

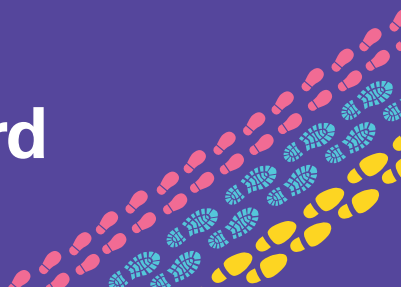
Pancreatic
Cancer
UK

The **Big** Step
Forward

Take a step. Take a moment. Take a stand.



Your guide to
The Big Step Forward



Thank you for signing up to the Big Step Forward!

Pancreatic cancer is a tough one. Tough to diagnose, tough to treat and tough to survive. Together, we can change that. On 16th July, people up and down the country will be taking steps to transform the future for people affected by pancreatic cancer. Setting out from a location of your choice, you can choose to walk 1 or 4 miles; whatever your ability or experience; whether you, a friend or family member are affected by the disease now, or you're remembering someone you've lost, we can stand together to save lives in the future. Every step you take will support world-leading researchers to speed up diagnosis and improve treatments, transforming the future for the 10,500 people who are diagnosed with pancreatic cancer every year in the UK. Research breakthroughs give us hope and will save lives. The funds you raise will have the power to make that possible.

How to plan your Big Step Forward walk



Choose a location

You might have the perfect location in mind already, but if not, visit your local tourism website to find a list of outdoor spaces in your area.



Set your distance

Setting out from a location of your choice, you can walk 1 or 4 miles, or set your own distance. Make sure the distance is manageable for you and suitable for fellow participants.



Invite your family and friends

Invite friends and family to join your walk. You can create a joint fundraising page or fundraise individually, it's up to you. Alternatively, you could charge all other walkers a fee to join your walk.



Join our community and walk together on event day

Make sure you join the Facebook group at **facebook.com/groups/thebigstepforward**. It's a great place to meet other Big Step Forward walkers and receive support and motivation from the team. On Saturday 16th July we'll come together via this online community and cheer each other on.

If you need any ideas or help with making plans for your Big Step Forward walk on Saturday 16th July or a different date, we are here to help. Give us a call on **020 3535 7090** or email **thebigstepforward@pancreaticcancer.org.uk** – we'd love to hear from you.



This is how your sponsorship money could help

Research breakthroughs give us hope and will save lives. The funds you raise will have the power to make that possible. Every step you take will support world-leading researchers to speed up diagnosis and improve treatments, and enable our nurses to support people affected by pancreatic cancer now. By walking together, we can create change to save lives.

£14

£14 Could **fund a nurse on our support line**

£29

Could help **fund the research breakthroughs** people with pancreatic cancer so desperately need

£61

Could **fund half a day of training** for a PhD student at our Future Leaders Academy

£261

Could **fund one day of research** for one of our Research Innovation Fund projects

Step up your fundraising

We want to help you reach and hopefully exceed your fundraising target of £100, so here's a handy guide of fundraising hints and tips!

- When you registered online your fundraising page was automatically set-up. Personalise your page with your story and photos to tell everyone why you are taking on the Big Step Forward.
- Set yourself an optimistic fundraising target. Having a target will help you reach and even go beyond it! Everyone who raises £100 or more will receive a medal!
- Challenge yourself to collect fundraising badges on your page by hitting key milestones. Check out the fundraiser leader boards, and celebrate your success.
- Share your online fundraising page on your social media platforms to prompt your friends to sponsor you.
- You could live stream your walk on your fundraising page or go live on Facebook, on the day. This will remind your friends to donate!
- You can collect donations offline too, using the sponsorship form provided. The form also includes details of how you can pay in your money.
- You could get in contact with your local media to tell them about your Big Step Forward walk and raise awareness of pancreatic cancer.
- Remember to thank everyone, including those who sponsor you, those who join you and those who cheer you on!

If you follow these tips your fundraising will get off to a great start!

Got a question?

Contact the team on **020 3535 7090**

or email **thebigstepforward@pancreaticcancer.org.uk**

Pancreatic Cancer UK

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