



MARCH IN MARCH FUNDRAISING GUIDE >>

Put your best foot forward and
take part in March in March.

Walk 10 miles on any day during the
month of March to raise funds for
life-changing mental health treatment for
veterans. It's easy to take part – simply
register online, decide when and where
you're going to walk and then get started!

NIGEL'S STORY

“ COMBAT STRESS SAVED MY LIFE.”

“When I came to Combat Stress for an assessment, I broke down when I started talking – it was the first time I’d been able to let go of what was going on and talk about what had happened during my time in the Army. I hadn’t talked about it before because I’d felt weak but here I felt I was sharing with someone who understood.

“Before I sought help from the charity, I was an angry, horrible, bitter and confused person. I’d avoid family situations and stay in bed all weekend. If I was having a bad day, everyone in my family would be crying. I still have bad days now but, thanks to Combat Stress, the difference is I know how to help myself.”

Nigel joined the Army when he was 18, serving in Northern Ireland and Bosnia. He left after 12 years of service.



HELP VETERANS LIKE NIGEL

£19

could fund
our Helpline for
one hour

£58

could fund a one-to-one
session for a veteran with
an occupational therapist

£147

could pay for a veteran
to have an individual
therapy session with a
clinical psychologist

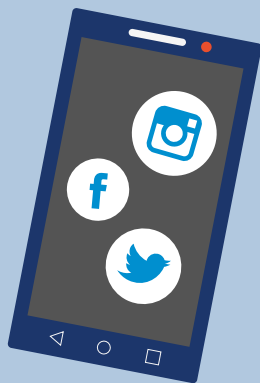
THANK YOU

You've taken the first step to support us by signing up for March in March. Now here's how to get started on your 10 miles in March.



- » **Choose a date and your location:** the joy of March in March is that you can walk or run your 10 miles on whichever day suits you, in any location, inside or out.
- » **Create an online fundraising page:** It's the easiest way to fundraise. Set one up in a few easy steps at justgiving.com/campaign/marchinmarch
- » **Shout about it:** let everyone know why you're taking part. The most successful fundraisers often have really personal fundraising pages so say why you're taking part, send out regular updates and photos. Tell your supporters how their donations will help us provide our life-changing treatment to former servicemen and women with mental health problems. Social media is a great way to tell everyone what you're doing – check out our tips on the next page.
- » **The more the merrier:** why not ask friends and family to sign up to do March in March with you.
- » **Matched funding:** ask your employer if they'll match the funds you raise or make a donation.
- » **Last but not least, don't forget to thank all those who sponsor you!**

BE SOCIAL



Facebook, Twitter and Instagram are all great ways to let everyone know you're taking part in March in March so they can support you.

WHY NOT:

- » **Share your justgiving page:** to encourage donations.
- » **Make a film:** post a video of yourself training or on your actual March in March.
- » **Join the Team Combat Stress Facebook group:** for help, advice and inspiration.
- » **Share your achievements:** Download your achievement badges from our [website](#) or from our Facebook group. Share them on social media so everyone can see what you've achieved. It might encourage others to get involved too!



- » **Wear it loud and proud:** once you've done the miles and got the medal, share a photo of you wearing it on social media so everyone can see what you've achieved.
- » **Share your story:** send us your March in March story and photos or a video.

Dont forget to tag us!

#MarchInMarch

@CombatStress

ANY QUESTIONS? WE'RE HERE TO HELP.



Call us on **01372 587 140** or email us
[**marchinmarch@combatstress.org.uk**](mailto:marchinmarch@combatstress.org.uk)

You'll also find lots of help and advice on our website:
[**marchinmarch.co.uk**](http://marchinmarch.co.uk)

Combat Stress, Company Registered in England & Wales No 256353.
Charity Registration No 206002 (SC038828 in Scotland).

An event by

**COMBAT
STRESS**
FOR VETERANS' MENTAL HEALTH