

# THREE-LEGGED CHALLENGE

“Asking for help is the hardest thing I’ve ever done, but it does work... talking helps.”

*Harry, WWTW Beneficiary*

WALKING WITH  
THE  
WOUNDED  
[www.wwtw.org.uk](http://www.wwtw.org.uk)



# TRANSFORMING LIVES

**Walking With The Wounded supports a pathway for ‘at risk’ veterans to re-integrate back into society and sustain their independence. At the heart of this journey is employment.**

Our core purpose is to support ‘at risk’ veterans, so they are valued members of society and sustain their independence post military service providing long-term security for themselves and in many instances their young families.

We have created a number of access points to identify veterans and their range of needs, including:

- ✓ those who are homeless or at risk of homelessness\*
- ✓ those in police custody;
- ✓ those with alcohol dependency;
- ✓ those with mental health issues;
- ✓ Those requiring employment support.

In many instances these needs overlap, demonstrating that to deliver positive outcomes which are sustainable, it is crucial to provide a holistic approach rather than focussing on just one element of support.

By holding your Three-Legged Challenge you are supporting vulnerable, wounded, injured and sick veterans in their pathway to sustainable independence and employment. Your support enables veterans to reintegrate back into society and in many cases keep the family unit together.

Thank you.

“

**Walking With The Wounded came into my life when I needed them most. The support of the charity and the therapist is the reason why I am here today.**

*Richard, WWTW Beneficiary*

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**Thanks to people like you taking part in fundraising events like The Three-Legged Challenge, we were able to provide support to 1,180 ex-service personnel during 2016 – 97% more than in 2015**

To hear the stories of how our beneficiaries have overcome adversity, visit [www.wwtw.org.uk](http://www.wwtw.org.uk) or search for us on YouTube.



*\*including those in temporary accommodation or those sofa surfing*

# PLANNING YOUR THREE-LEGGED CHALLENGE

**Your school's children can make their Three-Legged Challenge their own. From holding a single, organised race during break, to inviting parents and teachers to join in - it's up to you!**

Groups of children could even raise sponsorship by pairing off for a whole day and learning to adjust to moving around school in a new way, just as those veterans who have faced life-changing injuries have learnt to adapt. Here are some top tips to make a success of your Three-Legged Challenge:

## 1 STAY SAFE

- Make sure the children are tied together using appropriate material that won't cause them pain or injury;
- Inform the school body that the event is taking place, especially if children are taking up the Challenge for part of a school day;
- Encourage the children who are participating to wear something that identifies them and let others know what to look out for;
- Ensure that any children tied together stay within the safety of the school grounds and separate themselves whilst walking on public pavements, crossing roads or car parks and in other public spaces;
- If necessary, involve your own health and safety personnel in planning the event.

## 2 HAVE FUN

- Invite parents, teachers, pupils and people from the local community to support the children in their Challenge. Selling cakes and refreshments will add to the celebration and raise additional funds;
- Celebrate the children's success by sharing it across your social network tagging in **@walkingwiththewounded / @supportthewalk**, inviting your local press along and holding a special assembly.

## 3 MAXIMISE THE POTENTIAL OF THE CHALLENGE:

- Create a Virgin Money Giving or Just Giving page for the entire Challenge, encouraging the children to share it with friends, family and people in their local community. An online sponsorship page is a fantastic way to ensure all your money is kept together and separate from your personal bank accounts and paid directly to Walking With The Wounded;
- Share the Challenge over your own social media pages tagging **@walkingwiththewounded / @supportthewalk** so we can share your success!;
- Did you know that 20% of donations come in after you have crossed the finish line? Let people know the Challenge has been completed and include a final appeal;
- If your donors are UK tax payers ask them to complete a Gift Aid form. WWTW can reclaim 25% basic rate tax on your donation, adding to the value of each donation;
- Invite the local press along to cover the event - Walking With The Wounded could also send a representative to support you;
- Personally thank all those who sponsored and supported you.

# EVERY PENNY YOU RAISE MAKES A DIFFERENCE

**£225**

supports a veteran through our criminal justice programme

**£620**

supports a veteran with mental health problems by providing counselling sessions close to their home within a few days of them being referred to us

**£800**

pays for one of our employment advisors to support a veteran who is homeless

## SENDING CHEQUES TO WWTW

- Please ensure all cheques are made payable to 'Walking with The Wounded'.
- Please write your name and address on the back of the cheque.
- Please send cheques to Walking With The Wounded, Stody Hall Barns, Stody, Melton Constable, Norfolk NR24 2ED clearly identifying where it has come from so that we can thank you.
- Please refrain from sending us cash.

**Too often, for a veteran to receive help, he or she must pick up a phone and call, or click on a website link. For many of those we work with this just isn't practical. So we must find them and encourage them to engage, and this often is not easy...If we identify them, their downward spiral can be halted, and they can be supported back into society and independence.**

*Ed Parker Founder, Walking With The Wounded*

## Partnership remains at the heart of our philosophy.

If you have any questions or need advice about setting up your Three-Legged Challenge please contact Emma Cook on **01263 863902** or e-mail [viveca@wwtw.org.uk](mailto:viveca@wwtw.org.uk).

Thank you to every single one of you. It's working!