exercising. On the next page you will find a sheet to record how far you have walked/run/cycled/travelled in your wheelchair over the period of 1st-8th December 2020.

You could go for one cycle on one day, or go for lots of little walks across the week - it doesn't matter, it all adds up.

At the end of the week, or after you have completed your challenge, we want you to tell us how far you have travelled, so we can add it all up and see how far we have got.

You can record your distance in miles, kilometres or steps, whatever is easiest for you.

Please bear in mind we are still going through the Coronavirus pandemic and there are rules on social distancing and who you can spend time with. Please make sure you stick to these rules.

If you're planning to take part, tell your friends and family and see if they would like to sponsor you or donate towards Barnet Mencap's Christmas Challenge 2020.

Why not do it in fancy dress to really stand out?! We want to see your photos so we can share them to inspire others!

All donations must be made through the Big Give portal, at:

<https://donate.thebiggive.org.uk/campaign/a051r00001efc7bAAA>

This is very important. Donations through that portal will be DOUBLED if we hit our target, so one donation can make double the impact. Donations must be in between 12 noon 1st - 12 noon 8th December or they will not qualify to be doubled.

There will be certificates and prizes for those that walk the furthest and raise the most money!

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London to Lapland Activity Record Sheet

Record how far you have walked/run/cycled or travelled in your wheelchair (travelling in a car doesn't count!) on each day of the Big Give Christmas Challenge.

You can add up how far you have travelled over the week and put this in the total box at the bottom.

At the end of the week, let us know how far you have walked by contacting projectsupport@barnetmencap.org.uk or calling 020 8349 3842. We can then see how far we've got towards our 1,844 mile total.

Please send us photos of you walking during the week and send them to projectsupport@barnetmencap.org.uk

		Example	Tues 1 st December	Wed 2 nd December	Thurs 3 rd December	Fri 4 th December	Sat 5 th December	Sun 6 th December	Mon 7 th December	Tues 8 th December
Distance	AM	<i>1 mile</i>								
	PM	<i>2 miles</i>								
Total		<i>3 miles</i>								
									Weekly Total	