

# The Next Step!

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## Who are Focus Ireland?

Focus Ireland is driving by the fundamental belief that homelessness is wrong. We work to prevent homelessness and find sustainable long-term solutions to help people leave homelessness forever.

## What is The Next Step?

- The Next Step is a personal fitness challenge where you have 30 days during the month of April to complete the 42.2Km distance of a marathon.
- You can walk, jog or run this distance. All you need to do is track your progress, finish by the end of April and ask your friends, family or colleagues to sponsor you for the challenge. Whether it takes you 4 hours, 4 days or 4 weeks - you decide the pace and you decide the place!
- Not only will you be getting fit as part of the challenge, but you will be taking **The Next Step!** to fight family homelessness and support Focus Ireland.
- If you are a member of the public, we suggest you aim to raise €250, although in 2020 the average was over €310! If you are taking part with your company or organisation, we suggest you set a target of €500.
- Check out the [resources section](#) of our site for loads of fundraising tips and hints, as well as ways you can promote The Next Step and Focus Ireland on social media.

## How to get involved?

### 1. Register:

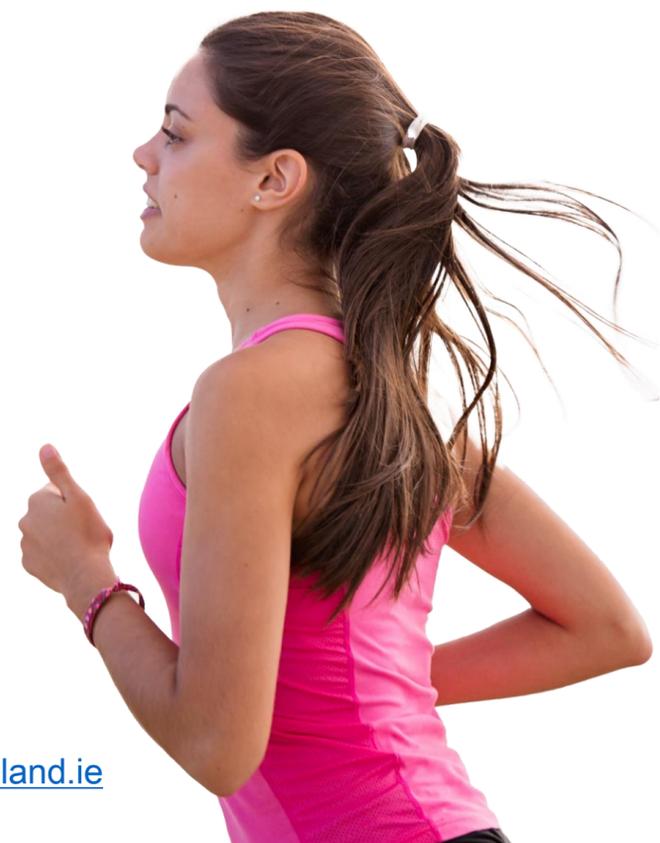
Register now! and you will automatically receive your personal fundraising page for The Next Step.

### 2. Share, Share and Share again!

Once you have your personal fundraising page, make sure you share it on WhatsApp, Social Media and other platforms to let your friends, family and colleagues know you are taking The Next Step to fight homelessness. Use **#TheNextStepFocusIreland** when you post on social media!

### 3. Time to get moving!

Once Thursday 1st of April arrives, start tracking your 30 day fitness journey! You can manually enter your walk, jog or run to your fundraising page or you can connect your fundraising page to your Strava account and it will automatically update with your KMs.



# FOCUS Ireland

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