

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

# Top Tips for your Big Step Forward



**Gather your friends and family** to register and take part with you. You can fundraise as a team and come together to stamp out pancreatic cancer. Just remember to check and follow the up to date government guidelines regarding social distancing and Covid-19.



**Share your story** by personalising your fundraising page. Let everyone know why you are taking part by posting updates and photos before and after your walk. You can even live stream your walk on your fundraising page or link it with Strava to track your route. If you reach your fundraising target, you can easily thank your supporters and increase it to encourage people to keep donating.



**Spread the word!** Share your fundraising page on social media or send it directly to friends, family or colleagues via Whatsapp. You could get in contact with your local media tell them about your fundraising and by doing so you will be raising awareness of pancreatic cancer. Visit [thebigstepforward.org.uk](http://thebigstepforward.org.uk) to download our template press release.



**Turn it Purple!** Please do tell as many people as possible that by taking part in The Big Step Forward you are supporting Pancreatic Cancer UK. In order to help you promote your walk we have downloadable social media assets and more. You can also order branded materials such as posters, banners and balloons via our website or by emailing [thebigstepforward@pancreaticcancer.org.uk](mailto:thebigstepforward@pancreaticcancer.org.uk). You could turn your social media purple, create a celebratory finish line for when you arrive back home or request additional t-shirts for everyone taking part.



Join '[The Big Step Forward](https://www.facebook.com/thebigstepforward)' Facebook community and see what other Big Step Forward walkers are doing. It is a place to share your ideas, photos and support one another. We will also be sharing lots of information and fun stuff on the page too - so get involved!



**Earn your stripes!** Challenge yourself to collect fundraising badges on your page by hitting key milestones. Check out the fundraiser leaderboard to celebrate your success. Don't forget, if you raise £100 or more, we will send you a medal!

If you follow these tips, your Big Step Forward will be a brilliant experience. You can visit our 'Fundraising Tools' page at [thebigstepforward.org.uk](http://thebigstepforward.org.uk) for access to all of the downloadable resources to help you boost your fundraising. Or please call **0203 535 7090** to talk to a member of the Fundraising Team.