

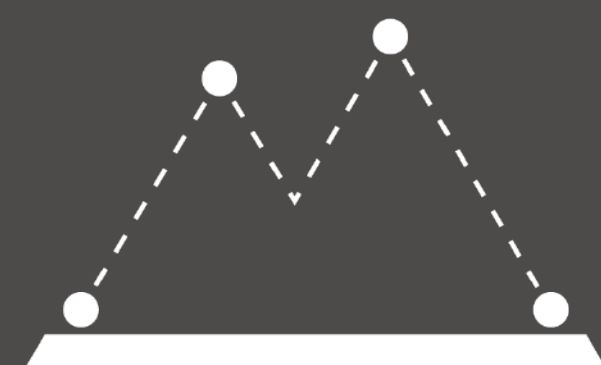


MILLIMETRES 2 MOUNTAINS  
FOUNDATION

# WALK THE COAST

HOW TO JOIN IN VIRTUALLY

12TH MAY - 6TH JUNE



WALK THE COAST





MILLIMETRES 2 MOUNTAINS  
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## Welcome!

During long months of the pandemic, millions of us turned to nature. Research on the mental health impacts of the pandemic showed going for walks outside was one of our top coping strategies and 45% of us reported being in green spaces had been vital for our mental health. This is one of the many reasons why we are promoting the positive impact of walking & nature through our Walk The Coast event and if you can't be there in person then we would love for you to get involved at home.

### WHY WE'RE DOING IT:

Following a spinal cord injury in 2017 founder Ed Jackson was told he would most likely never walk again. Over the last 4 years, through hard work, a positive mindset and some amazing support Ed has managed overcome the odds and now finds himself not only back on his feet but taking on physical challenges to raise awareness for Spinal Cord Injuries and re-pay some of the help he has received. Ed is very passionate about how much the outdoors and nature have helped him through his recovery so through his charity and adventures aims to encourage others to venture outside for all of the physical and psychological benefits it presents. Sponsorship will go towards taking our beneficiaries out into the mountains and supporting them with a development programme as well as continuing our support with the Spinal Rehab Unit in Nepal. You can find out more about the charity [here](#).



### HOW TO GET INVOLVED:

If you can't make it in person then we would love for you to join in virtually and here's how.

- 1) Get outside as much as possible and share your experiences on social media using the #M2MTogetherOutdoors. This can be how far you've walked, ran, cycled or pushed, a post on how much the outdoors has helped you with your mental health or any outdoor experience that is relevant to getting outside. Each time you do you will be entered into our raffle with the chance to win £250 worth of Finisterre gear.
- 2) Donate to us and every £10 donation will be entered into a 2nd raffle with the chance to win £400 worth of Finisterre gear. So if you donate £30 you will get 3 raffle entries.
- 3) There will also be a prize for the furthest distance completed over the month so make sure you add how far you've gone!

All competitions will be running from the 10th May - 6th June. The first week being Mental Health Awareness Week and our Walk The Coast event being 24th May - 6th June.

Charity number - 1188562

Contact - Lois Jackson

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## Fundraising

MILLIMETRES 2 MOUNTAINS CREATES POSITIVE CHANGE FOR PEOPLE WHO ARE FACING MENTAL HEALTH CHALLENGES AS A RESULT OF ENCOUNTERING ADVERSITY IN THEIR LIVES. THROUGH EXPLORATION, ADVENTURE AND THE GREAT OUTDOORS WE INSPIRE AND SUPPORT INDIVIDUALS TO REDEFINE THEIR OWN LIMITATIONS AND TAKE STEPS TOWARDS A BRIGHTER FUTURE.

Donate now to enter  
into the raffle



Scan Me



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### **Fancy a bigger challenge?**

Set up a Just Giving Page to help fundraise for M2M. Be it climbing the equivalent of Everest on your staircase or trying to beat our 130 mile distance over 2 weeks. We'd love to hear from you.

You can set up your page [here](#)

Make sure you follow us on socials!



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FEEL  
GOOD

