

SUMMER STEPS CHALLENGE



STEP UP FOR MENTAL HEALTH

Could you do our summer steps challenge and take on 26 miles for mental health this July? That's the same as walking or running from our Congleton office to our base in Crewe and back again!

Whether you decide to walk it for wellbeing over a weekend; or make it a marathon challenge by running it in

one go, take on the #SummerSteps challenge and raise vital funds for local children with mental health issues in Cheshire this summer.

Why not enjoy being able to get back to socialising with friends, family, or colleagues by taking on the challenge and have fun doing it together?

HOW TO TAKE PART

It couldn't be easier to join in!

1 Visit <https://visyon.enthuse.com/cf/summer-steps-challenge> to register & set up your fundraising page. This is a Free to Enter event with a suggested minimum fundraising target of £26. If you complete the challenge and raise more than £26, you'll get one of our limited edition Visyon medals!

2 Complete your 26 miles by walking or running them between 1-31 July. You can do them all in one go or space them out over several days.

3 Shout about it! Share your story and giving page on social media. Don't forget to tag [@VisyonLtd](#) in your updates so we can see how well you've done and send you your medal. Show the world that [#MentalHealthCounts](#) and be a Visyon fundraising hero.

**26 miles =
42km or
75,000 steps!**

01260 290000 | WWW.VISYON.ORG.UK
Charity Number: 1107951

