

Events Calendar

North Wales Spring 2016

Run, abseil, cycle, walk, skydive...

Step Out
for Stroke®



It's time to dust off your walking shoes this spring as Step out for Stroke 2016 kicks off across the UK with 7 great walks taking place here in Wales including our North Wales walk at West Shore, Llandudno on 17 July.

Our Step Out routes are suitable for all ages and abilities, so get your friends, family and colleagues together and join us at one of our fun-filled sponsored walks.

Step out for Stroke walks are around one mile in length and you can walk at your own pace and in your own time. Whether you walk one step, 10 steps or the full mile, you're doing something amazing to help us support stroke survivors and their families here in Wales.

Registration is just £5 and includes a free 'Step Out' t-shirt to walk in on the day and a medal at the end to wear with pride. Visit www.stroke.org.uk/stepout to find your nearest walk.

Throughout the month of May, we need you to help us 'Make May Purple' to show your support for families who have been affected by stroke.

Whatever you choose to do, whether it's holding a purple bake sale, planning your own purple themed fundraising event or getting sponsored to dye your hair purple, there are many great ways for you to get involved.

Sign up today for your 'Make May Purple' action pack and you will receive a free Make May Purple magazine full of great recipes, stories and fun ideas to share with your family, friends and colleagues.

Contact us for more information by emailing fundraisingwales@stroke.org.uk

Make May Purple
for stroke



Together we can conquer stroke

Stroke
association

Events Calendar

Upcoming events

Snowdonia Slateman Triathlon - 21 & 22 May

Runfest Wales, Rhyl - 25 June

North Wales Half Marathon - 30 July

The Big Brutal Swim - 14 August

Man Vs Mountain - 3 September

Conwy Half Marathon - 20 November

All of the above are third party events, but if you are looking to take part in any of these fantastic challenges, then contact emma.kay@stroke.org.uk so that we can send you everything that you need including your fundraising pack and t-shirt.



Earlybird warning - Shriek for Stroke – Are you brave enough?



We have got an exclusive event planned for Halloween this year. A very rare opportunity to take part in a Spooky Sleepover in the historic Bodelwyddan Castle. With rumours of spooky sounds and ghostly apparitions, this event is not for the fainthearted! Spend the night in the castle with genuine ghost hunting equipment and access to areas of the castle not normally open to the public.

If you think you're brave enough or want to nominate someone to take on the challenge, please contact emma.kay@stroke.org.uk and register your interest now as places will be limited.

Organising your own event

If you've ever fancied organising your own fundraising event but never been too sure where to start, then why not contact us so that we can send you a fundraising pack that is jam packed with great fundraising ideas. So whether you are looking to organise a fundraising event in your workplace or for your family and friends, then our Wales Fundraising team is here to help you make the most from your fundraising plans.



Contact Details

Wales Fundraising Team
The Stroke Association.

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