

Walthew House

Take on
250



Every day in the UK, 250 people begin to lose their sight.

That's why we need you to **Take on 250** for Walthew House. Take on your own challenge and get that great sense of achievement, while helping us smash the barriers faced by people with sight loss.

Walthew House

Registered charity
number: 1167749

112 Shaw Heath, Stockport SK2 6QS

Tel: 0161 480 2612

www.walthewhouse.org.uk



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#TakeOn250 this January!

Every day in the UK, 250 people begin to lose their sight. That's why we need you to Take on 250 for Walthew House, in an initiative backed by the RNIB.

Take on your own challenge and get that great sense of achievement, while helping us smash the barriers faced by people with sight loss.

Choose a new challenge, or take on something you love and complete 250 of whatever you decide. You can Take on 250 as an individual or with a team of friends, family or colleagues.

Whatever you do, join us and make a big difference to people facing sight loss in Stockport. Walthew House has been supporting people for more than 140 years, and the charity relies on donations so that we can keep helping around 400 local people each week.

How does it work?

- **Choose your challenge:** walking, running, cycling or swimming; cake-baking or singing; dancing or knitting – it's all up for grabs! (more ideas over the page)
- **Decide your 250 goal:** it could be 250 minutes, involve 250 steps or laps, 250 repetitions or creating 250 items.
- **Pick a timeframe that suits you** – complete it all in one go, spread it across the whole month of January, or anything in between!
- **Choose your fundraising target.** We suggest you aim to raise £50 but it's up to you, just raise what you can for our charity. We have included a sponsorship form in this pack, or you could set up an online giving page on Facebook or Just Giving.



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Fundraising ideas

The possibilities are endless for your **Take on 250** challenge. Below are some ideas to get you started, whatever your age, interests, or fitness levels:

- 👁 Bake 250 cupcakes or cookies and hold a bake sale.
- 👁 Run or walk 250 laps of your local park.
- 👁 Do 250 minutes of yoga.
- 👁 Cycle 250 miles.
- 👁 Knit 250 items and hold a table-top sale (or donate them to Walthew House!)
- 👁 Complete 250 laps of an assault course in your garden.
- 👁 Climb your stairs 250 times.
- 👁 Complete 250,000 steps over three weeks.
- 👁 Sing 250 song requests.
- 👁 Swim 250 laps of your local swimming pool.
- 👁 Volunteer yourself to help your family with 250 tasks during January.
- 👁 Hold a tombola with 250 prizes.
- 👁 With a rowing machine/exercise bike in the office, row/cycle 250 miles.
- 👁 Organise a 250-hour danceathon.
- 👁 Raise £250 through a dress down day at school or work.
- 👁 Crochet 250 squares.
- 👁 Collect 250 coins (5p, 10p, or 20p) and donate them to Walthew House!



Please fill in your details:

Name:	
Address:	
Postcode:	

giftaid it If I have ticked the Gift Aid box, I confirm that I am a UK tax payer. I have read this statement and I want Walthew House to reclaim tax on the donation detailed below. I understand that if I pay less Income tax and/ or Capital Gains tax than the amount of Gift Aid claimed on all of my donations in that tax year it is my responsibility to pay any difference. I understand that Walthew House will claim 25p of tax on every £1 that I have given.

Remember: You must provide your full name, home address (not work), postcode and tick the 'Gift Aid' box for Walthew House to claim tax back on your donation. Thank you.

Full Name	Home address	Postcode	Amount £	Gift Aid?	Date paid
Total					



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Walthew House supports people in Stockport with sight and/or hearing loss. Registered charity no: 1167749.



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Thank you for supporting us!

Our charity relies on donations and local fundraising to be able to continue our services to people across Stockport living with sight and/or hearing loss. We really appreciate your support, which makes a huge difference to the lives of local people with a sensory loss.

There are a number of ways you can pass on your fundraising donations to us:

- 👁️ Pay by debit or credit card by visiting www.walthewhouse.org.uk/donate or call us on **0161 480 2612**.
- 👁️ Make a cheque payable to **Walthew House** and post to us here at 112 Shaw Heath, Stockport, SK2 6QS.
- 👁️ Pay money directly to us with these details: Account name: Walthew House
Account no: 10010493
Sort code 16-19-20
- 👁️ Or bring your donations to us at our address on weekdays 9am - 4pm.

Your donation helps to fund...

- 👁️ Activities and materials for our weekly Youth Club, where all activities are fully inclusive for young people with little or no sight.
- 👁️ Our Hospital Information Service at Stepping Hill Hospital, providing support in the early stages of a patient's sight loss journey.
- 👁️ Our specialist counselling service for people with sight loss.
- 👁️ Social groups for adults including our steel band, luncheon club, arts and crafts, tech group and sporting activities, which all cater for the specific needs of people with sight loss.