

DARED 2024



- **Are you looking for a fun way to stay motivated in June?**
- **Are you up for running a 1 mile or 5k every day in June?**
- **Or fancy taking up a challenge in June while supporting children & families in Scotland?**

WE'LL JOIN CIRCLE'S ANNUAL DARED CHALLENGE!!

**Learn more about DARED in this information pack...
(we assure you it will be brief!!)**



Circle presents...

DARED 2024

The concept of DARED is simple.. You just *Do A Run Every Day* in **June** while raising funds for Circle.

Circle: Who are you supporting?

Circle is a Scottish-based charity working with families facing multiple disadvantages due to poverty, structural inequality and/or experiences of poor mental health, trauma and domestic abuse.

We deliver emotional, practical, social and relationship-based support to families on a one-to-one, groupwork and family work basis. Our staff work alongside the most marginalised children and families to improve their lives, promote their healthy development and reach their potential.

“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”



What is DARED?



DARED Challenges

You can choose between three challenges:

1. Complete a 1 mile run every day in June.
2. Complete a 5k run every day in June
3. DARED to be Different: Set your own challenge!

Fundraising Fees

Fundraising

Entry fee is £20 pledging to raise £50.

What's included in your entry fee?

- Fundraising advice & support
- DARED running top
- Circle water bottle
- Access to private social media groups

Non-Fundraising

Entry fee is £40 and covers all the benefits listed above, but instead of a fundraising target this includes a one-off £20 donation.

- Fundraising advice & support
- DARED running top
- Circle water bottle
- Access to private social media groups

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.

What's the impact?



Impact on Participants

- Making a meaningful difference
- Enhanced overall wellbeing
- Building friendships with other participants
- Consistent exercise routine

Impact on Circle

- Greater visibility of Circle's mission
- Strengthened bonds with supporters and participants
- Allowing Circle to allocate more resources towards existing services
- Circle can reach more children & families in need of support

How Your Donations Help Our Work

£5 Pays for an activity pack for children over the summer holidays to enhance wellbeing through indoor and outdoor activities.

£20 Pays for 1 hour of specialised Family Outreach work to help families overcome the negative effects of persistent poverty, social injustice and health inequalities.

£50 Pays for a group session for parents to support Early Years development to ensure their child gets the best possible start in life.

£100 Pays for Circle staff training that enables staff to continue delivering vital support to families

£200 Pays for 10 families to attend a day trip that builds peer support networks and restores internal family relationships.