

Swim 13 or 26

Make waves for meals

Dive into FareShare's swim challenge 🏊

SIGN UP

Are you up for the challenge of swimming 13 or 26 miles?

Set yourself the goal to swim a half marathon or marathon, or team up with colleagues to complete the distance together. Get active and feel healthier, while fundraising for a great cause!

Turn it into a competition 🏆

Why not challenge staff to see who can be first to reach 13 miles or hit the £100 raised milestone?

We'll give them a special shout-out. Create a fundraiser on [JustGiving](#) today: [CLICK HERE](#) 

Nominate a colleague to take part

Not into swimming, but feeling helpful today? Get involved by nominating a colleague to take on the challenge. Share this leaflet with them and we're sure they'll thank you for the brilliant idea! 😊 You can even give them a gentle nudge of encouragement by agreeing to be their first sponsor. By donating £20, they'll receive a limited edition swim cap to get started.

A fin-tastic fundraiser 🐟

Every mile you (or your colleagues) swim will help deliver meals to communities across the UK, reaching local families and children who don't have enough to eat.



"Other people looked down on me however, every time I came to you for help (local food service) there was no judgement, just friendly happy staff and I felt amazing. When they knew I had young girls they would always give me nutritious food for my girls."

Parent receiving FareShare food



Have you got any questions?

When does the challenge start? What does 13 or 26 miles look like in pool lengths? How do I set up my fundraising?

For more information register your interest on our website at www.fareshare.org.uk to receive your digital pack or email fundraiser@fareshare.org.uk.