

Taith Dros Gymru

Journey Across Wales. Uniting our kidney community

Smash the Challenge!

- Break the challenge into manageable chunks. Set yourself or your team milestones and celebrate when you achieve them.
- Record your progress using a fitness app. We've set up a group on Strava called Kidney Wales - Taith dros Gymru. You can use the code below to check it out.
- Sometimes we all need some encouragement. If you find you need a pick me up or little boost from our community, ask us to join our WhatsApp group and Taith Dros Gymru Participant Group on Facebook.
For details email danielle@kidneywales.cymru

Hit your fundraising target!

- Set up your online fundraising page. There are plenty of great platforms to choose from, if you need support please contact the team.
- Share your progress regularly. You can easily connect your strava to JustGiving or post directly to Facebook.
- Think outside the box.
Have a sweepstake, organise a virtual fundraiser, being mindful of COVID restrictions

Join our
Strava Group



We've put together some of our top tips to help you achieve your 531mile goal and reach your fundraising targets! Have fun!

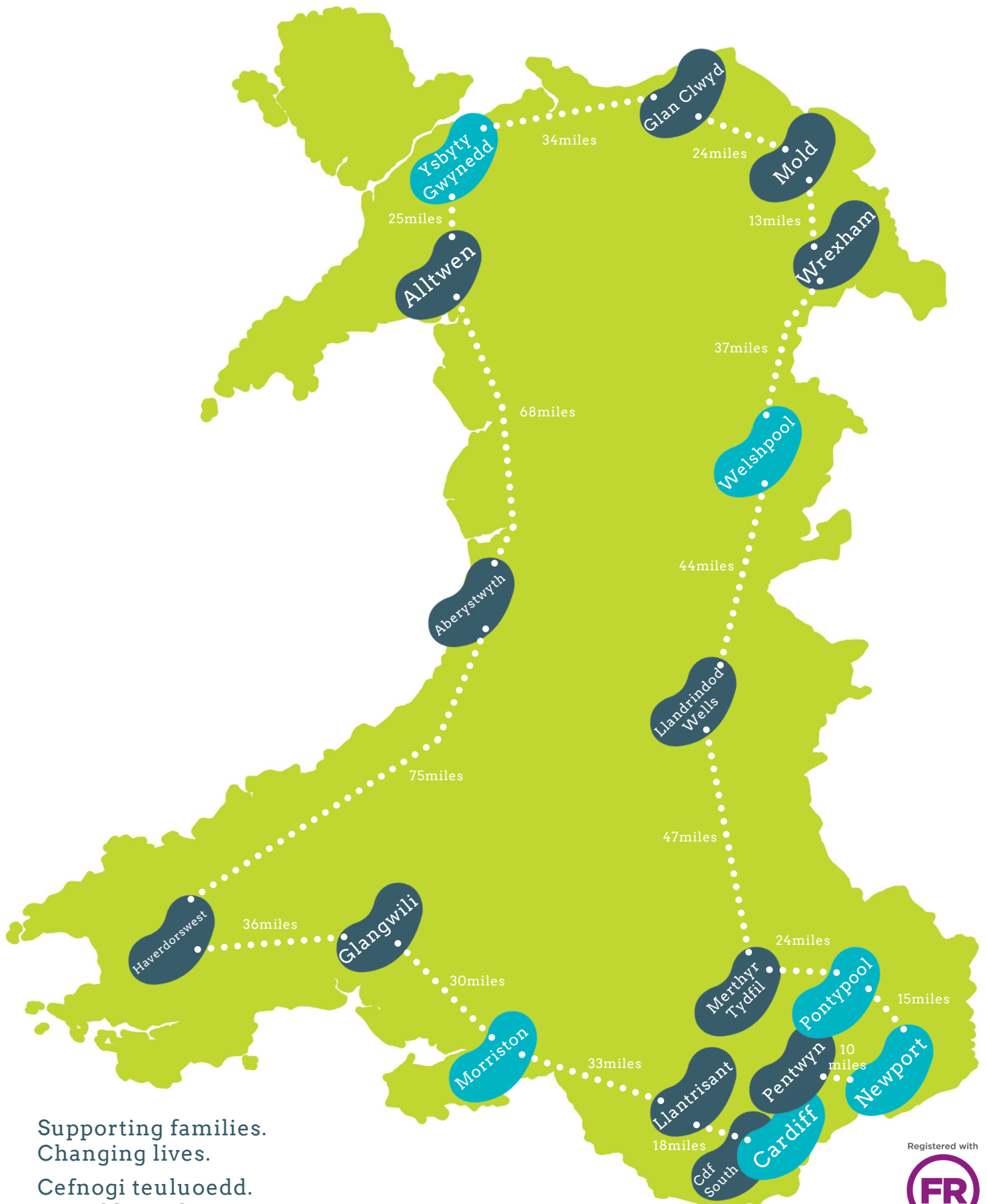
For more information , contact the team on team@kidneywales.cymru 029 2034 3940

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Supporting families.
Changing lives.

Cefnogi teuluoedd.
Newid bywydau.

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Registered with



FUNDRAISING
REGULATOR