

Thank you for
joining **The
Hike with Mike
Foundation** on
our mission to
enable access
to essential
support
services.

THE
HIKE WITH MIKE
FOUNDATION





About Our Foundation

In 2020, fuelled by personal losses to suicide and addiction, our founder Mike was inspired to merge his passion for hiking with his dedication to helping others. Thus, The Hike with Mike Foundation was established, transforming grief into action.



Every step on the trail helps extend support to those suffering in silence. This pack represents your gateway to making a meaningful difference by fundraising for vital counselling services.

We are a community of trail enthusiasts and change-makers.

THANK YOU FOR CONSIDERING WALKING THIS TRANSFORMATIVE PATH WITH US.

Ready for a
Challenge
that changes
lives?

LET'S MAKE
HISTORY,
TOGETHER.

Getting Started

We're immensely grateful you've chosen to fundraise for our foundation. All the funds we raise go directly towards counselling services and further fundraising efforts. Our foundation is run entirely by volunteers, making your support crucial. We deeply appreciate your choice to aid us in providing essential mental health support.

Whether you're planning a hike, a bike ride, a run, a climb or still figuring out your fundraising activity, by supporting The Hike With Mike Foundation, you're guaranteed a rewarding experience that



Get Ready



1

Download Your Fundraising Pack

If you've requested a physical fundraising pack, expect it to arrive within 14 days. However, if you're keen to start immediately this digital pack has all the info you need to get started.



2

Decide on Where and When and What is your Challenge

What event will you undertake? Consider the type, location, and specifics you'll need for a smooth experience. Set the date and make a to do list.

TOP TIP: Wear some of our branded merchandise during your event to stand out and feel part of our cause. Just let us know your size and we'll send it you.

3

Set your Target

You may already have a target, for example, if you've signed up to do a sponsored event for us directly, we may have given you a minimum amount you need to raise. If not, setting yourself a target is a great way to stay motivated and raise more.

Decide how much you'd like to raise once you've covered any costs, and tell everyone your goal. Setting up an online fundraising page, such as Just Giving, is a great way to stay on track and share your progress. It also makes it easier for people to donate to your fundraising. See how to do this later in the pack.



4

Set Up Your Fundraising Page

To facilitate your fundraising efforts, we're here to assist you in creating your very own Just Giving fundraising page. Expect an email from us shortly with all the details you need to get set up.

5

Share Your Page

It's time to spread the word. Sharing your fundraising page is crucial. Explain why supporting The Hike With Mike Foundation matters to you, detail the challenge you've undertaken, and why it's significant to you.

Encourage your friends, family, and colleagues to donate and help you reach your fundraising targets and encourage donations via Instagram, TikTok, Facebook, LinkedIn, email, texts, and more.



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Visit Our Fundraising Tips Page

For more resources, tips, and advice to guide you through your fundraising journey, check out our fundraising tips Online at www.thehikewithmikefoundation.com/fundraising



7

Boost your Donations

Make every donation go further with Gift Aid. Any UK taxpayer can include Gift Aid when they donate.

It means the taxman will give us another 25p for every pound donated, at no cost to you.

As long as the donation is voluntary, you can add Gift Aid for any event. All the extra money really does add up. So please make sure all UK taxpayers are ticking the Gift Aid box and filling out their details on Just Giving.



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Totting up your total

If you've done your fundraising online, all the money is automatically sent to us – so you can sit back and relax! If you collected donations, you can pay in online or send us a cheque for the amount made payable to The Hike with Mike Foundation.

We'll then make sure your fantastic fundraising efforts are put to best use in providing counselling and therapy for those struggling with their mental health.

Together, we've covered over **80,000 km**, supported **150** individuals, garnered attention from BBC News, and partnered with major brands. Our journey demonstrates that passion combined with purpose can have a profound impact. It's about the challenge, the trail, and the lives we touch.



If you require further support or have any questions, please don't hesitate to contact us at
enquiries@thehikewithmikefoundation.com

Thank you once again for teaming up with us to make a difference. Together, we're making strides towards better mental health support



Best wishes,

**Mike and the HWM Team
Registered charity in
England and Wales -
Charity No. 1203593**