
EVERY MILE COUNTS

This September, walk, run, cycle or swim
to help reunite refugee families.

redcross.org.uk/miles

Miles for Refugees

Refusing to ignore people in crisis

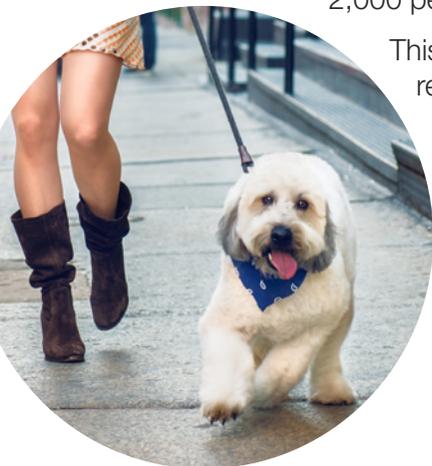
HOW FAR CAN YOU GO IN A MONTH?

How far could you walk, run, swim or cycle? This September, the British Red Cross is asking you to make your miles count, whether you're running a marathon, cycling to work or just walking the dog.

Refugees are travelling huge distances to escape conflict, often ending up many miles away from the loved ones they've had to leave behind. Every mile from you helps bring a family back together.

Each year, thousands of refugees are denied their right to a family life because of the complex nature of refugee family reunion. That's where we come in. Our trained caseworkers guide refugees through the family reunion process. Last year we reunited 2,000 people with their families.

This year, with your help, we can reunite many more.



THANK YOU

for choosing to make your miles change lives this September.

By taking part in Miles for Refugees you will be helping to reunite refugee families who have been separated by conflict.

This information sheet should answer all of your questions about Miles for Refugees but please get in touch with us if you need any further information. The National Events team (Kerry, Karina, Maddy, Sarah and Julia) can be called on 0344 412 2877 or emailed at challenges@redcross.org.uk. We will keep you informed and motivated in the run up to the event.



WHEN IS MILES FOR REFUGEES?

Miles for Refugees is taking place from 1-30 September 2017. You can choose to take part on as many days during the month as you would like to. People can sign up during the month so please spread the word to your friends, family, neighbours and colleagues.

HOW DO I TAKE PART?

It is very simple to be a part of the Miles for Refugees team. When you signed up an Everyday Hero online giving page was set up for you. Your Everyday Hero page is the easiest way to raise funds as well as to log the miles you are racking up. You choose whether you want to run, walk, cycle or swim (or a mixture of activities). Then you can either link your online giving page up to your Fitbit, Strava or Map my Run account or manually log the distance you have travelled onto your page.

HOW MUCH MONEY DO I NEED TO RAISE?

We ask everyone taking part to aim to raise at least £100. When you tell people what you are doing and send around your online giving page, we're sure you will see the donations rolling in. However we know that sometimes fundraising can feel hard work and so we've enclosed some tips for you. You can also contact us at any time for more support.

WHEN AND HOW DO I PAY MY SPONSORSHIP IN?

If you are raising money online then the good news is that all your donations automatically

come to us. If you are raising money offline then we ask that all sponsorship is with us by the end of November. Be aware though that it is easier to get any pledged money in the days immediately after the event – so try not to leave it too long.

We have enclosed a sponsorship return form for you which shows how to pay money to us. A bank transfer is often the easiest way but please make sure you put your surname and 'MILES' as a reference (e.g. SMITH/MILES).

WHAT DO I DO IF I HAVE A PROBLEM USING MY ONLINE PAGE?

If you have any difficulties then you can contact Everyday Hero on 0845 680 9720 or help@everydayhero.co.uk and they will be able to help you.

I'D PREFER TO USE A JUSTGIVING PAGE FOR MY FUNDRAISING.

If you would like to use a different online giving page then that is absolutely fine. However, your page will not be linked to the Miles for Refugees event, so you won't have the chance to feature on any of our leaderboards, and your miles won't be included in our overall total.

HOW DO THE LEADERBOARDS WORK?

We will have different leaderboards online to get your competitive spirit going. You will be able to see our top fundraisers as well as people who are getting towards their distance target. As people are signing up to different distances,

the leaderboard will show the percentage of the challenge completed to make it fair for everyone.

I'D LIKE A RUNNING VEST OR CYCLING JERSEY TO WEAR DURING THE MONTH.

When you fundraise £200 you will be given the choice of whether you would like a vest or jersey. If you would like one before this then please let us know and for an additional suggested donation we will send you one to wear on your challenge. Please note that for teams every member will have to raise £200 to receive a top.

HOW WILL MY MONEY BE USED?

An estimated 60 million people throughout the world have been forced to flee their homes. It is part of UK and international law that people granted asylum have a right to be reunited with their family, yet the process is lengthy and complicated. This means parents and children are unnecessarily kept apart – often for many years. Imagine the heartbreak of parents who have missed seeing their children grow up.

The British Red Cross has trained caseworkers who can support and guide people through the family reunion process. Once visas have been granted people only have 30 days in which to travel to the UK. We can help with travel logistics and costs, ensuring that families are reunited quickly and safely.



I have no words to explain how much I was happy when I first saw my family. Because of British Red Cross today I am able to eat, sleep, laugh and enjoy my time with my children as all parents do.



Ahmed, beneficiary of the British Red Cross family reunion travel assistance.

