



**Stroke**  
Association

# Join the **resolution**

More than a run

Get ready to raise  
funds and rebuild  
lives with the Festive  
Resolution Run



# Thank you for joining me

My name is Lexy – together, we'll raise funds to rebuild lives with the Resolution Run.



I was 29 when I had a stroke. Many people say I'm 'lucky' because it didn't kill me, I'm not paralysed and my difficulties aren't as bad as other survivors. I don't feel 'lucky', but I do feel grateful those outcomes didn't affect me.

However, I have daily struggles with memory, fatigue, forgetfulness, decision making, problem solving... confidence, making conversation, concentrating on more than one thing at a time... my taste, my emotions, my mental health...

My problems are all invisible, so people assume I'm OK. That can't be further from the truth.

But I find that walking in the fresh air with beautiful scenery helps clear my mind and lift my mood. I try to keep busy. I write about my feelings in a blog. I also put my mind at ease and gather information by visiting The Stroke Association website and viewing the forums on My Stroke Guide.

I want people to understand that stroke survivors like me are still struggling, even if it's not visible. I want people to understand that stroke causes brain injury and it can take months – even years – for your brain to relearn the functions you've lost.

That's why I'm running. Thank you for running too.

**Lexy Walton-Godfrey**

# Your Resolution Run starts here



## Run, walk or cheer and choose the distance that suits you

Whether you're putting on your running shoes for the first time or hoping to achieve a new personal best, it's the taking part that counts. Our Virtual Festive Resolution Run is designed to be fun, for anyone of any age or ability, with the choice of distances left to you to decide.

And while you're doing it, remember: not only are you raising funds to rebuild lives, but by exercising, you're also helping to reduce your own risk of stroke. So you really are doing something life-changing.

**Together we can rebuild lives**

### Stroke fact

Regular moderate exercise can lower blood pressure and help you maintain a healthy weight, **reducing your risk of stroke by 27%.**



# Welcome!

Within this booklet is everything you need to know to get ready for your Virtual Festive Resolution Run. But, if we've missed something or you still have any burning questions, please contact us on **0300 330 0740** or **resolution@stroke.org.uk**

## Your training

We can't run it with you, but we'd love to help get you get ready for the challenge so make sure you check out our training plans at **[www.stroke.org.uk/resolution](http://www.stroke.org.uk/resolution)**

## Your run

When it comes to the big day, please do shout about it to your friends on social media – we want them to know that the Stroke Association is here and that you believe in what we do. Use **#MyResolution** when talking about your run and mention us on Twitter (**@TheStrokeAssoc**) and Facebook (**@TheStrokeAssociation**)



## Your medal

Raise over £150 using JustGiving and we'll send you a medal in the post to wear with pride. If you're one of the first 150 to raise over £150 you'll receive an exclusive limited edition festive medal.

When your medal arrives, remember to share a selfie using the hashtag **#MyResolution!**

There is no need to send us evidence that you've completed your Resolution Run



# How do I take part in light of COVID-19?

In times like this we know that it's especially important to keep active, and focus on something positive.

We know that training might be tricky right now, so please make sure you're looking after yourself and only run if you feel able to, there's plenty of time to train. And remember to continue to follow the most up to date government advice, which can be found **here**.

There's many ways that you can take part whether you're still running outside, jogging on the spot at home, running through your house or doing laps of your garden - you can do it!

**1km is approximately 1,300 steps, 5km is 6,500 steps and 10km is 13,000 steps - to get started you just have to take that first one!**

# Raise more and make an impact

When you fundraise for us, you'll help us support more stroke survivors, carers and their loved ones.

Here's how you can help us be there for more people affected by stroke across the UK:

- **Start collecting sponsorship now.** The more time you have, the more you can raise.
- **Set a target.** People are more likely to donate if they can see how close you are to reaching your goal.
- **Share on social media.** Keep your sponsors up-to-date with how you're doing or check in with us on Facebook or Twitter.
- **Talk to your employer.** They could match your fundraising, or let you raise money at work.
- **Ask sponsors to Gift Aid.** Either on the sponsorship form, or by clicking 'add Gift Aid' on their JustGiving sponsor. It'll raise an extra 25p for every £1 for free!

As an extra thanks, the first 200 runners who raise £100 or more using JustGiving will receive a free santa suit to take part in!

## Help us raise more with JustGiving

Fundraise online with a JustGiving page. It's easy to share with family and friends on email and social media, so you can reach more people and raise more for the Stroke Association.

And because there's less paperwork, we can be more efficient and save money. Everyone's a winner!

Get started at [justgiving.com/stroke](https://www.justgiving.com/stroke)

## Stroke fact

Stroke is the **UK's fourth biggest killer**. Yet funding for stroke research is 1/5 of that spent on cancer research.



## Every pound helps

£17

could pay to run the My Stroke Guide helpline for an hour, helping anyone whose life has been affected by any type of stroke get the expert advice they need.

£29

could pay for someone to receive emotional support from our Stroke Helpline.

£50

could help fund research to find new ways to help stroke survivors with communication difficulties.

£80

could enable a stroke survivor to attend a six-week computer course to support their recovery.

£217

could fund our Stroke Helpline for one hour, providing support and guidance to survivors, carers and their loved ones as they rebuild their lives.

£300

could support a volunteer to work with a stroke survivor for a year, helping them regain their confidence and independence.

## Thank you



# Once your run is done

Don't put your feet up just yet – it's time to gather your funds.

Any money you raise with JustGiving will be sent directly to us. If you've collected any cash sponsorship with the paper form in this pack, please send it to us by either:



**Phone:** Call 0300 330 0740 to make your donation by debit or credit card. Then post any signed sponsorship forms back to us so we can claim an extra 25% in government tax relief on any Gift Aid donations.

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**Post:** Send your donations and completed sponsorship form to:

Festive Resolution Run  
Stroke Association  
1 Sterling Business Park, Salthouse Road  
Brackmills, Northampton, NN4 7EX

We process donations centrally to reduce costs. This won't affect where or how your donation is spent. Cheques should be made payable to 'Stroke Association'. Please do not send cash in the post.

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**Bank:** If you'd like to pay in your sponsorship by bank transfer, please call us on 0300 3300 740 or email [resolution@stroke.org.uk](mailto:resolution@stroke.org.uk) so we can provide you with our bank details and your unique reference. Please remember to post any sponsorship forms back to us so we can claim Gift Aid.

# More about the Stroke Association

We are the UK's leading charity dedicated to rebuilding lives after stroke



We believe in life after stroke. That's why we support stroke survivors as they recover, campaign for better stroke care, and fund research to develop new treatments and ways to prevent stroke.

But we can't do it without your support. Thank you for helping us rebuild lives.

If you have any questions about the Stroke Association or your Resolution Run, please get in touch:

**Online:** [resolutionrun.org.uk](http://resolutionrun.org.uk)  
**Telephone:** 0300 330 0740

**Email:** [resolution@stroke.org.uk](mailto:resolution@stroke.org.uk)  
**Facebook:** [facebook.com/TheStrokeAssociation](https://facebook.com/TheStrokeAssociation)  
**Twitter:** @TheStrokeAssoc

## Stroke fact

There are over **1.3 million stroke survivors** in the UK today living with the impact of stroke.



## Stroke fact

Every year, we help **72,000** stroke survivors rebuild their lives.



By taking part in our Festive Virtual Resolution Run, you'll help us be there for even more people affected by stroke.

# Sponsorship form

Please write your details (in BLOCK capitals)

<b>Title:</b>	<b>Name:</b>	<b>Name of Event:</b> Festive Resolution Run
<b>Surname:</b>		<b>Date of Event:</b>
<b>Address:</b>		<b>Supporter Reference Number:</b>
		<b>Email:</b>
<b>Postcode:</b>		<b>Telephone number:</b>

## A donation is worth more with Gift Aid

*giftaid it*

To enable us to claim back the tax already paid on your donations, and add 25p to every £1 you donate, please tick and date the boxes below.

If I have ticked the box headed "Gift Aid it", I confirm that I am a UK Income or Capital Gains taxpayer and would like to Gift Aid this donation and any donations I have made in the past four years, or I make in the future to the Stroke Association.

I understand that if I pay less Income Tax and/or Capital Gains Tax each tax year (6 April to 5 April), than the amount of Gift Aid claimed on all of my donations, it is my responsibility to pay any difference.\*

**Remember:** You must provide your full name, home address, postcode and  Gift Aid to enable us to claim the tax back on your donation.

Full name	Home Address ** Only needed if Gift Aiding your donation. Don't give your work address if Gift Aiding your donation.	Postcode	Date paid	Amount	Gift Aid it <input checked="" type="checkbox"/>
Anne Example	333 Sample Street, London	SW13 2PX	1/5/18	20.00	<input checked="" type="checkbox"/>

**ONLINE SPONSORSHIP:** Can't get your sponsorship form to all your friends? Then log on to [www.justgiving.com/stroke](http://www.justgiving.com/stroke) and gain sponsorship online. It's quick, free and simple to use.

**SUB TOTAL**  
(continued overleaf)

£

**For extra copies, please photocopy this form before you fill it in.**

**For Office Use only**

Non GA £ \_\_\_\_\_ GA £ \_\_\_\_\_ CAF £ \_\_\_\_\_ TOTAL £ \_\_\_\_\_  
ThankQ: Serial number \_\_\_\_\_ Event code \_\_\_\_\_ ThankQ Gift Aid total £ \_\_\_\_\_  
Regional: Paying in Book Number \_\_\_\_\_ Receipt number \_\_\_\_\_ Gift Aid processed

\* If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

\*\* Stroke Association will use the details you provide on this form in order to claim gift aid on your donations, and for no other purpose. For more details on how we look after your personal information, read our privacy policy at [stroke.org.uk/privacy](http://stroke.org.uk/privacy).

**Questions about stroke? Call our Stroke Helpline 0303 3033 100 (textphone 18001 0303 3033 100)**

Full name

Home Address \*\*

Only needed if Gift Aiding your donation.  
Don't give your work address if Gift Aiding your donation.

Postcode

Date paid

Amount

Gift Aid it



## Thank you for your support

Can't get your sponsorship form to all your friends? Then log on to [www.justgiving.com/stroke](http://www.justgiving.com/stroke) and gain sponsorship online.

SUB TOTAL (this side)

£

SUB TOTAL (other side)

£

TOTAL

£



## Returning your sponsorship money

Please return your completed sponsorship form and cheques **no later than one month after the event**.  
If there is any reason why this might not be possible, you must contact your local fundraising office as soon as possible.

\* If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

\*\* Stroke Association will use the details you provide on this form in order to claim gift aid on your donations, and for no other purpose. For more details on how we look after your personal information, read our privacy policy at [stroke.org.uk/privacy](http://stroke.org.uk/privacy).

Total payment sent with this sponsorship form

£ \_\_\_\_\_

Date Sent \_\_\_\_\_

Please return your completed form and sponsorship received to the address below.

(Please ensure that your name, postcode and event name is written on the back of all cheques)

We process donations centrally to reduce costs. This won't affect where or how your donation is spent.

Festive Virtual Resolution Run, Supporter Care Team,  
Stroke Association, Salthouse Road, Brackmills  
Northampton NN4 7EX

## Keeping in touch

### Step 1 - Consent to stay in touch

Join our community, supporting thousands of people and families affected by stroke across the UK.

- Please tick here to find out about our vital support services for stroke survivors and their friends and family, and our ground-breaking research (tick below to tell us how you want to keep in touch).
- Please tick here to hear about opportunities to support stroke survivors, both locally and nationally, through campaigning, volunteering and fundraising for us, including ways to donate. We can only continue to deliver these life-changing services with public support (tick below to tell us how you want to keep in touch).

### Step 2 - How would you like us to keep in touch?

Please tick: Email  Phone  SMS

### Our promise to you

We will take great care to hold your personal information securely and never sell it to third parties. For more details on how we use and look after your personal information, read our privacy policy at [stroke.org.uk/privacy](http://stroke.org.uk/privacy)

If you change your mind at any time, please phone our supporter care team on 0300 3300 740 or email: [supportercare@stroke.org.uk](mailto:supportercare@stroke.org.uk)