



Aching Arms

# Miles in Memory



**October 2022**

**Walk, jog, run, cycle, or swim, miles in memory of a baby special to you**

Throughout October, in support of Baby Loss Awareness week, we invite you join our **Miles in Memory** challenge to celebrate the memory of babies who have touched your lives and raise money for Aching Arms. Your help will ensure we can continue to offer comfort and support to bereaved families across the UK following the loss of their baby.

**Miles in Memory** is a great opportunity to get active and be a part of something special. You may wish to use your challenge time for yourself to quietly reflect and remember. You may like to create a team and invite family, friends and/or work colleagues to join you in honour and remembrance of your baby.

Will you join us? **[SIGN UP](#)**

## **How you can get involved**

Just follow the simple steps below to set your own personal challenge or team challenge and get active for Aching Arms!

### **Choose your challenge**

Do something you love or try something new – walk, jog, run, skip, dance, skate, scoot, cycle, swim, ride, or row – the choice is yours.

Invent your own mini triathlon, swimathon, family fun run, Nordic walking, hill hiking, amble on a ramble, or a simple and relaxing stroll in your local neighbourhood – there's something for everyone.

Choose one activity or any combination of activities – be as creative as you would like and have fun!

## Decide your distance

How far will you go? You might choose 1 mile a day, 10 miles a week, or a number that is significant and meaningful to you and your baby. Any set number of miles is fantastic – we just ask that you please complete them during October 2021.

## Select a location

Familiar places or faraway spaces – you may wish to stay local or travel further afield and take the opportunity to visit somewhere you've always wanted to go.

Walk, run, or jog at your local park, forest, or woods. Swim at your local pool. Go for a hike in the countryside or a hillside trek. A stroll along the seafront, beach, coastal path or a perhaps a riverside walk. Visit a National Trail or nature reserve. Hit the streets and plan your route to take in famous sights or landmarks, or places that are special and meaningful to you and your family – anywhere your feet want to take you!

## Set a date(s) during the month of October

Do something every day, once a week, or choose a one-off challenge. At the weekend, in the evening, during your lunch hour – whenever is best for you. If you're doing a daily challenge, it doesn't have to be in the same place, you can mix it up as you would like - have fun and enjoy the adventure.

## Organise your fundraising / set-up an online fundraising page

Once your challenge is set, it's time to encourage family, friends, colleagues, contacts, and associates to support your efforts. Setting up an online fundraising page is a really easy way to fundraise. You may like to use well known platforms such as [Enthuse](#) or [JustGiving](#)

Sponsorship forms can also be downloaded from our website: [Aching Arms Sponsor Form](#)

It's easy to transfer the money you have raised to Aching Arms. Full details are included in our fundraising ePack.

Companies and organisations will often match your fundraising. Please consider speaking to your employer to see if they offer a matched funding scheme to support your fundraising.

## Register your event with us

Please sign-up by completing our short registration form: [\*\*SIGN UP\*\*](#)

Once you've registered, we'll send you a fundraising ePack which includes some useful resources to help you raise awareness of your challenge and get your fundraising off to a flying start!

## Your miles your way

The courage and determination of our fundraisers continues to amaze and inspire us. Everyone is unique and has a different story to tell. You may wish to use your challenge

time for yourself to quietly reflect and remember. You may wish to gather a team of family, friends, and/or work colleagues together in honour and remembrance of your baby.

Whatever you choose, taking part in a Miles in Memory challenge allows you to share and celebrate your memories while raising awareness and vital funds for Aching Arms. We hope you'll create new memories along the way too.

### Keeping it safe and legal

Before you set off, please ensure you have any appropriate permissions in place. Know where you are going and stay safe. Take water, snacks, and appropriate clothing/footwear for any change in the weather.

### After your Miles in Memory event

After your challenge, be sure to celebrate your fantastic personal achievement and have a well-earned rest. We would love to know how your challenge has gone.

Please share your Miles in Memory stories and photos by sending them to [getinvolved@achingarms.co.uk](mailto:getinvolved@achingarms.co.uk) and with your permission, we may share them on our social media pages.

### How you make a difference

Every mile you complete and every pound you raise will ensure we can continue to offer comfort and support to bereaved families across the UK following the loss of their baby during pregnancy, at birth, or shortly afterwards.

Aching Arms is a proud member of the Baby Loss Awareness Alliance, an alliance of baby loss charities working together to promote awareness and understanding of the impact of pregnancy and baby loss. Our Miles in Memory challenge takes place during the month of October in support of Baby Loss Awareness Week, which runs from 9 to 15 October each year.

### We're here to help

If you have any questions about Miles in Memory, please get in touch with our Fundraising Team, Karen and Roberta, at [getinvolved@achingarms.co.uk](mailto:getinvolved@achingarms.co.uk)

We are here to support you every step of the way.

Good luck and we can't wait to hear all about your amazing challenges.

