



**MARCH
IN MARCH**

FUNDRAISING GUIDE

Together We March

Walk or run 10 miles on any day during the month of 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.
- » **Create your online fundraising page:** It's the easiest way to fundraise! When you sign up for March in March you will automatically create a fundraising page as part of the registration process.
- » **Shout about it:** let everyone know why you're taking part. The most successful fundraisers often have really personal fundraising pages so say why you're taking part, send out regular updates and photos. Tell your supporters how their donations will help us provide our life-changing treatment to former servicemen and women with mental health problems. Social media is a great way to tell everyone what you're doing – check out our tips 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.
- » **Matched funding:** ask your employer if they'll match the funds you raise or make a donation.
- » **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 or from our Facebook group. 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.

Dont 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**](mailto:challenges@combatstress.org.uk)

You'll also find lots of help and advice on our website
[**marchinmarch.co.uk**](http://marchinmarch.co.uk)

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Charity Registration No 206002 (SC038828 in Scotland).

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FOR VETERANS' MENTAL HEALTH