

HOW DO YOU GET INVOLVED?

1. Get ready

Register by emailing us at fundraising@WeTalkClub.com

2. Get your info pack

We'll send you a number and an event sheet explaining what to do next.

3. Get fundraising

Set up your fundraising page (or use ours: Talk_Club.donor.com/milesformiles Or Text "TALKCLUBMILES" to 70470)

4. Get the word out

Ask for sponsors. Share your journey. Tag us in anything you do. #MilesForMiles @TalkClubUK

5. Get moving

Whether it's training or the actual event, begin by asking:

How are you? Out of 10?

And then explain why.

Then do your walk, run, swim, climb, (anything that gets you moving).

At the end, ask that question again.

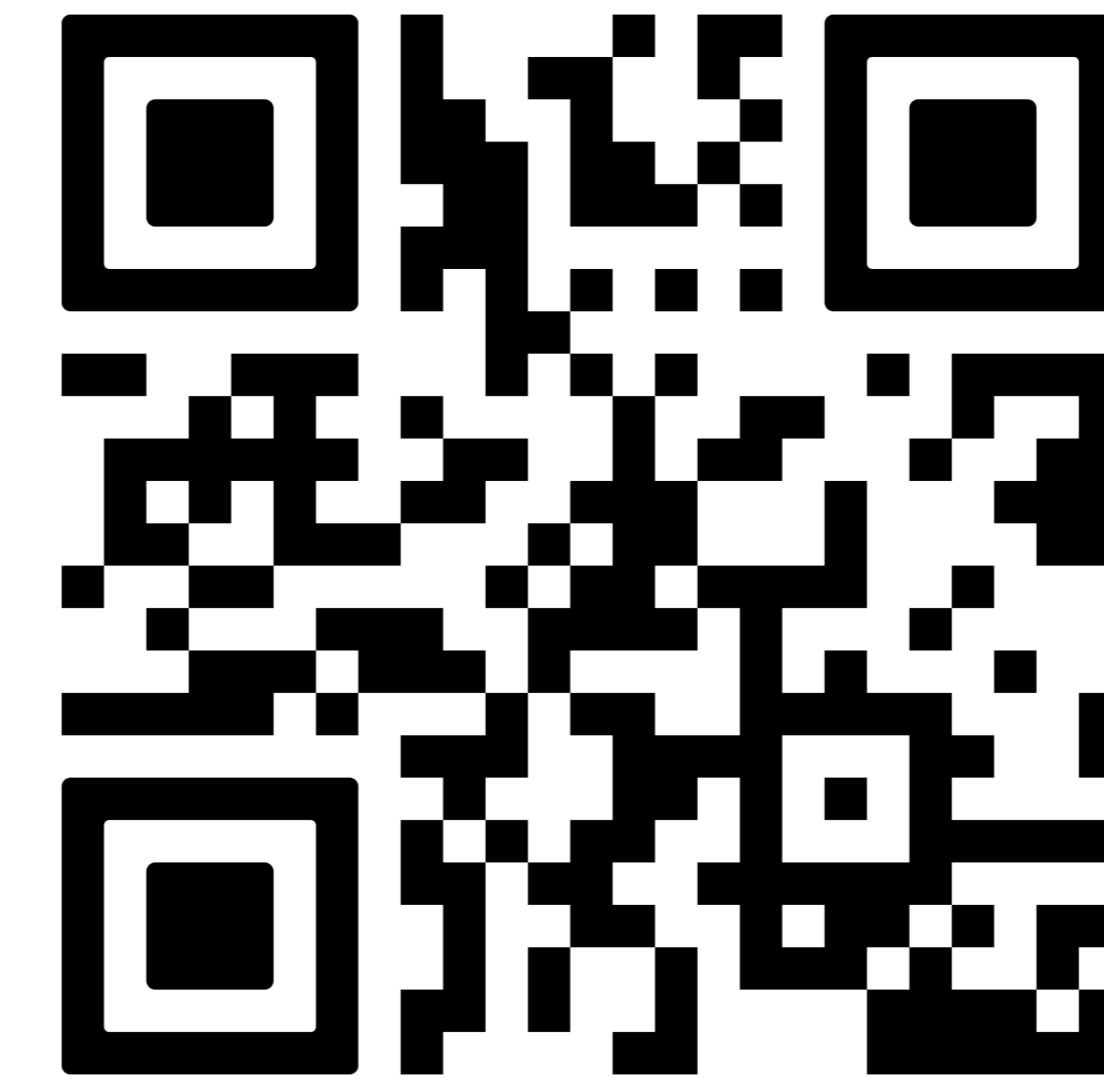
And see your number go up.

Miles for Miles isn't just about raising funds and awareness.

It's about stopping men from taking their own lives.

So please get involved.

To find out more scan:



Follow us:

Twitter + Instagram

@TalkClubUK

Facebook.com/WeTalkClubUK

Contact us:

Fundraising@WeTalkClub.com

WeTalkClub.com

Registered Charity No. 1194033

MILES FOR MILES



WeTalkClub.com

WHAT IS MILES FOR MILES?
 It's an active fundraiser and awareness event for Talk Club in May.

WHAT IS TALK CLUB?
 Talk Club is a talking (and listening) mental fitness charity for men. Founded in 2019, it has over 2,500 men in the community and over 60 clubs around the globe.

WHY IS IT NEEDED?
 Suicide is the biggest killer of men under 50 in the UK. Currently, a man dies every 90 minutes.

WHY MILES?
 One of the men we lost was Miles Christie. So, in his memory, with the help of his brothers, we have created a month of fundraising and awareness.

Together we can help save the next Miles. Or Steve. Or Rob. Or Ross. Or Fred.

WHY MAY?
 May is statistically one of the highest months for suicides in the UK. And at Talk Club, we have personally lost friends and family in that month.

Plan your time and targets using your Miles Calendar.


How many miles are you aiming to do? Who's joining you?

For example: "Goal: Walk 2 miles a day for 31 days. Get £10 a mile. Raise £620 for suicide prevention."

Goal: _____

**MILES
FOR
MILES**

MAY 2022

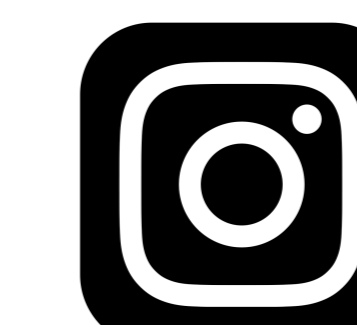
SUN	MON	TUE	WED	THURS	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Total Miles =	Total Raised =		

If you have any questions
Please email us:
Fundraising@WeTalkClub.com

Please follow
& tag us:
[#MilesForMiles](https://www.instagram.com/WeTalkClubUK)



@TalkClubUK



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