



Duchenne
UK



24 Hours London to Paris 17-18 May 2024

DUCHENNE DASH

FUNDRAISING PACK



THANK YOU FOR JOINING OUR FIGHT TO END DUCHENNE

You are now part of a dedicated family of 'Dashers' raising vital funds to help us advance research into new treatments and ensure the best quality of life for everyone living with Duchenne muscular dystrophy (DMD).

DMD is a devastating and severe genetic muscle wasting disease. It causes all the muscles in the body to irreversibly weaken and deteriorate.

There is currently no cure for DMD, but there is hope.

Amazing Dashers, like you, have already raised over £7m towards our mission. This has funded research that's 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 or Dash AT HOME you are a part of it!

HOW YOUR DONATIONS MAKE A DIFFERENCE

- £500** could fund a week of educational support for a child living with DMD
- £1,000** could help fund a Research Nurse working on a potentially lifesaving clinical trial
- £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 MATT AND CONNOR

"I'm Matt, Connor's dad. We received Connor's devastating DMD diagnosis in 2016, two days after his 4th birthday.

With Connor turning 11 this year, we badly need a cure to end this horrendous disease. We still struggle with the realities of the diagnosis, but we are strong, resilient and have plenty of hope.

We know that research into better treatments is underway. It's vital for Connor and boys like him, that these projects receive the funding they need to continue and accelerate their development.

This is what motivates everyone who either supports or takes part in the Dash. I'm honoured to be taking part again this year, supported by a hugely loyal team who train for hours, and who fundraise to reach that vital target.

The Duchenne Dash is about bringing people together with one common goal, to #endduchenne and save our boys. I'm so grateful to everyone who takes part and helps us to achieve our goal."



Duchenne UK has committed £20M to the fight against DMD

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

DMD is a severe muscle-wasting disease

Diagnosed almost always in boys in early childhood

We will end the devastation that a diagnosis of DMD brings to families

BOOST YOUR FUNDRAISING

We've got a whole year full of ideas to help you reach your fundraising goals. We love to share your successes, so please send your updates to dash@duchenneuk.org



January

Start Stop

Set your self a new challenge or give up a bad habit. Ask your friends to sponsor you throughout the month

February

Come Dine With Me

Gather your pals for a week of competitive entertaining. Put in a donation to take part and the winner gets the glory of being best host!



March

Spring clean

Have a proper clear out and sell your unwanted items for Duchenne UK



April

Dash AT HOME Eurovision Sweepstake

Pay to play. Why not celebrate with a Eurovision themed party



May

Duchenne Dash

300km, 2 countries, 1 epic challenge



June

Let's get Quizical

Host your own or ask your local pub to let you take over for the night



July

Donate a Day

Choose a little luxury to give up for a day or longer! Could you walk to work, bring a coffee from home, skip the weekend takeaway? Donate what you save to Duchenne UK



August

Summer Party

Get everyone together for fun in the sun. Host a BBQ, picnic or sports day in aid of Duchenne UK

September

Raise some 'dough'!

Hold a bake sale or host your own Bake Off to crown a star baker



October

Duvet Days

'Du' nothing for Duchenne. Have a movie night, get your PJs on, grab your duvet and enjoy the smugness of snugness. Why not organise a PJ day at your work to boost your funds?

November

Fun and games

Host a board games night or go online and set up a gaming tournament.



Make a donation instead of sending Christmas Cards

Challenge your colleagues at work to decorate their desks, most festive wins.



Duchenne Dash AT HOME

Ask your friends, family and colleagues to help you reach your target by taking part in the Dash AT HOME.

All they need to do is complete 300kms of activities over six weeks (6 April-18 May). By the end of the challenge they will have covered the distance from London to Paris.

They can cover the 300kms anyway they like; walk, run, swim, skate, scoot, space hopper!

Everything they raise can be added to your Duchenne Dash fundraising page!

They just need to set up a JustGiving page by [clicking here](#). Make sure they include your name and let the Dash team know they are supporting you by emailing dash@duchenneuk.org.

Spread the word even further and challenge your colleagues to join in too!

Set up your [Dash AT HOME](#) page today!
justgiving.com/campaign/dashathome2024

Looking for an extra challenge?
Why not add on the return journey and attempt to complete 600kms in six weeks?

Add some friendly competition. Who can go the distance the quickest or go the furthest?



GIVE YOUR FUNDRAISING A BOOST

Set up a JustGiving page

The easiest way to fundraise is by setting up a JustGiving page. [Click here](#), then select the orange 'Start fundraising' box. If you have any questions or would like advice on banking cash or cheque donations please contact dash@duchenneuk.org



Double your donations

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



Share your story

Share the news on social media, by email, on your workplace intranet. Include the [official Duchenne Dash video](#) to bring the event to life!



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. Just email dash@duchenneuk.org to request a form



Stop press!

Contact your local media about your incredible challenge. Using radio, press and TV you can reach even more people in your local area who will support you

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 with your cheque. Please post cheques to: **Duchenne UK, Unit G24, Shepherd's Building, Charecroft Way, London, W14 0EE**

Any questions, please email dash@duchenneuk.org

Remember to pay in any donations by 30 June 2024



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



Lots of people make donations after the Dash is over. Remember to keep sharing your story and success after you cross the finish line



Say THANK YOU to your amazing supporters



THANK YOU

We are looking forward to welcoming you all to the #DuchenneArmy.

You are part of a special team of people, working together to change the world for every person living with DMD.

Together we will end Duchenne.

Any questions?

Contact us:
dash@duchenneuk.org

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