



EWE CAN DO IT - Sponsor Form

As the country gets on the move again, we'd like to encourage you to *march through March*. Carolyn, a Boaz volunteer recently had a Godly dream where she saw everyone involved in the project – members, volunteers, staff and supporters – *march through March*. In it, we were all encouraging one another to get more active, to move again wherever we were.

We like this dream!

Doing some physical activity every day helps us all to feel better, sleep more deeply and prepares us for when we can get back together on site at Boaz or simply for when lockdown ends. This is why we have launched a campaign called **EWE CAN DO IT!**

Together, we're hoping to raise £6,000 through **EWE CAN DO IT** so we can:

- allow **People** who would benefit but who need financial help to be part of Boaz
- feed our **Plants** by re-building our compost bins where we produce our own fertilizer
- care for our **Poultry** by replacing rotten fencing and repairing failing chicken sheds

What can I do?

In four easy steps here's what you could do...

- 1) **Choose a physical activity** that you like that you think you could do through March, ideally every day. You choose! It could be walking, counting daily steps, wheelchair circuits, biking, running or something else, as long as you move your body.
- 2) **Tell us what you have picked and your target.** This way we can encourage you to stick with it and celebrate with you as you march through March.
- 3) **Tell your friends and family.** If you like, you can encourage them to reward you with a donation to Boaz as you march through March. This way we can all work and learn together. Ewe can do it. This is the way we spell "YOU" at Boaz because "EWE" includes "WE" and at Boaz we like doing things together in groups.
- 4) **Donate.** If you aren't able to take part but want to donate? Simply visit <https://justgiving.com/campaign/EWE-CAN-DO-IT> and click to donate.

Ideally, we would like you to sign up to take part on-line as this keeps costs down. But, if you prefer pen and paper, you can use the sponsor form - **on the other side of this sheet!**



Here's how you make it happen in two easy steps!

I. Pick your activity

If you'd like to walk, tell Andy admin@boazproject.co.uk
 If you'd like to bike, tell Tracey admin@boazproject.co.uk
 If you'd like to jog/run, tell Stuart admin@boazproject.co.uk

Any other activity you'd like to do – tell Stuart!

II. Get Started – fill in the table below, then share this form with your friends and family and get them involved. That way they can encourage you and you can raise funds for Boaz. Thank you.

TOP TIPS

- Counting steps towards a target? If needed you can borrow a pedometer from Boaz.
- Optional Extras: **“EWE CAN DO IT!” T shirt (Orange or white) for sale for £14.00:** <https://www.boazproject.co.uk/ewe-can-do-it> - delivered direct to your door
- Remember, this is *something YOU can be a part of and feel good about*, whatever your situation - member, volunteer, staff or supporter both near and far.
- Try to avoid too much close contact with people by getting them to pay you any money they pledge when they sponsor you. That saves you another visit later.
- When you've finished call us on 01962 761749 and tell us your total please. All the best, EWE CAN DO IT.

My “EWE CAN DO IT” CHALLENGE

My Name:	
My Chosen Challenge:	Walk (<input type="checkbox"/>) Bike (<input type="checkbox"/>) Run (<input type="checkbox"/>) Other (<input type="checkbox"/>) (tick a box) (please write in what you are going to do for your challenge)
How YOU can support me:	Please encourage me in my EWE CAN DO IT challenge by sponsoring me. Every little helps to make sure that Boaz, a day service helping adults with learning disabilities, can keep going into the future. THANK EWE.

