

LEG IT FOR LEGACY



Leg it for Legacy begins on 1 January 2021, challenging you to hit **10,000 steps a day** until 31 of January - that's 310,000 steps in total!

Why not make your New Year's resolution extra special this year by walking 10,000 steps a day for a month all whilst **raising vital funds** for Legacy.

Your commitment to 10,000 steps a day will ensure that Legacy can continue to give young people within the community something to do, somewhere to go and someone to talk to.

HOW TO HIT YOUR STEPS

Track your steps with your smart phone, through an app or on your smart watch and add them to your giving page.

There are plenty of ways in which you can get those steps in to your daily routine that doesn't have to be boring.

- If you are working from home, why not go for a walk before you start your day and take in the fresh air.
- Walk a dog
- Get off the bus a few stops early
- Walk part of your journey to work
- Use the stairs instead of the lift
- Help family and friends by picking up their shopping
- Lunchtime walks, take some time out to listen to a podcast or your favourite songs
- Get the family involved and walk to school
- Go for a stroll and catch up with friends
- Walk on the spot whilst waiting for the kettle to boil
- Start a competition with friends, colleagues or family - who can hit their steps target first each day?
- Change your Zoom meeting to a phone call to have whilst on a walk



Please remember to follow any social distant guidelines whilst taking part in activities

HOW TO FUNDRAISE

To take part in Leg It for Legacy, join our JustGiving campaign where you can take part as an individual or a team. Make sure to include a bit about yourself and why you have chosen to support Legacy!

FUNDRAISING TOP TIPS

- **Take videos and photos** of yourself/your team to show you are taking part in Leg It for Legacy. Don't forget to share on social media, including how many steps you have walked and a link to your [JustGiving Page](#)! You can also tag Legacy on **#LegItforLegacy**.
- Join our [Facebook Group](#) and connect with other Leg It participants. This is a great platform for you to exchange tips and advice!
- Get your **friends and family** involved by offering to help with their shopping or walk their dog for a donation.
- **Have a clear out!** It is always a great time after Christmas to have a clear out of old toys and clothes to make space for the new ones why not sell them online or auction on eBay?
- **Baking** - Who doesn't love a little treat, why not bake some treats for your team for a donation
- **Quiz Night** - How about for one night only bring back a zoom quiz for friends and family and ask for a donation to take part
- If you are taking part as a team, add a bit of **competition** and see who can reach their 10,000 steps first?
- **Wrap Up** - Don't forget to show off your success and send reminders to people that have promised to help support you and collect those last-minute donations.

How your donations support Legacy:

£200 would cover the cost of ingredients for all cooking sessions for a month

£150 could enable 100 young people from a low income household with annual membership to attend Legacy and have a hot meal included.

£10 could purchase a sensory toy for a child with additional needs, to improve their focus and increase participation in the activities at Legacy

£6.50 would cover a young person's annual membership plus their first visit and a hot meal.

HOW TO PAY

Here's how to pay in the money you raise:

Online Fundraising

If you have set up an online Just Giving Fundraising page the funds will transfer automatically to us.

Bank Transfer

You can pay the money directly into our bank account using online banking:

Account Name (Chequest payable to): Croydon Youth Zone

Account number: 74428017

Sort code: 40-51-62

Please add a note when you make the payment: **FOOTSTEPS**.

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Online Fundraising

If you have set up an online Just Giving Fundraising page the funds will transfer automatically to us.

Bank Transfer

You can pay the money directly into our bank account using online banking:

Name of Bank ***

Account number: *****

Sort code: *****

Please add a note when you make the payment: **FOOTSTEPS**.

By Post

Please use the paying-in form on the following page. Simply fill it in, then send it to us with one of the following, made payable to Legacy Youth Zone:

- cheque
- postal order
- CAF voucher

Send the form to us at:

FAO: Fundraising Team

Legacy Youth Zone,

125 Whitehorse Rd,

Croydon CR0 2LG

