



Friday 29 May 2020
08:00 - 20:00

#partakeanddonate

@pancreaticcanceruk @Herts_DSF
www.justgiving.com/team/Partakeanddonate





Friday 29 May

What are we doing on Friday 29 May?

With your help, our aim is to raise as much money as possible for two charities close to our hearts –
Pancreatic Cancer UK & Herts Disability Sports Foundation

We will cover the distance around Hertfordshire with activities which equate to the perimeter of the county.

It's all about getting some movement into your day whilst raising money for some great charities!

With a full schedule of activities running throughout the day, you and your families can choose to opt in and join virtually via Facebook or YouTube Live or do your own thing!

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How to #partakeanddonate

It's simple – just follow these **three easy steps**:

1. Take part in some form of physical activity on the day
2. After participation, take a snap, use our hashtag **#partakeanddonate** and let us know how many miles you have completed
3. Jump onto our justgiving page **www.justgiving.com/team/partakanddonate** to pick a charity and donate!

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Friday 29 May

Be part of something great!

Dont forget to use our hashtag
#partakeanddonate
to tell us how many miles
you have done today

Remember to donate!

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Friday 29 May

Have a look at our timetable for **fun and exciting activities** that will benefit not only your physical fitness but your mental well-being too!

By completing just **one 30 minute session** you will earn up to **3km** to help us reach our target of travelling the perimeter of Hertfordshire and beyond

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Friday 29 May

I am going to
#partakeanddonate
on Friday 29 May

Are you?

#partakeanddonate

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Friday 29 May

Like what you see on
the timetable but can't
make the session?

Don't worry - feel free to
watch back the recorded
session and partake and
donate in your own time!

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