

Swim 13 or 26

Make waves for meals



Are you ready to dive into your swim challenge?

Thanks for signing up to FareShare's Swim 13 or 26 challenge — we're so glad you decided to join Team FareShare. This year, get active and feel healthier, all for a great cause!

Whether you're a regular pool dweller or looking to dip your toe back in the water, your fundraising journey starts here. Every mile you swim will help deliver meals to communities across the UK, reaching local families and children who don't have enough to eat.

How to take part

- 1. Choose your distance and time to complete your challenge. You can always change this later.**

Take on 13 or 26 miles — go to great lengths to help FareShare fight hunger and tackle food waste.

13 miles = 837 lengths (of a 25m pool)
26 miles = 1,674 lengths (of a 25m pool)

We recommend two months for this swimming challenge, but it's entirely up to you! You'll feel motivated and refreshed, however you choose to complete your miles.

- 2. Set up your fundraising page on JustGiving.**

Ask friends, family and colleagues to sponsor you. Create your fundraiser.

- 3. Make a splash!**

Lake, lido or leisure centre — wherever you like to swim, head to your nearest swim spot to make a start on your miles. Celebrate the time you've set aside to focus on your health and fitness.



**Create
your
fundraiser**

Make waves for meals

Once you've decided on how far you're swimming, it's time to start collecting those all-important donations. And with JustGiving, setting up your fundraiser couldn't be easier! Head on over to [justgiving.com/campaign/makewavesformeals](https://www.justgiving.com/campaign/makewavesformeals) to get started.

Register your page

Visit our JustGiving campaign page: www.justgiving.com/campaign/makewavesformeals. Select 'Start fundraising' in the top right corner. Sign in or create your JustGiving account if you haven't got one already. Follow the page set-up instructions to create your page and be automatically assigned to the 'Swim 13 or 26' event.



**Get
started**

Personalise to grab your friends' and family's attention

Update your profile with a photo and description to let everyone know why you're supporting FareShare. Try including one of our key statistics so your donors understand how much their gift means to you and to FareShare. Did you know? Fundraisers with a profile picture regularly raise up to 13% more.

**Remember, for every £1 you raise, you'll help
FareShare redistribute five meals to those in need.**

Set a fundraising target

Remember, for every £1 you raise, you'll help FareShare redistribute five meals to those in need. Why not be the first to donate to your own fundraiser? Those who kick off with their own donation raise a whopping 84% more.

Spread the word

It's time to start fishing for donations! Let your friends, family and colleagues know that you're taking part. Share your fundraiser in group chats and on social media. Use the hashtag #MakeWavesForMeals, and tag @FareShareUK (or @UKFareShare on Facebook).

Stay in touch

Keep your supporters in the loop to let them know how you're getting on. Post any major milestones on your fundraiser and on social media, and don't forget to say those magic words to anyone sponsoring you: THANK YOU!

Need further help? Check out our easy, step-by-step [JustGiving guide](#) and video walk through for more information.

Make a sw-impact

Across the UK, one in six people are worried about where their next meal will come from, including 3 million children.

Your fundraising is the reason FareShare can distribute four meals a second to the people who need it most. You'll be helping to provide a lifeline to people going hungry within your local community, and ensuring good-to-eat, surplus food can be delivered up and down the country.

Your laps can change lives

Every mile you swim will be helping families to feed their children with FareShare food. Together, we can make sure children get the nutrition they need to develop and learn. With rising living costs making it harder for parents, your support is vital in providing kids with good healthy meals.

"We know that when a lot of children arrive in the morning we need to give them breakfast because, at home, that might've been a bag of crisps. Then, at mid-morning, we provide children with a healthy snack, which always includes a portion of fruit." Charlotte Williams, Chief Executive of a local charity in Yorkshire, who use FareShare food to support parents and children.

For every £1 you raise, you'll enable FareShare to redistribute the equivalent of five meals to children, families and local communities struggling to get enough to eat.



Rewards for your fin-tastic fundraising

Raise £20 to redistribute 100 meals and receive a limited edition FareShare swim cap.

Raise £100 and we'll celebrate your 500 meal milestone by sending you your very own medal and T-shirt.



Swim 13 or 26

Make waves for meals

Keep track of
every splash here!

Take on 13 or 26 miles



DIVE IN!

1

2

3

4

5

6

7

8

MAKING WAVES

9

10

JUST KEEP SWIMMING

11

12

13 MILE FINISH

13

14

15

16

17

18

19

20

21

22

YOU'VE GOT THIS!

23

24

25

26 MILE FINISH

26

£1 = 5 meals



We're with you every stroke of the way!
Get in touch with our team at:



020 8187 2705



fundraiser@fareshare.org.uk

11 million people are going hungry across the UK. By fundraising for FareShare, you're helping to prevent good-to-eat, surplus food from going to waste, and getting it to the communities who need it most.



Registered with
FUNDRAISING
REGULATOR



FareShare is a registered charity: 1100051 | fareshare.org.uk