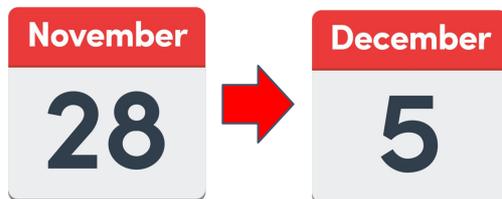


# The *Big Give* This is Me Challenge

## What is The *Big Give*?



The **Big Give** is a **fundraising campaign**. This means our **charity, Include.org**, asks **people** to **give money** to **help** us **run our services**.

The **Big Give** happens from **28th November** to **5th December**.

During that week, any **money donated** to Include is **doubled**. For example, when someone gives **£5**, **Include** gets **£10**.



This only happens for **1 week each year**, so it is **important** for Include to raise as much money as possible.



This means **Include needs your help!**

## What is The *This is Me* Challenge?



Last year, some members of Include said they **did not feel comfortable** just **asking** for **money**.



They **said** they would rather **do** something like a **challenge** instead.



So this year, the **Champions** would like to **invite you** to **be part** of the **This is Me Challenge** during **Big Give Week**.



The **This is Me Challenge** is all about telling people who you are with pride.



There are **lots of different ways** that people can **be part** of the **This is Me Challenge** during **Big Give Week**.

## How can I help?

### Be part of *This is Me* Challenge Night

We are holding 3

#### *This is Me* Challenge Nights:



- **6pm-7.30pm** Tuesday 28th  
November  
St Joseph's Church - **Epsom**



- **7.30-9pm** Wednesday 29th  
November  
Lime Tree School - **Merstham**



- 8-9pm Sunday 3rd December  
on **Zoom**

**Bring friends** or **family** to the **This is Me Challenge Night**. Wear whatever makes you feel great!

**Take part** in one (or more!) of the **fun challenges** on the night!





## How can I help online?



It is really important that lots and **lots of people know** about **Include** and our ***This is Me Challenge***.



You can **help** by **sharing our social media posts**.



You can **help** by sharing your own messages about the ***This is Me Challenge*** and **Include**.



It is really **important to stay safe online** - so if you would like any **advice** about **staying safe** on **social media**, please **ask us**.

## How can I help without social media?

If you **do not use social media**, that's **OK** You can **still help us!**

You can **show photos** from *The This is Me Challenge Night* to **family or friends**

You can also **tell people** about **Include** and the **Big Give**.

**Tell everyone** you know that from the **28th November** to the **5th December**, the Big Give **doubles any donations**. So, when someone gives **£10**, Include gets **£20!**

**Thank you** so much for **helping** us - and look out for **more news soon!**

