

Run for fun and raise money for Refugee Forum!



At Nottingham and Nottinghamshire Refugee Forum, our vision is of a society where asylum seekers and refugees are welcomed, receive just and compassionate treatment, and are supported to rebuild their lives.

We run a variety of services for refugees and asylum seekers, including:

- Anti-Destitution project
- Community Café providing a hot meal at lunchtime
- Drop-in advice service 4 days a week
- Specialist advice (access to housing, welfare benefits, healthcare and education)
- Financial inclusion and employability workshops
- English language classes
- Activities for young people, children & families

At this year's Big Fun Run we are raising money for Refugee Forum's Anti-Destitution Fund.

"The 'hand' of the Anti-Destitution project reached out to me in my darkest moments and helped restore my dignity and self-respect." (A service user)

Due to grant funding cuts we are increasingly reliant on donations to keep this work running and are very grateful for any money raised. The Anti-Destitution Fund provides a small amount of money and food each week to those asylum seekers for whom the government have stopped providing both financial support and accommodation.

What can YOU do?

➤ You can **run, walk, jog, skip, push a buggy, crawl or do cartwheels** for 5km.

You can enter through <https://www.bigfunrun.com/charity/>, select Notts Refugee Forum as your chosen charity, and set up your JustGiving page. All raised funds, including Gift Aid, will be processed automatically by JustGiving. We can help you promote your fundraising page on our social media, and offer support on the day.

We have limited **FREE** spaces for our runners, and encourage asylum seekers & refugees to participate.

➤ You can **sponsor** our participants or pay for their entry.

Contact us on fundraising@nottsrefugeeforum.org.uk if you are interested or want more information on any of the above.

Following the Fun Run, we will be having a picnic. Look out for our gazebo and banner.

Thank you for your support and happy training!

