

28^{IN}28

THE VISYON 28 IN 28 CHALLENGE

Could you do "28" in 28 days this February?

WHY SHOULD I GET INVOLVED?

Visyon has been supporting children across Cheshire and Staffordshire for nearly 28 years! In that time we've helped thousands of children, young people and their families improve their emotional wellbeing.

The pandemic and lockdowns over the past year have led to many more young people struggling with their mental health. With your help and by taking on and fundraising for [#Visyon28in28](#), we can be here to help even more children in 2021.



HOW TO TAKE PART

It couldn't be easier to join us and take on your very own [#Visyon28in28](#).

Step 1:

Get your thinking cap on and set yourself a challenge based around the number 28 (whether that's the number of times you do something, the distance you cover, OR the number of hours or days you set yourself to complete your challenge in!).

Step 2:

Set up your JustGiving or Enthuse page to help you fundraise.

<https://visyon.enthuse.com/fundraising/start#!/>
<https://www.justgiving.com/visyon>

Step 3:

Shout about it! Share your story and JustGiving page on social media along with us with details of your challenge. Don't forget to use the hashtag [#Visyon28in28](#) with your updates!

28 IN 28 IDEAS

- Run or cycle or walk 28 miles
- Do a workout every day for 28 days
- Make 28 cakes for family, friends or neighbours
- Play on your games console for 28 hours straight

We're aiming to raise £2,800 which could fund 8 weeks of 1-1 mental health therapy for 25 children.

Whether its £28 or £280 you raise, your efforts will make a huge difference to the lives of children and young people living in your local community who are struggling to manage their mental health.

So go on, do it for Visyon and take on the [#Visyon28in28](#)!