

Step up for Dorothy House and join our first ever virtual Big Breakfast 5k Fun Run

Between now and Sunday 21 June get positive, get some exercise and help raise vital funds for Dorothy House and patient care in your community! **You can do** a virtual 5k anywhere and at any time that suits you and you don't even have to do it in one go! Do the 5k on your own or with the kids. You can fundraise by logging in your steps, walks or runs online each day until you hit the magic 5k target. You can even do over it over a few weeks, just make sure you complete the full 5k by **21 June!**

COVID-19 is having a huge impact on our community. The pandemic means we've shut all our shops and had to stop many fundraising activities. Funds from the local community that support over 70% of our care are fast drying up and the impact could be devastating.

We are doing everything we can to offer different ways to get involved and continue to raise vital funds for patients but we cannot do this without you.

You can sign up now through this link to join us in supporting our local community.

Check out www.dorothyhouse.org.uk/events/big-breakfast-5k-2020/ or follow the link <https://bit.ly/VirtualBB5K>