

Pancreatic  
Cancer  
UK

The **Big** Step  
Forward<sup>™</sup>



Your guide to  
**The Big Step Forward**

# You're about to achieve something amazing!



Thank you for joining us for **The Big Step Forward**. On Saturday 15th July, you'll be taking steps to transform the future for those affected by pancreatic cancer. It's unacceptable that more than half of people diagnosed with pancreatic cancer will die within 3 months. But there is 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 transform care.

This booklet contains everything you need to get started, including a step-by-step guide to organising your walk and maximising the impact you'll make.

**Walk on Saturday 15th July or a date of your choice.**

**Walk 1 mile, 4 miles or more.**

Choose a route that is meaningful to you.

**Raise £150 or more** and you'll receive your exclusive medal after the event.

# Your Big Step Forward

Now that you're taking on **The Big Step Forward** on Saturday 15th July (or a date that suits you), follow our handy guide below to make sure your walk is as amazing as you are.



**Step 1:** Join the team in the **Facebook group**, share a pic of your t-shirt and support your fellow walkers. Search '**The Big Step Forward**' on Facebook to join.



**Step 2:** Decide on your distance. You could walk 1 mile, 4 miles or more, whatever is achievable to you.



**Step 3:** Ask your friends and family to walk with you or support you with a donation. We're all in this together!



**Step 4:** Plan your route. You could start and finish somewhere special to you, or pass a local landmark. Think about where to stop for refreshments or a rest.



**Step 5:** The day before your walk, decorate your customisable sign with your reason for taking part and pin it to your t-shirt. Make sure you have everything ready for the big day.



**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 progress in the **Facebook group** so we can cheer you on!



**Step 7:** Whether you walk in honour of someone special, or for everyone affected by the disease, be proud. Share your pics on the **Facebook group** and share your fundraising page one last time.

# 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 with your story and photos.



You're a fundraising hero! Celebrate your achievements by earning the badges on your fundraising page and making it onto the fundraising leaderboard.



Share your page with friends, family and your local community. Post the link on social media or send it to them directly. Be brave and ask for support, you're making a difference!



If you'd prefer to ask friends and family for cash donations, you can download a sponsor form to print at home. Please pay in all cash donations by 26th July. Email **[thebigstepforward@pancreaticcancer.org.uk](mailto:thebigstepforward@pancreaticcancer.org.uk)** for the details to pay in your fundraising.

# You're making an impact

For too long, pancreatic cancer has been left behind. But there is hope. The funds you raise will help us continue to support people now when they need it most, and fund vital research to detect early, treat better and transform care.

**£25**

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

**£142**

could **fund the research breakthroughs** people with pancreatic cancer desperately need

**£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.

**020 3535 7090 | [thebigstepforward@pancreaticcancer.org.uk](mailto:thebigstepforward@pancreaticcancer.org.uk)  
[thebigstepforward.org.uk](http://thebigstepforward.org.uk)**

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