

Start

Stop



Duchenne
UK

You're amazing!

Thank you for joining Start Stop. Its easy to get involved; just start a challenge or stop a bad habit this October to support Duchenne UK.

Go solo, buddy up with friends or spread the word and get your whole school or workplace to take part and join our mission to end Duchenne.

Let's get started and stop Duchenne

Start

-  **Start running. Cover 5/10/50k this October**
-  **Start 'making' a difference. Get arty and sell your creations**
-  **Start gaming. Host a games night**
-  **Start walking. Try a 300k October step challenge**
-  **Start collecting. Ask if you can put collection tins in local shops**

Stop

-  **Give up chocolate**
-  **Say no to sweets**
-  **Ban the booze**
-  **Stop scrolling with a digital detox**
-  **Stop shopping. Sell your unwanted belongings and donate the profit to Duchenne UK**
-  **Stop hitting snooze**



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Thank you!



Duchenne
UK

Your donations are making a difference



Discovering new treatments

Your donations could help us to fund ground-breaking research into effective and kinder treatments for DMD



Better care for everyone

With your support, DMD Care UK is improving the national recommended standards of care for DMD



Getting treatments to patients quicker

You're helping us to get drug companies, regulators and the NHS to work together to bring treatments out of the lab and to patients quicker



Using technology to improve quality of life

Your donations could help us develop innovative assistive technologies to support independence and dignity in disability

Start fundraising

You've picked your challenge, now its time to set up your fundraising page.

Visit JustGiving, search 'Start Stop', click 'start fundraising' and fill in the details to create your page.

You can create a QR code by going to your JustGiving page and adding '/qrcode' to the end of the URL. Screenshot the QR code on your phone and now supporters can simply scan and donate anytime, anywhere!

**Don't be shy!
Share your
challenge on
social media**

**Remember
to say
THANKS!**

Paying in your donations

Paying-in donations in cash or cheque is easy.

Bank transfer: Email events@duchenneuk.org with the subject 'Start Stop' and we'll provide our details and a reference.

Cheque: Please make cheques payable to Duchenne UK, include your full name and reference Start Stop with your cheque. Please post cheques to: Duchenne UK, Unit G20 Shepherd's Building, Charecroft Way, Hammersmith, W14 0EE

We love to hear from you. Tell us what you will be doing this October and get in touch with your questions; events@duchenneuk.org

Good Luck!