

Would you like to raise some much needed funds for Different Strokes?

Different Strokes is a very small charity so any amount of money you manage to raise to enable us to continue providing our services for younger stroke survivors really will be gratefully appreciated and will make a significant difference.

There are many ways in which you could do this!

- Jump out of a plane! (Locations around the country)
- “Skydive” in a wind tunnel (available in Milton Keynes and Manchester)



- Take part in a run or sponsored walk.
We can organise you a place in a 5km event where you can walk, run and in some locations take part using a wheelchair:

- Liverpool (Sefton Park) Sat 6th Aug 2011
- Sheffield (Rother Valley Country Park) Sun 7th Aug 2011
- Leeds (Roundhay Park) Sat 13th Aug 2011
- Manchester (Wythenshawe Park) Sun 14th Aug 2011
- Derby (Darley Park) Sat 20th Aug 2011
- Coventry (Memorial Park) Sun 21st Aug 2011
- Cardiff (Bute Park) Sat 27th Aug 2011
- Milton Keynes (Willen Lake) Sun 28th Aug 2011
- Dundee (Camperdown Park) Sat 17th Sep 2011
- Aberdeen (Hazelhead Park) Sun 18th Sep 2011
- London (Victoria Park) Sun 2nd Oct 2011
- Edinburgh (Holyrood Park) Sun 23rd Oct 2011
- Glasgow (Bellahouston Park) Sat 29th Oct 2011

- Or the London 10K around the capital's sites on Sunday 10th July.
- Let us know if you'd like to run a greater distance and we can research a race for you.
- Organise a cake sale, art sale, quiz or even a gig!

Get in touch with Jo at jo@differentstrokes.co.uk for more information. Depending on your event we will send you a T-shirt or running vest, sponsor forms and/or posters and leaflets.