

Walk Your Socks Off at your School or Youth Group Leaflet

Walk your socks to support people with sight loss

This May, it's time to step up to the challenge and Walk Your Socks Off by clocking up 100,000 steps over a week or a single day. In return for putting in all the legwork, we'll replace your worn-out socks with a brand-new pair of exclusive Guide Dogs socks.

Put your heart and "sole" into it

All money raised will help provide life-changing services to some of the two million people in the UK currently living with sight loss. Just £95 could buy a training school kit for one of our guide dog trainers who teach our puppies the special skills they need as a fully qualified guide dog.

Step out together

We'll provide you with all the inspiration and advice you need to run a successful and fun fundraiser in your chosen week of May. Walk Your Socks Off is an opportunity to bring young people together for an energetic outdoor challenge that requires team spirit while raising much needed funds.

Step it up a pace

The money you raise will make a real difference to the thousands of people supported by Guide Dogs every year. Please encourage the children to get as much sponsorship as possible, and to help make it easier you can download sponsorship forms and posters from our website.

Why not go that extra mile with your fundraising and get families involved? On the day of your walk, give the spectators something to enjoy whilst raising funds by organising a bake sale or get creative and charge £1 to guess 'how many pairs of socks in the jar'.

What says thank you better than free socks?!

In return for your amazing achievements, we'll replace every child's 'worn out' socks with a brand-new pair of Walk Your Socks Off socks. Each child needs to raise on average just £10 to qualify for this reward.

How your money helps

£13 could buy a child's cane helping them step out with confidence.
£50 could buy an off to school kit for a puppy moving into their first stage of training including their official Guide Dogs training lead and collar.

£90 could pay for a one-to-one support session to help a baby to learn that when something falls off her high chair, it's not gone forever.

£140 could buy a starter kit for a new guide dogs owner, containing everything they need to start a life with their new guide dog, this includes the iconic white harness.

You'll be walking for people like Caitlin

"Having a vision impairment needn't stop you from doing anything and Caitlin proves that. She's always said the vision impairment has to keep up with her, rather than the other way around." - Caitlin's Mother

From long cane training to working with her Habilitation Specialist and more recently being partnered with her Guide Dog; Honey. Caitlin has been supported by Guide Dogs services from just aged five, providing her with the skills and confidence to live her life independently. Caitlin now enjoys competing in judo and hopes one day to take part at the Paralympic games.

Pull your socks up

All you need to do is cover 100,000 steps as a group. You can choose to do it in a day or a week. Here are some of our favourite ways for schools and youth groups to take part:

1. Give each class or group the challenge of walking 100,000 steps between them in a day or a week. In a group of 27 that would be an average of 3,700 steps each.
2. Get everyone together for an inspirational one-day event; a playing field or running track would be perfect.
3. Build it into the school day. Could families ditch the car for a week and walk to school? Can walking activities be incorporated into lessons? How about making the most of lunchtimes?

4. Young people might relish the chance to take on more ownership. Let them choose to do it alone or in pair and set them the task of walking the distance in the week.

Watch your step!

100,000 steps is the equivalent of just under two marathons, so you certainly don't want to be counting every step yourself!

The easiest way is to use a tracking device such as a wrist tracker, pedometer or mobile tracking app. If one child has a tracker, you can use their steps to estimate the group steps.

If a tracker is not available, you can estimate the number of steps on a route and then use this to calculate the group total.

Or break the challenge down into achievable chunks, and get the kids to count their steps as they go. What could be better than maths and exercise at the same time?!

To find out more or to sign up to Walk Your Socks Off go to [guidedogs.org.uk/walkyoursocksoff](https://www.guidedogs.org.uk/walkyoursocksoff).

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