

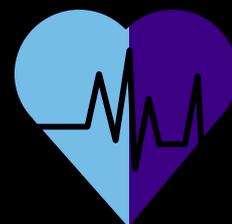


# GET FIT FOR AUTISM



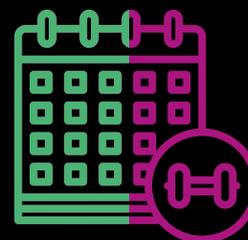
THANK YOU FOR SIGING UP TO GET FIT FOR AUTISM 2022!

**You'll be doing something amazing for you,  
AND for people on the autism spectrum.**



THIS PACK CONTAINS ALL THE INFORMATION YOU WILL NEED TO TAKE PART.

Need support? Contact  
[fundraising@autismhampshire.org.uk](mailto:fundraising@autismhampshire.org.uk)



**Autism**  
Hampshire

## Why Get Fit for Autism?

These last two years have been unlike any we have ever experienced, and everyone has had their own struggles to face.

January itself can be a very difficult month. Christmas is over, the purse strings have been pulled, and your mental health can take a real hit.

So that's why we want you to join us and start 2022 on a high note by Getting Fit for Autism!



## What will you achieve?



Get more active  
and reach your  
fitness goals

Raise money to  
support people  
on the autism  
spectrum



Beat the  
January blues  
and boost your  
mental health

Getting fit for Autism will be a boost to people on the autism spectrum as you raise money for Autism Hampshire AND it will also be a boost for your own physical and mental health too. You'll be helping us out and you will also feel the benefits personally!

## How to Get Involved

The theme is '22', being that 2022 is a fresh start, a new beginning! You can:

- Take part in our events across the month
- Take on your own '22' personal challenge



## Events



### New Year's Day Dip & Dash at Lee-on-Solent

Saturday 1st January 11am

A 22-second dip in the Solent then dash back to your warm towel!

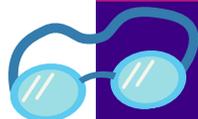
Monks Hill Car Park, Salterns Road, PO13 9NJ

### Loops of the Lakes in Whiteley

Wednesday 12th January, 12:30pm

22 Loops around the lakes. Walk, run or scooter with us!

Solent Business Park, Parkway, PO15 7AF

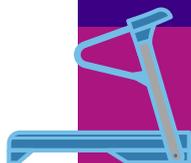


### Waders and Walkies at the New Place Hotel

Sunday 23rd January, 11am-3pm

22 lengths of the swimming pool / 22-minute walk of the woodland trail

The New Place Hotel, Shirrell Heath, Southampton SO32 2JY



### Virtual 22 hours to Nantes

Monday 31st January, timings tbc

Book a slot on the treadmill or cycle machine to help us get to Nantes!

Venue tbc



**All of our Get Fit for Autism events are free to join!**

If you haven't already, don't forget to book your space at:

[www.autismhampshire.org.uk/events/get-fit-for-autism](http://www.autismhampshire.org.uk/events/get-fit-for-autism)



## Take on a '22' Personal Challenge

Think of a fitness challenge that you can do in your own time.

How much of a challenge is up to you. If you are already active, perhaps do an activity every day. If not, then maybe once or twice a week is the best goal for you.



Just make sure it involves the number 22!

### Here are 22 ideas to get you started!

- 22 minute walk
- 2.2 mile run
- 222 skips with a skipping rope
- 22 lengths of a pool
- 22 squats
- 22 lunges
- 22 minute yoga session
- 2 hour cycle ride
- 2 dog walks
- 22 stair steps
- 22 minute aerobics session
- 22 minute paddleboarding
- 2 mile Kayak
- 22 weight lifts
- 22 sit ups
- 22 minute Zumba session
- 22 hoola hoops
- 22 minute Wii fit activities (or other online gaming activity)
- 22 star Jumps
- 22 press ups
- 22 minute meditation/sensory time
- 22 minute gardening

# GET FIT FOR AUTISM

## How to be A CHAMPION FUNDRAISER

Pledge to raise £50 for Autism Hampshire through Get Fit for Autism and we will send you your Autism Hampshire t-shirt!



Need support? Contact Cheryl & Lindsey, our fundraising team

T: 01489 880881 ext. 209

E: [fundraising@autismhampshire.org.uk](mailto:fundraising@autismhampshire.org.uk)

W: [www.autismhampshire.org.uk](http://www.autismhampshire.org.uk)



@AutismHampshire



@HampshireAutism

## Raising funds

You can raise funds in person OR online.

- We can send you a paper sponsor form
- We can help you to fundraise online



## In person

You can ask for cash sponsorship from your friends, family and colleagues. Just contact us for a paper sponsor form.

## Online through JustGiving

Create a fundraising page at:  
[www.justgiving.com/autismhampshire](http://www.justgiving.com/autismhampshire)

**JustGiving™**

### Top tips for fundraising

- Fill your online fundraising page with pictures. Pages with pictures raise 14% more. It's a perfect excuse for a #selfie!
- Share, share, share - share your page link on Facebook, social media and WhatsApp. And don't forget to tag Autism Hampshire!
- Don't forget to email - lots of people aren't on social media but would still love to hear about what you're doing.
- Carry your paper sponsor form everywhere, so you can ask everyone.
- Ask your employer! Sometimes companies will match the sponsorship you raise, pound for pound, and they can get tax relief on what they give too.
- Share more than one update. Pick key moments in your fundraising and share a video or photo update. Don't forget to share your sponsor link after the event too - lots of donations come in after you have completed a challenge or event.
- Need more help? Ask the Autism Hampshire fundraising team!

## What does Autism Hampshire do?

Autism Hampshire supports adults and young people on the autism spectrum in Hampshire and the Isle of Wight.

It is estimated that there are as many as 18,000 autistic people in Hampshire and an estimated 7,000 of them are children.

Autism Hampshire offers direct support to over 200 young people and adults on the autism spectrum as well as outreach support to around 80 families each year.

We support people in supported living and residential homes, through a university mentoring programme, at social and skills-based groups, through an information & advice team, and also through training & consultancy. Our information & advice team see over 9,000 people per year.

For further information, please visit our website:  
[www.autismhampshire.org.uk](http://www.autismhampshire.org.uk)

## Why do we need to fundraise?

Fundraising is essential. Fundraising enables people on the autism spectrum and their families, friends and colleagues to:

- develop friendships
- learn new skills
- access essential support
- gain support with employment
- access adapted equipment and vehicles
- find help with autism diagnosis



What does Autism Hampshire mean to people?



"I like that I get to spend time with others with autism, knowing that others go through the same things you do."

"We're like a family. It means everything to me..."

"Finding new friends in the Serendipity Group has been so valuable. It has given me the freedom to socialise in a fun, safe environment with like-minded people and the confidence to be myself. "

# THANKYOU

By fundraising for Autism Hampshire, you are helping to provide fantastic opportunities for people on the autism spectrum!