

# Welcome to #TeamOY

We will do #WhateverItTakes  
to get you across the FINISH LINE  
and help you raise funds to support  
young people across Oxfordshire



By fundraising for Oxfordshire Youth, the money you raise will directly impact the lives of young people by:

- **Preventing** youth violence
- **Reducing** youth homelessness
- **Tackling** the mental health crisis
- **Creating** future leaders

This year, we are looking to achieve something incredible and are determined to set ourselves a new record and raise a whopping...

**£15,000**

towards the work at Oxfordshire Youth. Our services have never been in more demand, and your support will be crucial in our ability to meet the needs and aspirations of young people across the whole of Oxfordshire.

# A message from our CEO

Dear participant,

I think you are awesome!

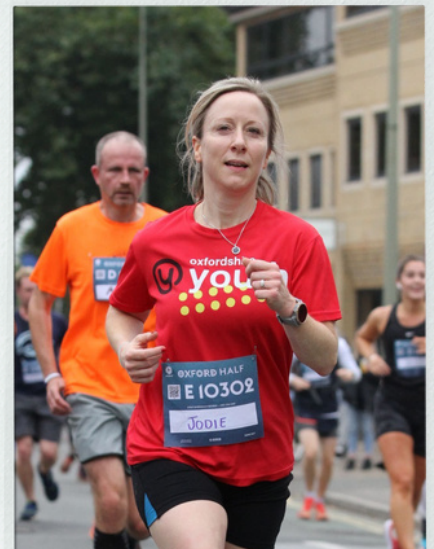
As a keen runner myself, I know all too well just how challenging and rewarding training for a half marathon can be. There is a huge correlation between physical health and mental health and these are just two of the many things that we support young people with, to turn their lives around.

**As a fundraiser for Oxfordshire Youth, you are joining a community of people who are passionate about creating equal opportunities for every young person in Oxfordshire and beyond. Every penny you raise goes towards supporting our work that reaches over 26,000 young people - many of whom experience adversity such as family breakdown, school exclusion and growing up in poverty. These struggles impact mental health, engagement in society, relationships and involvement in criminal activity.**

We believe that every young person should have access to the right support and a range of positive activities that lead them to build their skills and confidence to become the inspiring leaders of tomorrow. You are now on that journey with us to ensure that every young person in Oxfordshire thrives.

**Thank you from me the CEO, all of Oxfordshire Youth's staff and trustees, and of course, the young people of Oxfordshire.**

## OXFORD HALF



**Jodie Lloyd-Jones**  
Ox Half 2021

## Here's what our runners loved about last years race...

"The best bit is the camaraderie among the runners and support from the crowds. There are probably a dozen or so reasons why not to do this and a thousand reasons why you will want to do it again. Running for Oxfordshire Youth gave me real purpose and it was amazing to be part of such a great team!"

"I ran for OY because it's a great organisation that helps change the lives of young people. Running as part of their team was great - we had a number of other runners all wearing red t-shirts, so it was reassuring seeing others along the way".

"Knowing the money I was raising would support young people across Oxfordshire was great motivation for my training. If you want to feel amazing, run it. You won't regret it".



# Your journey



## Run For YOUTH

You are not just running to uplift and empower young people in your area, you are running for yourself. Whether it's for your wellbeing, a goal you set yourself at the beginning of the year, or the thrill of taking on a challenge, we are here to support you as you train for one of the best events of the year!

[Click here to register your spot!](#)

### Training tips:

- start your training early and go slowly
- incorporate strength training into your plan, as well as short and long-distance runs
- prioritise resting time so your muscles can repair - sleep!
- try and run on different terrains to build leg and lung power - hills are great for this
- reduce stress on race day by getting your gear together the night before so you can just focus on getting to the finish line.

*"A small change can make a big difference. You are the only one who can make our world a better place to inhabit. So, don't be afraid to take a stand."*

*- Ankita Singhal*



# Let's fundraise!



## Set up your Just Giving page

To have a really successful fundraising campaign, it is important that you set up your Just Giving page to share with friends, family and colleagues!

**Follow these simple steps to make this happen...**

1. Go to the Oxfordshire Youth Just Giving Page
2. Choose 'Be a Fundraiser' and 'Start Fundraising'
3. Either log in if you have previously set up a page or sign up
4. Amend your page name and update Gift Aid information, opt to receive communications from Oxfordshire Youth
5. Click 'Create Page', set your target and make sure you let us know which business or school you are running for.
6. Write your personal motivation for running with #TeamOY e.g. why are you supporting young people right now? Why is this cause important to you?
7. Share your page!

**JustGiving™**

## Top tips for successful fundraising

- Be confident about why you are a part of #TeamOY
- Set up a Just Giving page and share this with everyone in your network (friends, colleagues and family).
- Show your donors that you are putting in the hours - share your training online through Strava or other platforms
- Make the first donation yourself - fundraising pages are 50% more likely to reach their target if donations come in early on
- Ask people to donate more than once
- Think about how you are sharing this page - share it via WhatsApp, your social media and email... or carrier pigeon!
- If someone cannot give to your cause, ask them to share it with someone who may be able to.

# GOOD LUCK!!





# Contact information



If you need to get in touch with us, please email our Fundraising Coordinator on [orla.knox-macaulay@oxfordshireyouth.org](mailto:orla.knox-macaulay@oxfordshireyouth.org) or call 07828400515.

## Get in touch with us:



**@OxYouth**



**/OxfordshireYouth**



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**[www.oxfordshireyouth.org](http://www.oxfordshireyouth.org)**