



# 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?

Dash at Home is a way to show solidarity for a colleague taking on the Duchenne Dash and further support Duchenne UK's life changing work, or it can be taken on as a stand-alone challenge. This might mean setting up a Peloton in the office, dipping for Duchenne, completing the full 300km collectively, or doing a different challenge of your own design. There are so many ways your team can take part.

Our Dash at Home challenge runs from April to September. Your team 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.

Build passion and commitment in a team building exercise like no other. This is more than Corporate Social Responsibility (CSR) – it's culture, connection, and commitment.

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

Push your team's limits and go the distance with a running challenge

Set up a company wide fitness challenge and get your colleagues to join the movement

Organise a team building walk to work challenge to cover 300km collectively

## Help us go the distance

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

With every movement and each pound raised, your business will have real impact – helping us generate tangible solutions and make the impossible, possible.

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

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

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



***'To date, Duchenne UK has committed £34 million to the fight against DMD. Join us on our journey to transform lives and to end Duchenne?'***



# MEET STEVE FROM IMAGO INTERIORS, DASH AT HOME 2025 PARTICIPANT



*"In June 2025, I undertook a challenging cycle ride around the United Kingdom and Ireland, taking in the five capital cities, London, Cardiff, Dublin, Belfast and Edinburgh, covering 1,650 kilometres in support of Duchenne UK, the nominated charity of my company, Imago Interiors.*

*Having met Oscar, an 8-year-old friend of my son's, who has been diagnosed with Duchenne muscular dystrophy (DMD), the ride was a great way to raise funds and awareness for this progressive genetic disorder that profoundly affects children like Oscar and their families. The journey, completed over nine intensive days, demanded an average of 183 kilometres per day, with the longest stage reaching 200 kilometres. To enhance the camaraderie and adventure, the team opted to camp in tents each night, fostering a spirit of shared endurance amid the varied landscapes of Ireland and the British Isles.*

*The route commenced at the iconic Parliament Square in London, proceeding westward to Cardiff, followed by a ferry crossing to Dublin. From there, we cycled northward to Belfast, crossed into Scotland, and continued to Edinburgh before traversing the border southward, returning to the starting point in London. This route not only highlighted the geographical and cultural diversity of the UK and Ireland but also tested the limits of physical resilience. Regrettably, the experience was marred by a significant accident enroute to Holyhead, where I suffered a substantial crash resulting in a partially dislocated shoulder, three cracked ribs, and considerable bruising to both body and pride. Despite these injuries, determination prevailed, allowing me to persevere and complete the full journey.*

*Concluding the ride back at Parliament Square evoked a profound sense of accomplishment and fulfilment. Having pushed the boundaries of mental and physical endurance, I succeeded in my main objective, generating meaningful contributions to Duchenne UK, an organisation dedicated to advancing research and support for those affected by this debilitating condition.*

*Having the opportunity to be involved in a challenge, like the five cities of UK and Ireland or the Duchenne Dash, is an amazing personal experience, which when combined with the ability to raise significant funds, makes a real difference to people and families trying to live with DMD."*



If you've been inspired to get your company involved in the Dash at Home, we would love to work with to ensure your colleagues and organisation get the most out of the experience. Please email [Dash@duchenneuk.org](mailto:Dash@duchenneuk.org) for more information or to speak to our team.