

[corporate.partnerships@dementiauk.org](mailto:corporate.partnerships@dementiauk.org)



**Workplace challenge**

**10,000 Steps a Day in June**

Challenge your team to get outside, move more and make sure no one faces dementia alone.

## Could your team take on a steps challenge which:



Brings people in your workplace together to support families in your community?



Engages staff at different levels of fitness?



Improves wellbeing, health and motivation?







## What is the challenge?



Walk 10,000 steps or more, every day between 1<sup>st</sup> and 30<sup>th</sup> June



Each team member records their own steps on whichever device or app they prefer



Share updates with colleagues, family and friends



Raise funds to make sure no one faces dementia alone



## Who is this challenge for?

- Teams, departments or companies across the UK who want to do a workplace challenge together
- Anyone who wants to do something positive and inclusive to boost morale in their team
- People or organisations who want to support families affected by dementia



# What does the Team Leader do?

- Registers a team and updates the team fundraiser
- Invites colleagues to join the challenge
- Starts a team-wide email, chat or Strava club to keep colleagues motivated throughout the challenge
- Acts as the main point of contact for the challenge and will receive additional information and support



## Team Leader checklist:

- ✓ Register a team
- ✓ Choose a name for the team fundraiser
- ✓ Invite colleagues to register via this [link](#)
- ✓ Share the team fundraising page and support families affected by dementia



## **Your team members will:**

- ✓ Receive a t-shirt by post within 10 working days, if requested
- ✓ Get their own individual fundraising page
- ✓ Be able to edit and add updates to their fundraising
- ✓ See their donations add to the team fundraiser's tally

## Why support Dementia UK?

In the time it takes to read your next email, someone will develop dementia. It's a huge and growing health crisis. Too often, families don't know where to turn and are left feeling exhausted and overwhelmed. But with the support of Dementia UK and its specialist Admiral Nurses, people facing the fear and confusion of dementia know they're not alone.

[dementiauk.org](https://dementiauk.org)







If you have any queries, please contact Tara Patel

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# THANK YOU

