



Strides Against Stress

Frequently Asked Questions

We've put together a list of top questions from our supporters last year, but if there's anything you'd like more help/ information on, please reach out to our friendly Fundraising team at fundraising@edsupport.org.uk who are happy to help.

1. Can I take part as a team?

Yes — when you sign up you can choose to create a team and invite friends and family to sign up via email. Or you can sign up as individuals and then choose to join a team. If you're competitive, why not share the event with other groups of friends or colleagues and go head to head to cover as many miles and raise as much as you can? We encourage a bit of healthy competition!

2. Do I have to run?

No, you can choose to walk, run, cycle or mix it up your way! However you choose, make sure you're tracking your miles — this can be recorded through [Strava](#), or you can keep track of your miles and manually upload to your fundraising page.

3. Can I do more than 30 miles?

The challenge is to reach at least 30 miles in April — this means that you can choose to double the distance or even triple it if you would like to take on the ultimate challenge! Whatever distance you choose, **remember to look after yourself.**

4. Do I have to get out every day?

You can do a mile a day, or you can choose to do larger runs walks or cycles at the weekends to reach 30 miles — as long as the target is reached by 30th April.

5. What is Enthuse?

[Enthuse](#) is the website we are using to organise Strides Against Stress and was used for last year's event. It has been designed specifically for charities to organise virtual fundraising events online. The website allows supporters to create fundraising pages and collect donations for the charity, meaning Education Support receive the donations in a safe way. Enthuse charges a small transaction fee per donation. In a survey* from last year's fundraisers, 80% of participants said Enthuse was easy to use.

6. Why is there a £5 entry fee?

As we're a charity, we have small up-front costs that need covering. This £5 will go some way to covering those, and the t-shirt or vest that we will send you when you raise £50 or more if you have opted in to receive one when registering. Thank you for your understanding!

7. What will Education Support do with the donations?



Your fantastic fundraising efforts will be used to power our services for teachers and other education staff, including our 24/7 counselling helpline. Thank you so much for supporting teachers and school staff facing a mental health crisis.

8. I haven't received my t-shirt/vest, how do I get one?

We are sending a t-shirt or vest to super supporters who raise £50 or more of their £70 fundraising target and who have opted in to receiving one on their registration. If you have reached £50 and have been waiting longer than 2 weeks, please get in touch with our fundraising team: fundraising@edsupport.org.uk.

9. Do you have any fundraising tips?

Make sure you fill in your fundraising page fully, and upload a profile photo. That way your friends and family can find your page easily and see your motivations for taking part. A simple and easy way to get donations is by sharing your fundraising page on your Facebook page, Twitter account or paste a link in your Instagram bio.

If you would like any more ideas, please get in touch with us. We'll be happy to help!

If you have any questions (or you'd like to say hello or let us know why you've decided to take part in Strides Against Stress), please email your friendly fundraising team here: fundraising@edsupport.org.uk

Why take part?

- Raise essential funds for our 24/7 counselling Helpline for education staff, and other life-changing services
- Help us raise awareness of our small charity and the increasing mental health issues amongst teachers and other education staff
- Show teachers that they are appreciated!
- Challenge yourself, and feel the mental health benefits associated with regular exercise and fresh air

How we'll support you:

- Raise £50 or more and we'll send you an Education Support t-shirt or vest to wear with pride (if requested**)
- Ideas and resources for reaching your fundraising target
- Tips and advice on moving more and benefits to your own mental wellbeing
- Facebook group to chat to fellow Striders
- A certificate to mark your fundraising achievements (if requested**)



About Education Support

Think back to your school days, to that one teacher who inspired you and helped you become the person you are today. Imagine if that teacher had been so stressed with work pressures, that they left the profession for good. This is a growing reality for those in education today — with 52% of teachers considering leaving the profession last year.

Supporting teacher and education staff wellbeing for 145 years

We are the only UK charity dedicated to supporting the mental health and wellbeing of education staff in schools, colleges and universities.

Established in 1877 as a benevolent fund for teachers, we have been continuously evolving to meet the changing needs of the education sector. Today we are proud to support anyone working in education, at any level, and in any institution.

Vision and Mission

Vision: That everyone working in education is respected, supported and resilient.

Mission: Our mission is to improve the mental health and wellbeing of teachers and education staff. We believe that better mental health leads to better education.

*Survey of 82 participants from 2021 Strides Against Stress event.

**Subject to opting in on the Strides Against Stress registration form.