



WELCOME TO THE TOMMY 10K!

Firstly, we would like to take a moment to say thank you for taking part in the Tommy 10k.

At RBLI we help veterans and their families in their time of need and support them to live the most independent life possible. Since 1919 we have provided crucial accommodation, welfare and employment support to injured veterans and people with disabilities. Right now for every person we can help, there's one we can't. That's why we need people like you; with more funding, we can grow our village, support more people who need us and help them to find their purpose again. It's as simple as that, so thank you very much.

Since the Covid-19 pandemic started we continue to provide help, advice and financial support to people in great need. With the help of supporters, just like you, we are able to make a huge difference. Every year we are able to save lives, keep families together, prevent homelessness, and provide mental health care – enabling those we support to live safe, secure and fulfilling lives.

By taking on the Tommy 10k you're helping us to provide lifelong support for veterans and their families as well as challenging yourself physically and achieving a goal all whilst doing something amazing for charity.

We've created a fundraising pack that explains more about RBLI and how your fundraising helps, ideas for fundraising, advice on how to set up a brilliant online fundraising page, top tips and easy wins, plus plenty of tools to help you promote your challenge.

If you've got questions, need some help or just want to chat about your challenge, get in touch by emailing me at fundraising@rbli.co.uk or give me a call on 07827948905

Make sure you join the Facebook Group, details will be included in your welcome email and we would love to see photos or videos of you during or after the challenge, it will keep everyone motivated so feel confident that we're all behind you and we would love to hear how you're getting on!

Thank you so much, we hope you enjoy your challenge and we can't wait to hear more from you! Look after yourselves and your loved ones.

Best wishes,

Vickey Fitzell
Community & Events Manager



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