



Step Up for Stomas, Active April

Did you know that on average, 55 stoma surgeries are performed every single day in the UK?

Whether you pledge to run, jog, walk, skip, swim or roll **5.5k**, walk **5,500 steps**, or do **55 minutes of an activity** of your choice **every day of April**, there are so many ways you could Get Active and raise vital funds for Colostomy UK.

Why Step Up for Stomas, Active April?

You do not need specialist equipment or a gym membership to get involved. By choosing an activity that suits your own abilities, you can take part in Step Up for Stomas, Active April, and play a role in supporting people across the UK who undergo stoma surgery.



Staying active can have a powerful impact on both physical and mental wellbeing, helping to ease anxiety, build confidence, and improve overall health.

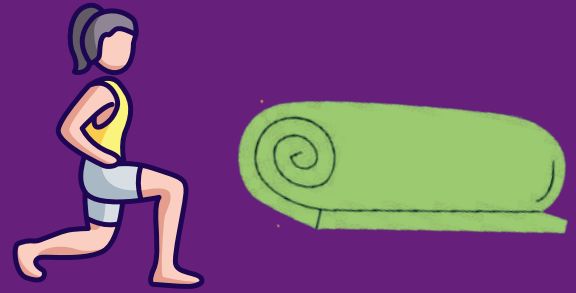




How Can I Get Active and Take Part?

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55 stoma surgeries are performed in the UK every day



Challenge yourself to walk, run, wheel, cycle or swim, covering **5.5 km a day** at your own pace,

Walk, run or jog racking up **5,500 steps a day** throughout April.

Step challenges not for you?

Get creative and take on an active challenge of your choosing for 55 minutes every day, here are some examples:

Enjoy 55 minutes of meditation every day of April

Commit to doing 55 squats, lunges or crunches every day of April

Enjoy a 55 minute daily walk, swim or jog

Climb 55 flights of stairs each week in April

Dance for 55 minutes every day of April



How your fundraising helps

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As a self funded charity, every pound we raise makes a real difference. Your fundraising will help ensure people across the UK receive vital support before and after stoma surgery, so no one has to face it alone.

Thanks to Step Up for Stomas, Active April participants, we can continue **campaigning** for a more Stoma Aware UK, including better **access to stoma friendly toilets**, keep our **Stoma Helpline open 365** days a year, and provide emotional support through our **befriending** service.

Your support also helps us deliver **Active Ostomates** classes, produce trusted information resources, run **care workshops**, and work with decision makers to ensure stoma services reflect the real needs of the community.

“Having a colostomy has been life-changing, and thanks to Colostomy UK, I found the support and information I needed to navigate this new chapter. I'm raising money and awareness to give back to the incredible community that helped me”

“I had to use Colostomy UK 's helpline, and it reminded me what an incredible service they operate. Having a stoma (I've got an ileostomy) is not widely understood and comes with a lot of taboo. So having someone to speak to means an incredible amount”



Fundraising Top Tips

1. Choose your challenge

Walk, run, skip, hop, swim 5.5k a day, rack up 5,500 steps a day or take on 55 minutes of an activity most suited to you every day of April.



2. Kickstart your fundraising!

You can set up your Active April fundraising page on JustGiving or Facebook – you can also print our sponsorship form at the back of this pack!

 [justgiving.com/campaign/active-april-55](https://www.justgiving.com/campaign/active-april-55)

 www.facebook.com/colostomyuk

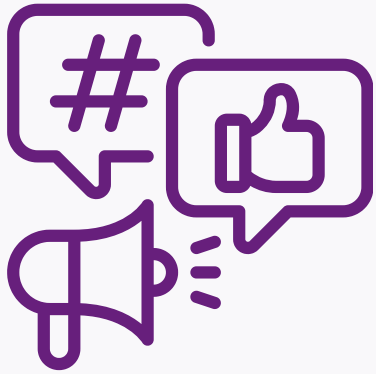


3. Set yourself a fundraising target

Whether it is focussed on the number 55, 155, 1555 or a target of your choosing, having a goal is likely to help you generate more support.

A white banner with a black border and the word "START" in bold, black, sans-serif capital letters.

Fundraising Top Tips



4. Tell everyone you know!!

Share your plans to take part in Step Up for Stomas with friends, family and colleagues, and do not be shy about asking people to sponsor you or even join in. Your challenge is a great way to support yourself while also standing alongside everyone with a stoma, helping to ensure they feel informed, supported and not alone.

5. Giftaid it

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Because Colostomy UK is a self-funding organisation, every penny we raise really matters, so please remind your sponsors that if they are a UK taxpayer, to tick the gift aid box on your online donations page or sponsor form. For every £1 raised, we get 25 pence back from HMRC, which means your efforts go even further.

6. Qualify for your FREE T-shirt

Be one of the first 30 people to raise £55 or more to become eligible for your FREE Active April t-shirt.

Alternatively, you can also purchase a t-shirt on our online shop today.





Colostomy

Participants Phone Number:

We wish you every success with your fundraising activity. Please remember to return this form to our office with any money raised, otherwise we will be unable to claim gift aid. The donors full name, address and postcode are needed in order for us to claim gift aid. You have a legal responsibility to ensure all sponsor money is paid to the Colostomy UK. Please print another copy of this form and number it, if you need additional pages. Cheques should be made payable to Colostomy UK. Thank you for your support.

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*I want to Gift Aid my donation and any donations I make in the future or have made to Colostomy UK in the past four years. I am a UK tax payer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of the Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference (currently 25p for every £1 donated).

Please return completed form to: Colostomy UK, 100 Berkshire Place, Winnersh, Wokingham, Berkshire, RG41 5RD



**We can't wait for you to take
part in this years Step Up for
Stomas, Active April!!**



getinvolved@ColostomyUK.Org



100 Berkshire Place, Winnersh, Wokingham RG41 5RD



ColostomyUK.Org/get-involved



0118 939 1537 Admin Line 0800 328 4257 Stoma Helpline

