



Good luck on your Spectrum Walk

Tips, tools and a tale of inspiration
to help you on your way.

Thank you for taking on a Spectrum Walk

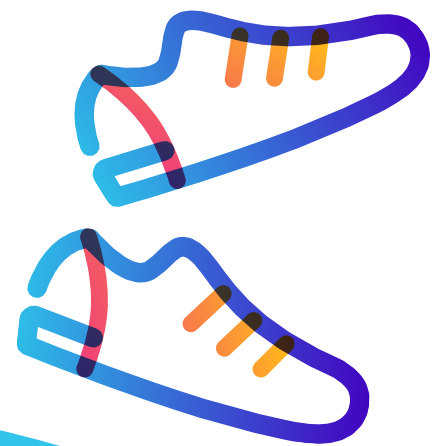
- let's do this!



You've taken the first step to support autistic people and their families. Now we are here to help you take your next steps!

You'll find in this pack:

- What is Spectrum Walks?
- Why we need your help
- Your next steps
- Shareable poster
- Medals and more information
- Fundraising ideas
- Sponsorship form



What is Spectrum Walks?

Spectrum Walks is a walking challenge that you can do from your own home. While increasing your step count, you'll be raising vital funds and awareness and acceptance of autism. You can take part in this challenge at any time during August but if you are stuck for a date, how about Saturday 21 August? That way, your walk will coincide with Spectrum Night Walks, organised walks in Cardiff, London and Manchester. Collectively, you and hundreds of other brilliant people will be walking to transform lives and change attitudes.

If you are organising your own walk, stay safe and organise your Spectrum Walk in the daytime.



Why we need your help

The coronavirus pandemic has been particularly tough for many autistic people and their families. Services have closed and many people have been left stranded. The ever-changing guidelines and restrictions can be confusing to understand and extremely difficult to implement for autistic people with high support needs.

We've developed online resources for autistic people and increased the number of online social groups we run. As we come out of lockdown, there is still much to do. We desperately need your help to continue our vital work supporting autistic people and their families.



Meet Leo - autistic man and supporter of our charity. Leo tells us why he has decided to walk this year.

"I'm going walkies to help get my charity (one I've worked and been a volunteer for as well as a service user of) survive this pestilential coronavirus pandemic then rally back from it stronger than ever."



Take your next four steps



1

Create your **JustGiving** page and set a target to help motivate you and to encourage donations from sponsors. All donations made via JustGiving are automatically sent to us.

2

Share your fundraising page on your social media accounts and tell your family, friends and colleagues about your challenge. Remember to tell your story about why you are taking part and raising funds for the National Autistic Society and what it means to you.



3

Join the **Spectrum Walks Facebook** group to connect with others taking up the challenge.



4

Say hello to the group by posting a photo of yourself and the reason you're taking part.



Don't forget to use the hashtag **#SpectrumWalks** and tag us in your fundraising activities so we can share what you are doing!



Share this image with friends, family, colleagues, and sponsors!



Download and use in your fundraising

Medals, and other important information



Medals

You'll receive a medal for completing your walk. All medals will be posted to you by the end of September 2021. When the medal arrives, please do take a photo of yourself and post it to the **Spectrum Walks Facebook group** - we love to see you celebrating your achievement!



Promotion

Please share your story and promote your Spectrum Walk as widely as possible! If you create your own videos and resources, don't forget to mention that you are raising money for the National Autistic Society - please contact us if you would like to use our supporter logo.



Fundraising ideas



You can boost your fundraising by adding to your challenge. Here's a few ideas. We have many more ideas on our [website](#) too!

- Streamathon
- Haircut/hair dye
- Sponsored silence
- Sweepstakes
- Danceathon
- Cooking/baking
- Quiz
- Onesie walking
- Fancy dress
- Sponsored singing
- Sponsored chores
- Comedy stand-up show

Many of these fundraisers work online, should coronavirus restrictions remain in place or be re-introduced. Visit our website to find out more about [fundraising from home](#).



Registered with
**FUNDRAISING
REGULATOR**



**National
Autistic
Society**

Any questions?

If you have any questions about the Spectrum Walks, email events@nas.org.uk and we'll be more than happy to help.

