



MARCH IN MARCH 2024

FUNDRAISING GUIDE

Together We March

Walk or run 10 miles on any day during March to raise funds for life-changing mental health treatment for veterans. It's easy to get involved – simply register online, decide when and where you're going to walk and then get started!

THANK YOU

You've taken the first step to support us by signing up for March in March. Now here's how to get started on your 10 miles in March.



Choose a date and your location

The joy of March in March is that you can walk or run your 10 miles on whichever day suits you, in any location, inside or out. Or you could break your miles down and complete them over several days.

Update your fundraising page

When you sign up for March in March a fundraising page is automatically created for you as part of the registration process. Adding a photo and your personal reasons for taking part are proven to increase donations.

Shout about it

Let everyone know you're taking part, use the handy social icons on your fundraising page to make sharing it easy. Tell your supporters how their donations will help us provide our life-changing mental health treatment for veterans. Check out our example posts on the next page.

The more the merrier

Why not ask friends and family or even work colleagues to sign up to do March in March with you. You can create a team online that will show your combined fundraising efforts.

Matched funding

Ask your employer if they'll match the funds you raise or make a donation.

Leaderboards

Check where you are on the leaderboards to see if you can grab the top spot.

Last but not least, don't forget to thank all those who sponsor you!

BE SOCIAL

Facebook, Twitter and Instagram are all great ways to let everyone know you're taking part in March in March so they can support you.



WHY NOT:

Share your online sponsorship page

To encourage donations.

Make a film

Post a video of yourself training or on your actual March in March.

Join the Team Combat Stress Facebook group

For help, advice and inspiration.

Share your achievements

Download your achievement badges from our [Resources and Rewards](#) page. Share them on social media so everyone can see what you've achieved. It might encourage others to get involved too!

Wear it loud and proud

Once you've done the miles and got the medal, share a photo of you wearing it on social media so everyone can see what you've achieved.

Share your story

Send us your March in March story and photos or a video.



Some social post examples you can use:

- A donation of £5 could provide art materials for a veteran to create artwork at home as part of their treatment, offering another way to express emotions and make sense of trauma.
- A donation of £27 could fund a veteran's call to our Helpline so they can start receiving life-changing treatment.
- A donation of £38 could allow a peer recovery worker to provide a fellow veteran with a 1:1 support session, guidance and reassurance during their treatment.

Don't forget to tag us!

#MarchInMarch

@CombatStress

GUY'S STORY



“

Without Combat Stress, I wouldn't be the person I am today, and whether I'd still be here... I'm not sure. I can't thank them enough.”

Army veteran Guy turned to us for help after incidents while serving in Northern Ireland and the Gulf War affected his mental health.

“I knew I'd been affected but like most in the military, I tried to carry on. However, I was drinking heavily, I'd become very irrational and could be aggressive.

“Leaving the military in 2011, my behaviour got worse. I loved my military career, so when I left I felt like I'd lost my support bubble. I wasn't coping well and talked about taking my own life.

“About four years after leaving the Army and when everything became too much, I picked up the phone and called the Combat Stress Helpline. The weight that call took off my shoulders was immediate and I knew I'd done the right thing.

“Combat Stress worked out a treatment programme for me. I started with an assessment and then attended a PTSD treatment programme which gave me coping strategies that I still use to this day.

“I had to face my demons and learn how to express my feelings in healthier ways. I tried painting and poetry, which I'd never have thought I'd do, and also yoga, which I still do to this day. It's helped me become more rational and calmer; I think things through and handle them so much better.

“My symptoms were pretty severe, if I hadn't sought help it would have destroyed me.

“To supporters of Combat Stress, I'd like to say thank you; we served our country so it's great you help us. Without your support a very valuable charity won't be able to carry on.”

By taking part in March in March, you'll be helping us to help more veterans like Guy.

ANY QUESTIONS? WE'RE HERE TO HELP.



Call us on **01372 587 140** or
email us challenges@combatstress.org.uk

You'll also find lots of help and advice on our website

marchinmarch.co.uk

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**COMBAT
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FOR VETERANS' MENTAL HEALTH