

Your Step-by-Step Guide

Thank you for your interest in this year's Awareness Week by taking part in **Step Up for Cleft Lip and Palate**.

You can get your colleagues involved either by racking up the miles as a team effort or by getting competitive against one another to gain the top spot on our fundraising page's leaderboard, all in support of everyone affected by cleft in the UK!

The ultimate aim is to help us connect the Cleft community by walking, cycling, or even dancing to help us reach 1,464 miles' worth of steps between the 17 NHS Cleft Centres in the UK!

Not only will you have the satisfaction of winning against your work colleagues, but you'll also be helping CLAPA to raise awareness and vital funds to support those affected by cleft around the UK.

Why take part in Step Up for Cleft Lip and Palate?

By taking part in Step Up for Cleft Lip and Palate, you are not only improving your health and well-being (even just 30 minutes of walking a day is beneficial!), but you are also supporting everyone affected by cleft in the UK

Around one in 700 babies are born with a cleft around the world. That's three every day, or 1,200 every year in the UK alone!

The Cleft Lip and Palate Association (CLAPA) is the only national support charity for people affected by cleft in the UK. CLAPA needs your help to continue to reach hundreds of families and adults in need each year. As a small charity, every pound counts, so whatever you raise will make a big difference to our life-changing services.



Registered with



   @clapacommunity  www.clapa.com

 The Green House, 244-254 Cambridge Heath Road, LONDON, E2 9DA

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The Cleft Lip and Palate Association (CLAPA) is a Charity Registered in England and Wales (No. 1108160) and Scotland (SC041034)

Getting Started

Get your team together.

Decide who will take part and how. You might want to create a team of teachers who each tally up the totals for their class on their page.

Registration

Visit the Step Up portal at clapa.com/StepUp and follow the link to 'Enthuse' to get started. The team captain must click 'Create or Join a Team'. Follow the instructions and your team page will automatically be created. As part of the process, you can invite everyone who has said they want to take part to join – all you need is their email address. Each participant will be sent a handy link inviting them to register.

Tracking your miles

We recommend using our mileage tracker to add the miles up, so if 30 children take part and walk 1 mile, that's 30 miles to add to the 1464 miles target! You can add these onto your page manually using the simple instructions on the hub. If you've created a team, every time another team member adds on their miles, it'll bump up your team's total! Visit the hub at clapa.com/StepUp to learn more.

What you will receive from CLAPA

Each team will receive a fundraising pack, including up to 15 exclusive Step Up for Cleft lip and Palate badges to wear while taking part. You can request extra materials by filling out [this simple form at clapa.com/materials](https://clapa.com/materials) (we recommend getting the stickers and banners!). You'll also get a Step Up postcard which you can use to write down your plans and then share a snap to social media, making sure to tag @clapacommunity so we can share it too.

Ideas to get your steps in

- Have students complete a lap of the playground - they could even measure it as part of a lesson
- Complete a walk or run in PE and measure the distance
- Organise a 'walk to school' week and have students tell you the distance

Keep up to date

Keep checking the main event page to see which Cleft Centre we have collectively reached on the map and how much money we have raised! You can also post your own updates on your page to thank your school for their efforts during the week

Good Luck!

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