

DUCHENNE DASH FUNDRAISING PACK 2023



THANK YOU FOR JOINING THE DUCHENNE DASH

Last year, for the very first time, I got on my bike and took part in the Duchenne Dash to Paris. This challenge pushed me to my limit. But, whilst my back ached and my legs burned one thought remained clear - this is nothing compared to the challenges facing people living with Duchenne muscular dystrophy (DMD) and their families every single day. That's why I have resolved to get back in the saddle and join you again in 2023. This time I will be joined by Alex Johnson, Co-Founder of Duchenne UK and CEO of Joining Jack.

Amazing Dashers, like you, have raised over £6m that has funded research changing the way that DMD is treated. Gene therapy trials have come to the UK for the very first time and new drugs like Givinostat are helping to slow down disease progression. Change is happening right now, and by signing up to the Duchenne Dash you are a part of it!

When my son was diagnosed with DMD my world fell apart and I was faced with a choice – to be defined by DMD or to fight against it. I chose to fight. By joining the Duchenne Dash and pledging to raise £4,000, you have joined our mission. Together, we will end Duchenne.



Emily Reuben
CEO, Duchenne UK



HITTING YOUR FUNDRAISING TARGET

£4K

Supermarket collection

Pack bags, apply for their token scheme or hold a collection

Sweepstake

Pick a name from the hat for anything from the World Cup to Eurovision!

Host a quiz

Take over your local pub quiz or host your own

Local support

Ask local businesses to put a collection pot at the till, host a 'best window display' competition or donate raffle prizes

Sports tournament

Set up a Golf Day or 5-a-side tournament, maybe add a lunch or BBQ after too

Come Dine with Me

Get together with friends for some friendly culinary competition, ask for donations instead of points

Games night

Staying in is the new going out. Play boardgames or set up an online tournament.

Gala dinner

Sell tables and add a raffle and auction to raise even more money

Say no to presents

Ask for donations instead of birthday or Christmas gifts

Turn trash into treasure

Sell your unwanted belongings online

Corporate challenge

Set up a stationary bike and challenge your colleagues to cycle 300km in under 24 hours! Ask the boss if they will match the donations!

Auction

Ask companies, celebrities or sports clubs to donate a prize for your auction

HOW YOUR DONATIONS MAKE A DIFFERENCE

£500 could fund a week of educational support for a DMD family

£1,000 could fund a Research Nurse working on a potentially lifesaving clinical trial for a whole week

£2,500 could fund a Research Physiotherapist working on a clinical trial for a month

£5,000 could fund a Clinical Research Doctor to work on a trial for a month

£10,000 could fund one child to take part in a clinical trial for a whole year



MEET HARRY

Usually diagnosed
in boys between
the age of 3 and 6
years old

Harry was two and half when we found out he had a condition called DMD. We'd never heard of this dreadful condition before and sat in disbelief as we were told to *"go away and enjoy your son, there is not a cure"*. After months of tears and feeling like all our hopes and dreams had been taken away for the future, we decided enough was enough, we needed to do something. So, we joined Duchenne UK in the fight against DMD. We set up our Family fund and we do lots of fundraising. Gareth has done the Duchenne Dash four times now.

Harry is now 11, he's a happy boy. He loves swimming, horse riding, art and crafts, building with his Lego, school and playing with his younger sister.

We are trying to give our son the best life possible and will continue to fight with Duchenne UK until we find effective treatments.

**Thank you for joining the Duchenne Dash
and supporting our fight.**

2 families a week
in the UK receive
the news that
their child has
DMD



DMD is a
progressive,
muscle wasting
disease



GIVE YOUR FUNDRAISING A BOOST!



Set up a JustGiving Page

Click here then go to 'Start Fundraising'



Download our
fundraising
toolkit



Double your donations!

Ask your employer if they operate a matched giving scheme, or if they would consider setting one up.



Share your story

People are more generous if they know more about the event and why it is important to you so make sure you tell everyone what you are doing and why. Don't forget to keep including updates on your training.



Gift aid

If your sponsor is a UK taxpayer, the government will give Duchenne UK £25p for every £1 donated. If your sponsor is making a cash donation, they will need to complete a Gift Aid Declaration Form so that Duchenne UK can claim the gift aid on their donation.

Gift Aid Declaration Form



Go viral!

Get in touch with your local press and radio to see if they would like to cover your story. Post videos and updates on your journey across platforms like YouTube and TikTok. Most importantly, share the links and any coverage you get with all your friends, colleagues and supporters. Tag @DuchenneUK and #DuchenneDash.



PAYING IN YOUR DONATIONS

Thank you for raising vital funds for Duchenne UK.



Bank transfer

Please email: dash@duchenneuk.org with the subject DASH BANK TRANSFER and we'll provide our details and a reference.



Cheque

Please make cheques payable to Duchenne UK, include your full name and Duchenne Dash '23 with your cheque. Please post cheques to: Duchenne UK, Unit G20, Shepherd's Building, Charecroft Way, London, W14 0EE

Any questions please contact: dash@duchenneuk.org



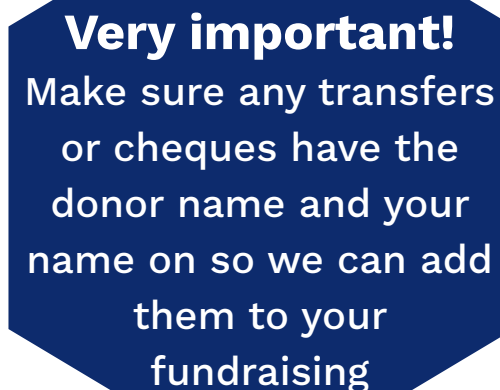
Remember to
pay in all your
donations by
**24th June
2023**



Lots of people make
donations after the
event is over so **keep
sharing updates**
and photos so that
everyone knows that
you completed
the Dash



Remember to say
a **BIG THANK
YOU** to everyone
who sponsored
you



Very important!
Make sure any transfers
or cheques have the
donor name and your
name on so we can add
them to your
fundraising



THANK YOU so much for supporting our vital work to end Duchenne

Duchenne does not stop, but neither have you in your efforts to help us find new, better and kinder treatments for DMD. We are so grateful to you for supporting our mission, thank you.

If you have any questions or require further support, please contact us at: dash@duchenneuk.org

Duchenne UK, Unit G20, Shepherd's Building,
Charecroft Way, Hammersmith, W14 0EE

Together we will end Duchenne.



Duchenne
UK





Thank you to our incredible sponsors



Together, we will END DUCHENNE



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