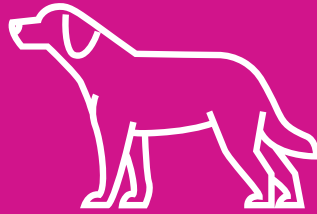


October Dog Walking Challenge



Supported by



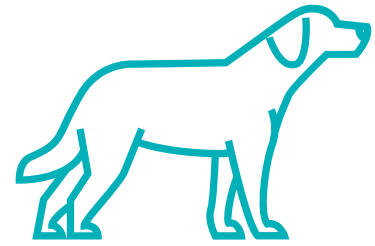
I'm aiming to raise £..... for Dementia UK by walking 100km with my dog in October.

Use this tracker to record how many kilometres you complete each day.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Ready, set, woof! </p>						<p>1</p>
<p>2 Share your fundraiser!</p>	<p>3</p>	<p>4</p>	<p>5</p>	<p>6</p>	<p>7 First week complete!</p>	<p>8</p>
<p>9</p>	<p>10</p>	<p>11 You're fur-tastic!</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15 You're halfway!</p>
<p>16</p>	<p>17</p>	<p>18</p>	<p>19 Keep going!</p>	<p>20 Anything is paws-ible!</p>	<p>21</p>	<p>22</p>
<p>23 Amazing job!</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28 Nearly at the finish line...</p>	<p>29</p>
<p>30</p>	<p>31 Well done!</p>	<p>Grand total:</p> <p>A big round of ap-paws... you did it!</p>				

Thank you for stepping up for families facing dementia this October.

Welcome to #TeamDementiaUK!



Thank you for committing to walk 100km with your dog this October to support families facing dementia.

Be sure to use our handy checklist below to get set for the challenge:

- I have received my free dog bandana
- I have set up my fundraising page
- I have shared a selfie of me and my dog on my fundraising page

Every three minutes, someone in the UK develops dementia – and too often, families struggle to know where to turn and are left feeling exhausted, overwhelmed and alone.

With your help, we can support more families when they need it most.



Just £3 could cover the telephone costs of a person living with dementia calling our free national Helpline for support.



£44 could pay for a carer to receive an hour of one-to-one support from a specialist dementia nurse on our Helpline.



£152 could fund a new specialist dementia nurse to complete an essential training module, developing their skills to support families facing dementia.

Every kilometre you walk and penny you raise will help ensure that no one has to face dementia alone. We can't wait to hear how you're getting on with your challenge so be sure to update us on your progress in the Facebook Group: facebook.com/groups/octoberdogwalk

Good luck!

The Dementia UK Virtual Events Team

PS Take a selfie with your pup in their dog bandana and tag [@DementiaUK](https://twitter.com/DementiaUK) and [@tails.com_uk](https://twitter.com/tails.com_uk) on social media to show you're on **#TeamDementiaUK**.



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