

ONE WALK YOUR WAY

FOR TYPE 1 DIABETES

JDRF wants to say a huge welcome to the **One Walk Family**, and a massive thanks for registering to create and take on your own One Walk. **Together, we will find a cure.**



PLANNING YOUR OWN EVENT

You should have now created your Fundraising page on [Funraisin](#). Personalise your page by telling your story and why you are fundraising for JDRF.

NOW IT'S TIME TO DECIDE HOW YOU WANT YOUR WALK TO LOOK.



When

- Is it best at the weekend or during the week? Does it clash with other events happening nationally or in your local area?
- School holidays? This may allow more people to attend your walk.



Where

- Around your local town or city, capturing all the best bits?
- Think about starting the walk in an area which has accessible parking, and public toilets.



Who

- Friends and family!
- People who have a connection to type 1 diabetes.



How

- Share your fundraising page on your social media channels, asking people to come along.
- Contact the local newspapers or radio stations.
- Send out our One Walk Your Way invites from the resources section, or create a poster to put up in your local area.



Why

- You'll be making a difference to more than 400,000 people in the UK living with Type 1 Diabetes – by funding vital research to improve lives and cure the condition.
- You can complete it in your local area and at a time that suits you.
- Be part of a community of passionate and supportive individuals.

Be part of the JDRF family.

support.jdrf.org.uk/event/one-walk/your-way

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CURING
TYPE 1
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TIME FOR THE BORING BUT IMPORTANT BITS!



We advise you to get in touch with your local council ASAP once you have your walk planned.

- Alert them to your walk, route and expected numbers.
- You may need a permit depending on your route and participant numbers
- You can find your local council here <https://www.gov.uk/find-local-council>
- If you're planning on taking donations from the general public, you must receive confirmation from your local council that this is allowed.
- JDRF can provide a letter of authority to prove you are walking for JDRF which can be found in the resources pack.



Event Safety

- Please ensure that your event is organised safely as JDRF UK can't accept any responsibility for your event or for anyone who takes part in it.
- We recommend carrying out a risk assessment.
- We advise that you have first aid supplies on hand, and qualified first aiders if possible. You can get advice from [St John Ambulance](#) or the [Red Cross](#).

KIT LIST

- 1. Comfortable clothing
- 2. Comfortable footwear
- 3. A backpack
- 4. A mobile phone
- 5. Water
- 6. Sun cream
- 7. Any medication you may need
- 8. Water





GET FUNDRAISING!

The amount of money you raise is up to you, but remember:

£50

could enable 50 parents to return to work, safe in the knowledge that their child's type 1 diabetes will be carefully managed at school, thanks to JDRF's e-learning modules.

£100

could pay for 1 person to be screened for type 1 diabetes. Sadly people in the UK still die from undiagnosed type 1 complications.

£200

could help a vital research project progress by paying for three hours of research time.

£500

could pay for a month's supply of islets for researchers working on a new way to 'encapsulate' the cells ready for transplant.



SHARE YOUR WALK

Now you have your walk planned it is time to get it out there. Once your Fundraisin page is ready to go, make sure everyone knows about it! You can share your page using Facebook or Twitter and include it in your email signature. Or why not send group messages and updates using WhatsApp?

BOOST YOUR FUNDRAISING:



Bucket collection

- See if your local supermarket will let you collect or ask us for a donation tin to have with you on your walk.



Double your money

- It's worth checking out if your workplace offers matched giving. Some employers will double the amount you raise!
- Your HR department should be able to help with this.



Bake Sale

- Bake your finest for extra donations, whether you host a bake sale in the office or on the day. It will go down a treat!



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