



#WalkAndTalkForPoTS



Dear All

A huge thank you to anyone who is sat reading this, considering fundraising for PoTS UK.

We can't wait for our Walk and Talk Fundraiser over the first Bank Holiday, 3rd - 5th May 2025 and we hope lots of you and your loved ones will get involved.

Here is what you need to do to get started:

- Decide on your location for the walk. Be it a walk around your garden or a 30 mile hike, it's all about joining forces, community spirit and RAISING AWARENESS. In the future, we may try and arrange specific meeting points across the UK for those who want to join together but for 2025, please decide your own location.
- Decide on your distance. It doesn't need to be a lot! 1 mile or 100 miles. Make this challenge suit you and your needs!
- Set up your [JustGiving page](#).
- Start fundraising and see how many people you can get to join your team on the day!
- For just £15 you can purchase one of our [fundraising packs](#) that will include a fundraising vest to wear on the day, wristbands, balloons and lots more.

The PoTS UK team have put together some suggestions to make your event as successful as possible.

- Use/adapt our templates to contact your local media and ask them to cover your story!
- Does your planned route go past a coffee shop/pub/restaurant? Maybe you could stop for a refreshment and ask in advance if they would be willing to put up some PoTS UK balloons, posters, bunting etc to draw attention to the event and raise even more awareness. Maybe your local shops may do the same?
- Do you have a wardrobe full of purple? Or could you get creative and make things? Why don't you and those walking with you try and dress in as much purple as possible! Sure to draw attention and get people asking what you are doing!
- Could you go in to your local school and do a presentation during an assembly about PoTS and invisible illnesses. Or maybe your child is brave enough to do this alongside you. A great lesson for children to learn that people don't have to look poorly to be poorly.

- Ask at school/work/volunteering places if you are able to hold a cake sale/book sale etc in the lead up to it to raise more money and awareness.
- Our fab PoTS UK fundraising vests are up for sale. One will be included in the fundraising pack but you are welcome to purchase additional ones here (insert link).
- Use the balloons from our fundraising pack or buy your own purple and white balloons and walk proudly with these on the day. Helium or attached to a stick- whatever works! Anything that attracts people's attention and encourages them to learn about PoTS would be wonderful!
- Do you enjoy crafting or have children/nieces/nephews who could make some fabulous posters to carry as you go along?
- If you will be using a wheelchair, perhaps you could decorate this to be a PoTS Purple chair for the day!
- Ask your local GP/PoTS Clinic to put up one of our posters advertising the event.
- Share photos or posts on your social media accounts both leading up to the day and on the day itself. Tell people why you are doing this. Share pages from our website. Use the #WalkAndTalkForPoTS
- On the day itself, send us photos as you go! We can't wait to see everyone out and about, getting involved. Please email them to enquiries@potsuk.org or tag us on social media. There will be prizes for the best photos!
- As a thank you for fundraising, we will be sending small PoTS UK merchandise bundles to everyone who sets up a JustGiving page. The more money you raise, the bigger the bundle!

We know for some of you, this event may not be possible but why not see if your friends and family will represent you. You could be waiting at the end of the walk for them to cheer them on/join them in your wheelchair or do just the amount you can manage! We understand that everyone's circumstances are different so adapt this fundraiser to suit **your** needs!

We are so grateful for everything you do to support us. Together we can make a difference and change the lives of those living with PoTS for the better.

If you have any questions at all or want to share any great ideas you have, please email: enquiries@potsuk.org

Best wishes

The PoTS UK Team