



# Dash AT HOME

Join our movement for change

In May, we hold our flagship cycling event, the Duchenne Dash. London to Paris in 24 hours. 300km of grit, camaraderie, and style. The Dash brings together a collective of riders with purpose, pushing boundaries and powering change for everyone living with Duchenne muscular dystrophy (DMD).

But we know the Dash isn't for everyone. That's why we developed the Dash at Home, so more people could join our movement for change and help power our progress by taking on a challenge of their own.

By taking part in Dash at Home, you'll be helping Duchenne UK drive advances in treatment through pioneering research and clinical trials, champion new models of care and develop revolutionary tech that redefines mobility. Together, we can continue to transform the landscape for people living with Duchenne.



## What is the Dash at Home?

To join the Dash at Home, you'll take on a movement challenge of your own. This might mean covering the same 300km distance as the Duchenne Dash, in a different way – whether that's swimming, walking, cycling, running or wheeling – or you might take on a different challenge of your own design.

Dash at Home runs from April to September. You can complete your chosen challenge all in one go or break it up across a few weeks or even months – it's completely up to you.

Join us. Move with intent. Help us make the impossible possible.

## Your Dash at Home

Joining Dash at Home couldn't be easier. Choose your challenge, set up a JustGiving page, and spread the word amongst your friends, family, or colleagues. Every pound raised is a step towards progress.

Push your limits and go the distance with a running challenge

Set up a fitness challenge at work and get your colleagues to join the movement

Get the whole family involved by organising a dog walking challenge!

Gather your friends and dip for Duchenne at your local leisure centre

## Help us go the distance

By joining the Dash at Home, you'll be helping power our progress so we can continue to change the future for people and families affected by DMD, and one day, end Duchenne.

Since 2012, money raised through the Duchenne Dash and Dash at Home has helped us transform the landscape for people with Duchenne muscular dystrophy (DMD).

Together, we've:

Invested £3 million in clinical trial infrastructure with more boys on clinical trials than ever before

Funded the development of the first ever treatment approved in the UK in 2024 to treat all patients with DMD

Duchenne  
**DASH**  
AT HOME

Played a key role in the approval of two new treatments made available to patients in 2025

Secured access to treatment for more than 200 boys through our Time is Muscle Campaign



Duchenne  
**UK**

Ten Care Guidelines endorsed by clinicians and the National Institute for Health and Care Excellence (NICE) ensuring patients access the best care



Valentis



## Maximise your fundraising

Here are a few ideas to help you kick-start your challenge and raise as much as you can:

Ask your work if they have a **matched giving scheme**

Add a photo and story to your **JustGiving** page to boost donations

**Spread the word** on social media using videos and pictures

Ask **local businesses** and groups to help you raise money

# PAYING IN YOUR DONATIONS



Setting up a JustGiving page is the simplest and quickest option as funds raised will be automatically sent to Duchenne UK.



Alternatively, your donations can be paid in via our website (please let us know when you've done this so we know it's from you) or bank transfer (contact us for the details).



You can also send cheques to us at Duchenne UK, Unit G24, Shepherd's Building, Charecroft Way, Hammersmith, W14 0EE.

**We recommend any cash donations are made to us electronically, via JustGiving, bank transfer or through our website.**



Valentis

# MEET OUR FAMILY FUND HENRY'S HILLS, WHO TOOK PART IN DASH AT HOME 2025

*'The Pass the Baton Challenge is an annual 3 day event involving the Surrey 3 Peaks, the Isle of Wight 100 mile loop, and a family cycle in the New Forest. We started the challenge for our son Henry who has DMD.'*

*We completed the challenge last year as the latest in a series of Henry's Hills events to increase the number of people involved, further raise awareness of Duchenne, and raise as much money as possible for Duchenne UK in their fight to end Duchenne.*

*In 2025, we raised an amazing £7,304!'*



Duchenne  
UK

