

# CHALLENGE



Together *We can do this*

## Supporters Information

Staffordshire Women's Aid is a local charity supporting victims of domestic and sexual violence. This year we are proud to be celebrating our 45th Birthday. Since 1976 we have helped thousands of victims living with, fleeing or recovering from the impact of violence and abuse in Staffordshire. Forty-five years on, our services are never more needed.

### The Challenge

Walk, run, cycle or swim 45 Kilometres in 45 Days and raise £45 for Staffordshire Women's Aid.

### Register

You can sign up to Challenge 45 by emailing [campaigns@staffordshirewomensaid.org](mailto:campaigns@staffordshirewomensaid.org)

### Keep In Touch

We would love to promote how you are supporting us - email us your story, send regular updates and photos of your progress, and of course let us know when you have completed your challenge and the amount you raised. In return you will receive a certificate of completion to show your friends, family and colleagues how you have supported us.

### Resources

We can provide you with a range of resources to help with your fundraising challenge, including Staffordshire Women's Aid t-shirt, sponsorship form, collection tins, publicity material and graphics for social media.

### Donate

You can submit donations online at <https://www.just-giving.com/campaign/Happy45thBirthdaySWA> or post donations to Staffordshire Women's Aid, PO Box 2387, Stafford, ST16 3WS

### Further Information

For any further information, or if you have any queries, please contact us at [campaigns@staffordshirewomensaid.org](mailto:campaigns@staffordshirewomensaid.org)

### Social Media Information

Facebook: [@staffordshirewomensaid](#)

Twitter: [@staffswomensaid](#)

### Hashtags:

[#Challenge45](#)

[#Staffordshire Women's Aid](#)

[#Let's achieve great things, Together](#)

[#Never More Needed](#)

Let's achieve great things, *Together*