

Welcome

to

Team Breakthrough T1D



Thank you for joining our 400,000 Step Challenge!

By taking on 10,000 steps a day for 40 days, you'll be helping raise vital funds for research to cure, treat and prevent type 1 diabetes (T1D). From 6 October to World Diabetes Day on 14 November, every step you take and every pound you raise can help drive progress towards a world without T1D.

Whether you're walking before work, getting out with the dog or squeezing in extra steps throughout the day, we're so grateful to have you with us on this journey.

We're here to support you every step of the way. If you need fundraising advice, motivation or have a question about the challenge, our friendly fundraising team is always happy to help. Just get in touch at events@breakthrough1d.org.uk.

Hit your fundraising targets:



First donation: Shoelaces

Lace up and get started with your Breakthrough T1D shoelaces. They're a simple way to show you're part of the challenge and help spread the word while you're out walking.



Raise £50: T-shirt

Earn your Breakthrough T1D T-shirt and wear it with pride as you take on your daily steps. It's a simple way to show what you're part of and keep your motivation high as donations grow.



Raise £100: Medal

Hit £100 and you'll earn a medal to recognise everything you've put into the challenge. We'll send it at the end of the challenge, so you have something to mark what you've achieved.



Raise £300: Bumbag

Reach £300 and you'll receive a Breakthrough T1D bumbag. Ideal for carrying hypo treatments, diabetes kit, keys, dog treats or anything else you need on the go. It's a practical reward you'll use throughout the challenge and beyond.

Challenge calendar

Track your journey to 400,000 steps. Each day you reach your 10,000 step target, tick the box, record your total, or get creative and mark each success your own way.



 Start walking	Tuesday 6 October Challenge Start! 1	Wednesday 7 October 2	Thursday 8 October 3	Friday 9 October 4	Saturday 10 October 5	Sunday 11 October 6
	Monday 12 October 7	Tuesday 13 October 8	Wednesday 14 October 9	Thursday 15 October 10	Friday 16 October 11	Saturday 16 October 12
Monday 19 October 14	Tuesday 20 October 15	Wednesday 21 October 16	Thursday 22 October 17	Friday 23 October 18	Saturday 24 October 19	Sunday 25 October You're Halfway! 20
Monday 26 October 21	Tuesday 27 October 22	Wednesday 28 October 23	Thursday 29 October 24	Friday 30 October 25	Saturday 31 October 26	Sunday 1 November 27
Monday 2 November 28	Tuesday 3 November 29	Wednesday 4 November 30	Thursday 5 November 31	Friday 6 November 32	Saturday 7 November 33	Sunday 8 November 34
Monday 9 November 35	Tuesday 10 November 36	Wednesday 11 November 37	Thursday 12 November 38	Friday 13 November 39	Saturday 14 November Challenge Complete! 40	 You did it



Today you might have reached 37,000 steps for the 37,000 children living with T1D in the UK.



Today is Rufus the bear's birthday! Rufus has been supporting children to learn about their T1D and how to manage the condition for 29 years!



Did you know: A person living with T1D will face up to 180 diabetes-related decisions every day. That's 7,200 extra decisions over the 40 days of this challenge!



200,000 steps down – 200,000 to go. World Diabetes Day has been celebrated since 1991 – it's the birthday of Sir Frederick Banting, who co-discovered insulin in 1922.



One week and 70,000 steps to go! This week we will send out approximately 125 Rufus bears to clinics and families to support newly diagnosed individuals.

Join the community

Connect with the community across the UK taking on the challenge. Share progress, celebrate milestones and ask questions in our friendly Facebook Group.



Resources to download

Find digital versions of all our fundraising resources, plus ready-to-share social media assets to inspire friends and family to support you.

