



Join the #TwoPointSixChallenge and show your support for St Mark's Hospital Foundation

The ongoing Covid-19 pandemic has had a profound impact on all of our lives, and has temporarily changed our reality. It is a difficult time for us all, as we adapt to a multitude of new challenges. While it has unsettled our daily lives, people have pulled together in the greatest display of community cohesion in generations. It is truly incredible how we have all collectively come together, be it through our national display of support for our beloved NHS, in addition to all the private acts of kindness taking place within communities.

The Covid-19 pandemic has also had a profound impact on charities, including St Mark's Hospital Foundation. We are extremely proud to be the only charity to support pioneering research, education and innovation at St Mark's, the UK's national bowel hospital, and now, more than ever, we need your help and support!

What is the TwoPointSixChallenge?



It has been estimated that the UK charity sector as a whole is set to lose £4 billion in income as a result of the Covid-19 pandemic. With this in mind, the organisers of some of the biggest charities have created the #TwoPointSixChallenge to help save charities

across the UK. The challenge is launching on **Sunday 26th April**, which would have been the date of the London Marathon, the single biggest day of fundraising for UK charities.

We would love if you were able to get involved in helping support St Mark's by participating in the #TwoPointSixChallenge.

Get involved and become a home hero for St Mark's!

There is no need to be a fitness fanatic or marathon runner to take part, this is a challenge for people of all ages and abilities and is the perfect opportunity for you, your friends and family to get creative!



Simply think of an activity based around the number 26 or 2.6 and complete it on or from Sunday 26th April. To get involved with fundraising for St Mark's click on the button below which will take you to our personal fundraising page for the #TwoPointSixChallenge

If you want to set yourself a challenge, you can set up a fundraising page by clicking on 'fundraise'. This will then prompt you to create your own personalised fundraising page on JustGiving, where your family and friends can donate in support of your #TwoPointSixChallenge in aid of St Mark's.

Alternatively, you can donate directly to St Mark's Hospital Foundation via the 'donate' option.

Join the #TwoPointSixChallenge for St Mark's

Donations can be made securely through JustGiving, and all funds raised will help support the continuation of the life-restoring research, educational programmes, and dedication to innovation at St Mark's Hospital. Every donation, large or small, will help us towards achieving our vision **of a future free from the fear of bowel disease.**

Need some inspiration?

You can run/cycle/skip 2.6km around the garden, or neighbourhood (following social distancing).

If these fundraising options don't entice you then there are a whole host of zany activities that you can undertake, why not try challenging yourself with the following:

- Learn to count to 26 or learn 26 words in a different language
- Bake 26 cupcakes with your family, and perhaps share with neighbours (while maintaining a safe distance!)
- Locate 26 items within your household that start with each letter of the alphabet, and if you really want to challenge yourself, try doing it in only 26 minutes!
- Dance non-stop for 26 minutes to your favourite party tunes!

More fundraising ideas for individual participants, or activities undertaken with family and friends are available at: <https://twopointsixchallenge.justgiving.com/inspiration>

Thank you for your continued support of St Mark's, the UK's national bowel hospital. We have been truly humbled by the ongoing support that we have received from you all. On behalf of our fundraising team and our medical staff working on the frontline, thank you.

Stay Home. Protect the NHS. Save Lives.

Engage with us on our social media platforms to keep updated with our work, news and how we are helping to support St Mark's through this unprecedented time.



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