

RNID | Supporting people who are deaf, have hearing loss or tinnitus

#StepUpForRNID

STEP UP
FOR RNID

STEPPERS GUIDE!

Thank you for stepping up for RNID to support the 12 million people in the UK who are deaf, have hearing loss or tinnitus.

How to take part

Step, climb, swim, move or even dance however, whenever and wherever you want to complete your step challenge this May. There's no set target to cover and no defined way to do it, the challenge is YOURS to set! You might choose to:

Walk 12,000 steps a day to support the 12 million people in the UK who are deaf, have hearing loss or tinnitus.



Virtually climb a mountain to help deaf people and people with hearing loss or tinnitus overcome the barriers they face in everyday life. To climb Ben Nevis, you would need to ascend 448 flights of stairs in May - around 14 flights a day!



Swim 1k a day for 7 days to represent the 1 in 7 UK adults who have tinnitus.



Or do something completely different, remember, you set your challenge! Whether you complete 10 or 10,000 steps a day is up to you! We want this challenge to suit you...the only thing that matters is that you challenge yourself.



Next steps...

You set up your fundraising page and ordered your t-shirt when you signed up for the challenge so your next steps are:



Join our Step Up to RNID Facebook group full of dedicated fellow fundraisers, ready to encourage, support and celebrate you throughout your challenge!



Spread the word! Tell your friends and family about your challenge – you could encourage them to sign up too!



Download your activity tracker to keep track of your achievements. You could link your JustGiving fundraising page to your Strava account to track progress too. Being able to share your progress with family and friends will help boost your fundraising.



Start fundraising towards your £150 goal! Your Facebook fundraiser or JustGiving page is ready to go (you set it up during sign up) and all sponsorship raised through your page will automatically come to RNID. If you want to raise money offline you can use a Step Up for RNID sponsorship form and pay in your money once you've completed your challenge.



Get stepping! The challenge runs between the 1st and 31st May 2024 – when you complete your challenge is up to you!

Need some inspiration?

Stuck for ideas on how to get that step count up?

Walk – a stroll or a hike? The choice is yours!

Run - lace up your trainers and pound the pavements!

Climb - scale a rock-climbing wall.

Dance – tango, jive or breakdance perhaps?

Stair climb – staircase at home or stepper in the gym?

Fitness class - step aerobics anyone?

Play sport – count your steps on the basketball, tennis or netball courts!

Do the chores! Walking the dog, vacuuming or mopping the floor...watch that step count rise!



Any questions?

Our Step Up for RNID FAQ's are on our website here or the Community Fundraising Team can be contacted at community.fundraising@rnid.org.uk

Good luck with your challenge! Together we can make a real difference to the lives of deaf people and those with hearing loss or tinnitus.