



What is the 2.6 challenge?

The 2.6 challenge is open to all and is a UK wide initiative to help 'Save UK" charities.

From Sunday 26th April, we are inviting everyone to take part in the 2.6 challenge for South London Cares.





Who can take part in the challenge?

Anyone can take part! All you need to do is complete an activity that involves the numbers **2.6** or **26** and raise money to help your older neighbours stay in touch.

What kinds of activities can I do?



Cycle 26 miles

Do 26 push ups every day for 26 days

Call 26 friends and relatives on the weekend

Walk 2.6 miles every day



Write a poem with 26 words for every donor!

Send 26 handmade cards to friends and family

26 minutes of a musical on Zoom

The possibilities of activities are endless. For more inspiration click here.



How can I raise money?

There are two ways to raise money:

- You can do a one off challenge and donate £26 yourself
- You can click here to <u>create a fundraising page</u> and collect donations from friends and family!
- £26 could pay for the postage of 26 #AloneTogether activity packs - keeping our older neighbours connected during this difficult time.
- £52 could help match an older neighbour with a younger neighbour for a phone friendship.
- £104 could make a virtual social club possible, bringing together older and younger friends to share time from afar.

"Thank you so much for the call and the pack – i'm so pleased and i've been having a go at the activities...I'm looking forward to coming along in the future when this is all over."

Daphne

"We all need to stick together, we need to continue and pull through. Such is life, we have to put it down to experience and try. It's nice to see the nation come together and for everyone to help one another. People who had fallen out, making up - life is too short. We'll get through this." Yvonne, 80

So, whats next?

- Think of an activity
- Sign up [] <u>bit.ly/SouthLondonCares26</u>
- Donate or set up a fundraising page
- Complete your challenge
- Share on social media, tagging us and using the hashtag #SLCTwoPointsSixChallenge





For more information please contact Jodie Goffe on jodie.goffe@southlondoncares.org.uk or on 07944405759