



St Ann's Hospice

# Step UP

Will you **Step Up** for St Ann's this September?

**Our St Ann's nurses walk an average of two miles a day when caring for our patients. Will you take on our challenge to walk 30 days in their shoes?**

**30 days, your way!  
How far will you step?**



Registered with  
**FUNDRAISING  
REGULATOR**

Registered charity number 258085

# What is the Step Up for St Ann's Challenge?

**Our St Ann's nurses walk an average of two miles a day when caring for our patients. Can you walk 30 days in their shoes, and take on our virtual challenge?**

Simply set yourself a target distance to walk – or run – in the month of September and help us by raising as much money as you can in sponsorship. Choose your target distance a day, and do it your way!

Perhaps you could try and match our nurses and take on two miles a day for thirty days? Depending on your stride this is approx 4,000 steps a day. Or, you could try and walk the distance equivalent to walking from our Heald Green site, to our Little Hulton site, to our Neil Cliffe site – 40 miles – in a week - that's approx 6 miles a day.

It's up to you! After all, it's your challenge. 30 days your way, pick your distance, put on your shoes, and you're off!

## Why take part?

**Every donation received will enable us to give specialist care to our patients and support their loved ones. Your health will benefit too...**

*According to NHS Guidelines, adults should aim to be active daily. The benefits include:*

**Reduces risk of a range of diseases** e.g. coronary heart disease, stroke, type 2 diabetes

Helps maintain a **healthy weight**

Helps maintain **ability** to perform everyday tasks with ease

**Improves** self-esteem

**Reduces symptoms** of depression and anxiety

## How to join the challenge

Register at [www.sah.org.uk/Step-Up-For-St-Anns](http://www.sah.org.uk/Step-Up-For-St-Anns)

**Choose your distance.** It can be any number of miles to suit you.

**££ Set up** your JustGiving fundraising page.

**Plan your walks** and don't leave them to chance! Are you an early bird, or can you get out on your lunch breaks? Could you get off the bus a stop earlier, or walk to the shops?

*Did you know?* You can plan a distance really easily on google maps by right clicking 'measure distance' and then clicking around your route.

**Track your miles** – use an app on your phones, use your smart watch, or good old pen and paper!

**Download our social media assets** and update your social pages and include your JustGiving page so everyone knows you're taking part

**Share your story** throughout the month. Have you walked in the rain? Tell everyone! Have you walked in the dark, or is your four-legged friend joining you? Keep your friends updated on progress.

**Join our Facebook event page** to share your challenge with our community

**Update your step count** on your JustGiving page or your Step Up-ometer on the back of this pack so the world can see how many steps you have taken, or the distance you have covered for St Ann's!

**Share** your fundraising page or sponsorship form



"The staff at The Foundry stepped up in support of our colleague, whose partner was diagnosed with a rare cancer and received exceptional care at St Ann's. We wanted to help them both and thank St Ann's for their amazing work."

The Foundry Team

# Have fun but stay safe!



Plan a safe, well lit route



Wear suitable footwear

Look out for risks of slips and trips



Consider walking with a friend or in a group



If you're new to exercise, or have any medical conditions which could be adversely affected by exercise, please check in with your doctor before you start stepping.

## Money Matters

Set a fundraising target – how much would you like to raise for St Ann's? St Ann's Hospice needs to raise £20,000 every single day, so we're incredibly grateful to everyone who fundraises for us. Every penny really does make a difference to the lives of our patients. Here's how the money you raise could help:



£59.85

could pay for food for a week for one of the patients on our wards



£101.20

could provide a two hour specialist rehabilitation session



£200

could pay for a member of our community team to visit a patient in their home



£426

could help us to run our ambulance for a week



"I know that every step I take on the ward is helping me to make a difference to the lives of our patients, and by taking part, every step you take will make a real difference too. I see the impact support from our donors makes first-hand, and I can tell you from the bottom of my heart that the money raised really does help support local people right when they need it most. Thank you."

Kelly Foster, Ward Manager

## Paying in your fundraising

Donations from JustGiving pages will go straight to St Ann's Hospice.

Pay in online [www.sah.org.uk/donate](http://www.sah.org.uk/donate) remembering to enter Step Up for St Ann's in the comment box on the page.

Send us a cheque made out to: St Ann's Hospice (please do not send cash in the post)

Drop off at your local St Ann's Hospice (please phone 0161 498 3631 in advance to check members of the Fundraising Team are in):

### Heald Green

St Ann's Road North,  
Heald Green, Cheadle,  
Cheshire, SK8 3SZ  
Telephone: 0161 437 3631

### Little Hulton

Meadowsweet Lane (off Peel Lane),  
Little Hulton,  
Worsley, Manchester M28 0FE  
Telephone: 0161 702 5426

### Neil Cliffe Centre

Wythenshawe Hospital,  
Southmoor Road, Wythenshawe,  
Manchester M23 9LT  
Telephone: 0161 291 2912



# Step UP -ometer

Track your steps each day to see how far you've come by the end of the challenge

You're halfway -  
Keep on stepping!



1.		2.					
3.		4.		5.		6.	
7.		8.		9.		10.	
11.		12.		13.		14.	
15.		16.		17.		18.	
19.		20.		21.			
22.		23.		24.			
25.		26.		27.			
28.		29.		30.			

You've done it!

Don't forget to add your miles to your fundraising page.

Total steps taken...