

Pancreatic
Cancer
UK

The **Big** Step
Forward[™]



Your guide to
The Big Step Forward

You're about to achieve something amazing!



It's unacceptable that more than half of people diagnosed with the deadliest common cancer die within three months. That's why they need and deserve more. More research, more funding, more breakthroughs. More than hope. Every step you take will enable our nurses to continue to be there for those affected by pancreatic cancer now and fund research to detect early, treat better and save lives.

This booklet contains everything you need to get started, including a step-by-step guide to organising your walk and boosting your fundraising.

Walk on Saturday 13th July.

Walk 1 mile, 4 miles or more.

Choose a route that is meaningful to you.

Raise £150, £500 or more and you'll receive your exclusive prizes after the event.



Your Big Step Forward

Now that you've signed up to take on The Big Step forward on Saturday 13th July, follow these simple steps to make sure your walk is as amazing as you are.



Step 1: Meet the team by joining the [Facebook group](#), share a selfie in your t-shirt and support your fellow walkers. Search 'The Big Step Forward' on Facebook to join.



Step 3: Decide on your route. Choose a distance that's achievable to you, it could be somewhere meaningful to you and your loved ones, involve a local landmark or just your favourite spot. Think about where to stop for refreshments or a rest too.



Step 2: Show everyone how dedicated you are by kicking off your fundraising with a self-donation. With 1 donation already on your page you're likely to raise 3 times more!



Step 4: Ask your friends and family for support, this could be by walking with you or by making a donation.



Step 5: Personalise your customisable sign with your reason for taking part and pin it to the back of your t-shirt.



Step 6: Take on your Big Step Forward. Make sure you complete your walk safely by checking the weather and wearing suitable footwear. Share your page in the [Facebook group](#) so everyone can cheer you on!



Step 7: Whether you walk in honour of someone special, or for everyone affected by the disease, reflect and be proud. Post your pics in the [Facebook group](#) and keep sharing your page.



How to be a fundraising hero



Your bespoke Big Step Forward fundraising page was created when you registered. Personalising your page could help you raise more awareness and funds, so make it your own by sharing your story and photos.



You deserve to be celebrated! Take a look at all the badges you can earn on your fundraising page and see if you can make it onto the fundraising leaderboard.



Share your page with friends, family and your local community by posting the link on social media or sending it to them directly. You're making a difference and saving lives, so be bold and keep asking for support.



If you'd prefer to ask friends and family for cash donations, you can [download a sponsor form](#) to print at home or [email us](#) and we can send it in the post. Please pay in all cash donations by 24th July.

The power of your fundraising

For too long, pancreatic cancer has been left behind. But thanks to your dedication and the steps you are taking, there is hope. Your amazing support will help us to step up and stamp out this brutal cancer.

£25

could **fund one hour with a nurse** on our Support Line

£261

could **fund one day of cutting-edge research**

£500

could **fund 20 hours with a nurse** on our Support Line

£1,307

could **fund research to help develop the first treatment specifically designed for pancreatic cancer**

Got a question? We're here to help.

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