



Will you Walk Your Socks Off at school this May?

The sponsored walk
that's good for the sole.

Raise on average
£25 per child to
get a exclusive pair
of designer socks!

Sign up now at
guidedogs.org.uk/walkyoursocksoff

Walk Your Socks Off

Do something steptacular for people with sight loss

This May, set your school or youth group a step challenge and raise money to support our life changing services. Raise over **£25** per child and we'll replace those worn out socks with a brand-new exclusive Guide Dogs pair designed by iconic British Designer Julien Macdonald



Put your heart and sole into it

All money raised will help provide life-changing services to some of the two million people in the UK currently living with sight loss. **£140** could buy a Starter Kit for a new owner containing everything they need to start a life with their new guide dog step out together... physically or virtually!

We'll provide you with all the inspiration and advice you need to run a successful and fun fundraiser in your chosen week of May. Walk Your Socks Off is an opportunity to bring young people together for an energetic challenge that requires team spirit while raising much needed funds.



Pull your socks up

You set your step target depending on your group size and abilities. You can choose to do it in a day or a week. Here are some of our favourite ways for schools and youth groups to take part:

- 1 Give each class or group the challenge of walking a target number of steps between them in a day or a week. For example **100,000** steps in a group of 27 that would be an average of **3,700** steps each.
- 2 Get everyone together for an inspirational one-day event; a playing field or running track would be perfect. Or if home-schooling, how about a virtual walk finale?
- 3 Build it into the school day. Can walking activities be incorporated into lessons? How about making the most of lunchtimes?
- 4 Young people might relish the chance to take on more ownership. Let them choose to do it as a family or in virtual pairs and set them the task of walking the distance in the week.



Watch your step!

Keeping track of all those steps could trip anyone over so here's some counting tips: If stepping and learning at home then ask parents to send in a daily step total as a classroom activity and turn it into a math challenge!

The easiest way is to use a tracking device such as wrist tracker, pedometer or mobile tracking app. If one child has a tracker, you can use their steps to estimate the group steps.

If a tracker is not available, you can estimate the number of steps on a route and then use this to calculate the group total.

Or break the challenge down into achievable chunks and get the kids to count their steps as they go. What could be better than maths and exercise at the same time?

Step it up a pace

The money raised can make a real difference to the thousands of people helped by Guide Dogs every year. Please encourage the children to get as much sponsorship as possible, and to help make it easier you can download sponsorship forms and posters from our website.

What says thank you better than new socks?!

In return for your amazing achievements, hit your group target (based on £25 per child) and they'll all receive an amazing pair of designer Walk Your Socks Off socks!



How your money helps



£50

could buy a puppy raising kit for volunteers who look after our pups during their first year.



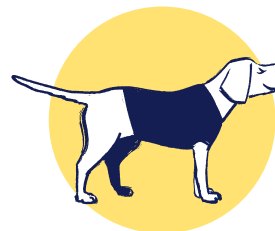
£96

could pay for an eye test each for two guide dogs in training.



£116

could buy a training school kit for one of our guide dog trainers who will teach pups the specialist skills they need as fully qualified guide dogs.



£710

could buy a birthing kit containing all essential equipment for a guide dog mum to safely deliver her puppies.

How your fundraising changes lives...

for children like Jago and Buddy dog Sam

In 2016 Jago was diagnosed with RP (Retinitis Pigmentosa).
Suzanne, Jago's mum, says:

"It was a complete shock. RP is a progressive condition, and I can always tell when his vision takes another dip as his anxiety goes up. As Jago has got older his eyesight has got worse and so has his anxiety. We got to the stage where he didn't want to leave the house."

"When we brought Sam (Jago's buddy dog) home the difference in Jago was instant. Jago is connecting with his friends again and has had his first proper conversations with his grandparents."

Jago says:

“

Sam is like my best friend, but a dog. He helps me do everything.”

For more information and
free downloads to help you
Walk Your Socks Off go to
guidedogs.org.uk/walkyoursocksoff.

