

YOUR MARCH KNITTING CHALLENGE GUIDE



VERSUS
ARTHRITIS

YOU'RE AMAZING!

Thank you so much for taking part in our March Knitting Challenge – we're so excited to have you onboard!

Throughout March you'll be knitting (or crocheting) to show your support for the 10 million people in the UK living with arthritis.

By raising vital funds and awareness, your support will help us invest in world class research, deliver high quality services and campaign on issues that matter most to people living with arthritis.

This guide holds all the information you need to get started, but if you need any support or advice then please get in touch with the team on **fundraising@versusarthritis.org** or call us on **0300 790 0405** – we're here to help.



GUIDE TO SUCCESS

Follow these simple steps
to make sure you are
challenge ready.

1

Join the Facebook group:

This is the heart of the challenge!
Scan the QR code to join.

Post about your knitting, get to
know other people taking on the
challenge, get support and advice
and share your progress!



2

Set up your fundraising page:

You can use Facebook or
Justgiving fundraising pages.

Personalise your page to let
people know why you are taking
on this challenge and help
spread the word!



3

Choose your personal challenge for the month. Whether your goal is to knit every day, complete that jumper you've always dreamed of making, or simply learn how to hold some knitting needles – you're in control.



4

Share and fundraise!

Make sure you share your fundraising page with as many as possible and take time to tell people why taking on this challenge means so much to you. Don't forget to share your progress throughout the challenge!

5

Ready, set, KNIT!

You are now ready to start your challenge and get knitting! Whether you get sponsored for every day you knit or you set yourself a project to finish – it's up to you!



6

Celebrate your achievement!

Once you've finished the challenge, you'll get an e-certificate that you can share to celebrate your incredible efforts and say thank you to those who've supported you!

HOW YOUR FUNDRAISING CAN HELP

Over 10 million people in the UK have arthritis. That's one in six people living with the pain, fatigue and isolation it can cause. By taking on this challenge and raising vital funds, you'll be helping change the lives of people with arthritis. Together we can work towards a future free from arthritis.

£15

could help us pick up the phone and offer one to one **support to someone in pain.**

£27

could **support a researcher** to develop tests to **diagnose arthritis earlier.**

£48

could **help someone attend a Living Well course** to help them manage their condition.

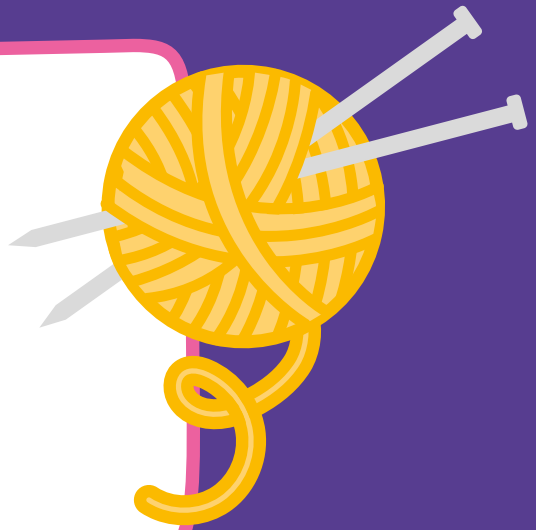
£100

could provide **training to a GP**, helping them to better diagnose and support people with arthritis.

£250

could pay for a **young person** living with arthritis to **attend a residential weekend to get support** and help they need.

MY KNITTING CHALLENGE IS...




CONTACT INFORMATION


The team are on hand to help you out so do get in touch if you have any questions.

Email: fundraising@versusarthritis.org

Phone: 0300 790 0405

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Scan the QR code to join
the Facebook group.