

# CLIMB MOUNT STAIRDON

CHALLENGE YOURSELF TO CLIMB  
10,000 STEPS A DAY FOR A WEEK

## How to get started

- Set up your sponsorship using this form or create a [JustGiving](#) page.
- Track your progress with a health tracker and link to your JustGiving page.
- Share your journey and encourage donations for every step you take.

## YOUR SPONSORS

Name	Donation	Contact No.	Paid



## 7 HOUR OUTDOOR CHALLENGE

**GET OUTDOORS AND GET  
ACTIVE FOR AN HOUR A DAY**

## How to get started

- Decide on your daily activity, this could be a lunch hour walk, using free gym in apparatus in parks, ditching the car, taking a scenic route with the dog or hitting the treadmill.
- Get sponsored for one hour or the full seven by filling out a sponsorship form or setting up a [JustGiving](#) page.



## YOUR SPONSORS

[illegible]

# AUTUMN CLEAN FOR A CAUSE

**SPEND TIME DEEP-CLEANING A SPACE FOR SOMEONE WHO NEEDS A HELPING HAND**

## How to get started

- Reach out to friends, family, and neighbours who could benefit from a free deep clean of their home, especially those with indoor allergies.
- Set up your sponsorship using this form or create a [JustGiving](#) page.
- Encourage others to sponsor each space that you clean.

## YOUR SPONSORS

Space	Name	Donation	Contact No.	Paid
e.g. Kitchen	Joe Bloggs	£5	0777 000 000	Yes - Cash

# AUTUMN CLEAN CHECKLIST

## ESSENTIAL TIPS FOR REDUCING INDOOR ALLERGENS THIS AUTUMN

**For all indoor allergens, keeping rooms well ventilated can reduce the damp, humid environment in which they thrive. So before you begin, open all windows and doors where it is safe to do so.**

### House dust mites and pet dander

- ☐ Use a cloth dampened with water or another non-toxic dusting liquid to reduce dust scattering.
- ☐ Use a high-filtration vacuum cleaner (HEPA filter, S-class filter or similar).
- ☐ Vacuum all surfaces of upholstered furniture, carpets and rugs.
- ☐ Wash bedding at 60 degrees if possible.
- ☐ Wash curtains, pet beds, blankets and soft toys at 60 degrees if possible.
- ☐ If a toy can't be washed at 60 degrees, place it in a plastic bag in the freezer for at least 12 hours, then wash it at the recommended temperature.
- ☐ Clean with steam when possible.



### Mould

- ☐ Effective solutions are available to eliminate mould and prevent its growth on windows, in bathrooms and on refrigerators. Sprays should be avoided and liquids used instead.
- ☐ Kitchens, bathrooms and utility rooms are hotspots for mould. Pay special attention to the walls behind kitchen units and cupboards, where poor ventilation often leads to mould growth.
- ☐ Clean mould from window frames and dry condensation.
- ☐ Change the soil on house plants regularly.

**A wellCOME HOME**

**INDOOR ALLERGY AWARENESS WEEK 2024**



**VISIT THE [ALLERGY HOUSE](#) TO LEARN MORE ABOUT ALLERGEN HOTSPOTS AROUND THE HOME**



# PAYING IN YOUR DONATIONS

THANK YOU SO MUCH FOR RAISING MONEY FOR ALLERGY UK. HERE ARE THE WAYS YOU CAN PAY IT IN:

## JustGiving and Virgin Money Giving

If you've not set up your own JustGiving page, you could donate via the Allergy UK JustGiving page: <https://www.justgiving.com/allergyuk>

Likewise, you could donate via the Allergy UK Virgin Money Giving page by searching for Allergy UK at: <https://uk.virginmoneygiving.com/giving/>

## Text to Donate

Text INDOOR followed by your donation amount to 70085 e.g. INDOOR5 or INDOOR 5.

Texts will cost the donation amount plus one standard network rate message.

## Through our website

Visit [www.allergyuk.org/donate](http://www.allergyuk.org/donate) and make a one-off donation.

## BACS

Email [fundraising@allergyuk.org](mailto:fundraising@allergyuk.org) for the details.

## Over the phone

Call 01322 619898 to pay by debit or credit card.

## Send a cheque

Make cheques payable to Allergy UK.



  
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