

## **Cafod Walk Against Hunger- Lenten Campaign**

Join in a parish sponsored 'Walk Against Hunger' to raise money for this important cause. Walking 200km ( eg 5km a day for 40 days during Lent) as an individual participant or part of group.

Contact Barbara Rivers 336 2972 or see bottom of e. newsletter/parish website for more details



<https://walk.cafod.org.uk/>

Walk against Hunger this Lent



Do something different to fight poverty! Walk 5km every day throughout Lent - go the distance to help end malnutrition.

You can walk, roll, skip or stroll your way to 200k. You can boldly go it alone and take it on 5k a day for 40 days, or you can smash the target all at once as a team.

There are 200 million children in the world whose lives are at risk from malnutrition. So, this Lent, challenge yourself to conquer 200k, and help give hunger its marching orders.

Walk against Hunger is a challenge that takes place over Lent. It's a chance for you to transform your life while changing someone else's.

Cover 200k your way - 5k every day for 40 days, or in one go with a group - on your own, or as part of a team.

However you take part, let's give hunger its marching orders!

## How do I get involved?

Sign up via <https://walk.cafod.org.uk/> and set up a JustGiving page.

## Do I need to join a team?

Some of our walkers have teamed up for Walk against Hunger so that they can track their distance and fundraising milestones together. You don't have to join a team, but it can add to the fun!

A Parish Team page has been created, called St Winefride's Walkers, once you have signed up you can join the Team page too.

## Can I start the challenge after Ash Wednesday?

Yes!

Most of our walkers are aiming to do 5k a day for 40 days in Lent, but if you start later you can either finish later, or do some extra kilometres on certain days during Lent to finish before Easter!

## Can I take part if I'm under 18?

You can!

Unfortunately, you can't sign up and create a fundraising page if you are under 18, but find a grown up to sign up with, or ask your school to take part and you can definitely join in!