

#10kFor Nurses

Throughout
October 2019

DO 10k
YOUR WAY!



RUN 10k



WALK 10k



GIVE 10k
SECONDS

WHAT'S
YOUR 10k?



JOIN US...



Do 10k on Snowdon
12th or 13th October 2019



Skydive from 10k ft
On a date to suit you!

Transform the lives of nurses in hardship!

CAMPAIGN
CHAMPION

medacs
HEALTHCARE

IN PARTNERSHIP
WITH...



Cavell
nurses' trust

**WILL YOU BE PART
OF THE MOVEMENT?**

This October, do your #10kForNurses and you'll be part of the movement supporting nursing professionals in hardship.



Brand new 10k Snowdon challenges!

'10k To The Summit'

Choose either 12th or 13th October to take on your Snowdon challenge.

'Snowdon After Dark'

Take on the ultimate hiking challenge in the dark on the evening of 12th October.

Can I really do 10k any way?

Yes! Whether you run 10k in your local area, do 10,000 steps a day, join friends for a 10k walk, give 10k seconds of your time or even jump 10k ft in a skydive, there is a 10k for everyone.

You'll transform lives

Last year, 3,300 nursing professionals sought help from Cavell Nurses' Trust. On average, that's more than 60 every week, or 9 nursing professionals looking for help, each and every day.

Your #10kForNurses will give hope to nurses facing hardships like ill-health, domestic abuse and serious financial issues. You will help nurses to get back on their feet, and be happier and healthier. What are you waiting for?

Join the team today!

WE'LL BE WITH YOU EVERY 'K' OF THE WAY!

Register now for your free #10kForNurses fundraising pack and special t-shirt to look the part too.

Visit www.cavellnursestrust.org to join the #10kForNurses team!

Get in touch at fundraising@cavellnursestrust.org or 01527 595 999.

Cavell Nurses' Trust is a registered charity in England & Wales (1160148) and Scotland (SC041453).

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