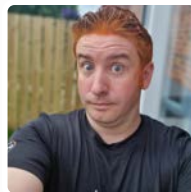
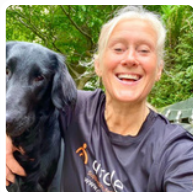
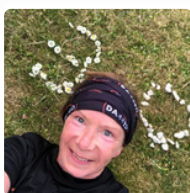
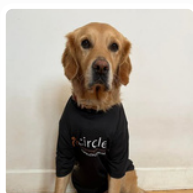




THE



DARED



Challenge

Information Pack



circle

Supporting families in Scotland

**June
2023**



CIRCLE PRESENTS... THE DARED CHALLENGE



Thank you for showing an interest in our unique virtual challenge event!

The concept of DARED is very simple - You just 'Do A Run Every Day' in June whilst raising money for Circle. That's it. You can run at any time of day that suits you, before work, after work, during lunch, early evening.

Benefits:

- You will test, and improve, your physical and mental stamina.
- You will prioritise your health and wellbeing on a daily basis.
- You will make a lasting difference to disadvantaged children & families in some of Scotland's most deprived communities.
- You will achieve accomplishment that you can be proud of.



Circle:

Who you are supporting

Circle is a Scottish charity working at the heart of disadvantaged communities across Central Scotland to help improve the lives of children by strengthening families.

Our vision is for all children to be safe, happy, healthy and nurtured within a stable family environment, which supports them to achieve their potential.

Circle offers a range of whole family support services that fulfil our purpose to improve the lives of children by strengthening families.

"I would have been at rock bottom without Circle. I feel I have been given a better foundation to be a parent and have a happier life now"
-Parent supported by Circle



Who can take part in DARED?

An Event for Everyone

Whether you are an experienced runner looking for a challenge, or a beginner looking for your first event, DARED is a great way to improve your health and fitness.

You can take part in DARED as an individual, with a buddy or as part of a team. Run with friends, family or colleagues. Sign up with your school, university, or sports team.

Team Bonus: Sign up as a team of 5 or more and get your team name printed on your t-shirt for free!

WHO WILL YOU "DARE" TO SIGN UP?



INDIVIDUALS



SCHOOLS & UNIVERSITIES



SPORT TEAMS & CLUBS



COLLEAGUES & BUSINESSES

"It's been such a busy month and it could've been so easy to not do any exercise because of that, but thanks to The DARED Challenge, I've been outside every day, and I feel so much better for it! Here's to next year!"

DARED Participant, 2022



What's the Impact?



Impact on Participants

This is a challenge of physical and mental stamina, requiring disciplined preparation and recovery, an accomplishment that all participants should be proud of. As well as the obvious physical and mental health benefits, DARED brings people together to create positive change through running.

"DARED was exactly the challenge I needed to get going again after a prolonged period of laziness had set in. The support from other participants was amazing and kept me going through the highs and lows"

-DARED Participant

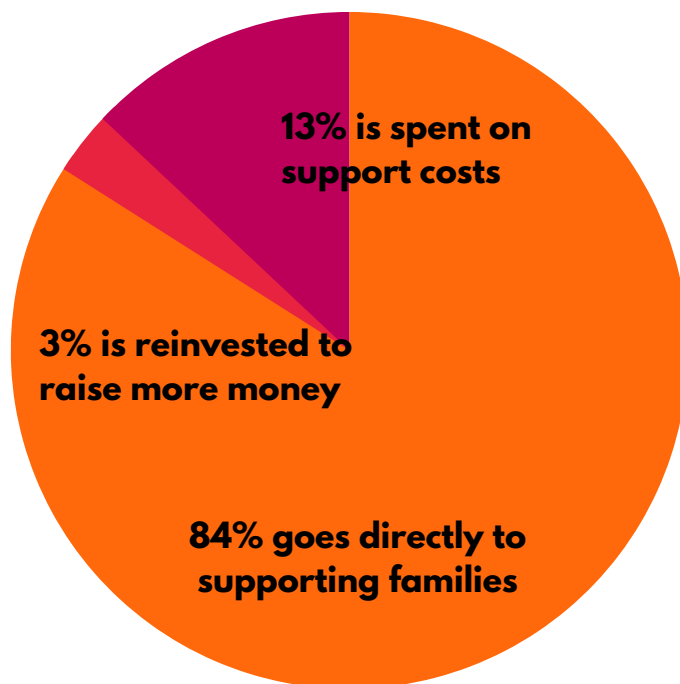
Impact on Circle

Circle has been working with vulnerable children and families in Scotland for almost 40 years.

By taking part in DARED, you are helping us fulfil our aim to support the most disadvantaged children and families to improve their lives, promote their healthy development and reach their potential.

All money raised goes towards helping us deliver our services to children and families across Scotland.

How is your Donation Spent?



Impact on Children and Families

Circle works in areas of persistent poverty, the effects of which can be harrowing for a family and can lead to physical and mental health problems, domestic violence, imprisonment and substance use. The money you raise will be used over the next year to ensure those children and families most in need of intervention, guidance and support get the help they deserve.





What you need to know!

The Distance

You can choose between three challenges:

- 1. The Beginners' Challenge:** Complete a 1 mile run every day in June.
- 2. The Experienced Challenge:** Complete a 5k run every day in June.
- 3. DARED To Be Different-** Set your own challenge, based on your needs, capabilities, and availability. As long as you commit to Do A Run Every Day you can set the distance and challenge on your own terms!

You can complete them as a series of runs, brisk walks or both!

The Cost

You can choose between two entry prices:

- 1. Fundraising*** - entry fee is £15, which includes staff support, your event t-shirt, unique DARED medal, welcome pack and access to private social media groups and in-person events. Your fundraising target is £50pp.
- 2. Non-Fundraising** - entry fee is £30, which covers all of the benefits listed above but instead of a fundraising target this includes a one-off £15 donation to Circle.

***Please note: This event is organised to benefit the children and families supported by Circle and therefore all funds raised are for this purpose and no other charity can be selected to benefit.**

WHERE TO SIGN UP:

- **Website** - <https://circle.scot/support-us/the-dared-challenge-2023/Eventbrite> - <https://www.eventbrite.co.uk/e/the-dared-challenge-2023-tickets-547292535707>
- **Facebook** - <https://www.facebook.com/DAREDChallenge>
- **Instagram** - <https://www.instagram.com/daredchallenge>
- **Email** - kirsten.wales@circle.scot