

**HACKNEY HALF
KEEN TEAM 2021**

KEEN
LONDON

BECAUSE WE CAN!





CONGRATULATIONS, YOU HAVE TAKEN THE FIRST STEP TO BECOMING A SUPERHERO

ANYONE THAT VOLUNTEERS, DONATES OR RUNS FOR KEEN LONDON IS A SUPERHERO - WITHOUT YOUR SUPPORT, WE DON'T HAVE THE POWER TO TRANSFORM DISABLED YOUNG PEOPLE..... WITH YOUR SUPERPOWERS WE CAN INSPIRE, ENGAGE AND MOST OF ALL HAVE FUN!

HOW DOES A HALF MARATHON DO THAT?

- ★ EVERY MILE YOU RUN RAISES FUNDS TO CONTINUE OUR WORK
- ★ EVERY STEP YOU RUN IN YOUR KEEN SHIRT INSPIRES, EDUCATES AND PROMOTES WHAT WE DO
- ★ EVERY PERSON THAT SPONSORS YOU LEARNS ABOUT A GREAT LITTLE CHARITY (US)

HOW DOES MY FUNDRAISING HELP?

OUR WORK RELIES ENTIRELY ON DONATIONS, EVERY YEAR THE SUPER HEROES THAT RUN FOR US MAKE A PACT TO RAISE AT LEAST £200 EACH! WHEN A TEAM OF 50 COME TOGETHER THAT IS £10,000 THAT CAN ENSURE OUR WEEKLY SESSIONS CONTINUE ACROSS LONDON.

Every week we can open our doors to young people who are otherwise excluded from the fun and games we often take for granted. **THANK YOU** FOR MAKING THIS POSSIBLE

BECAUSE WE CAN!

£100 COULD TRANSFORM A NEW VOLUNTEER WITH NO EXPERIENCE INTO A KEEN COACH. COVERING COSTS TO RECRUIT, TRAIN & DBS CHECK A NEW COACH WHO WILL SUPPORT ONE OF OUR YOUNG ATHLETES AT A WEEKEND SESSION. ENABLING THEM TO LEARN NEW SKILLS, GAIN CONFIDENCE AND MEET NEW PEOPLE.

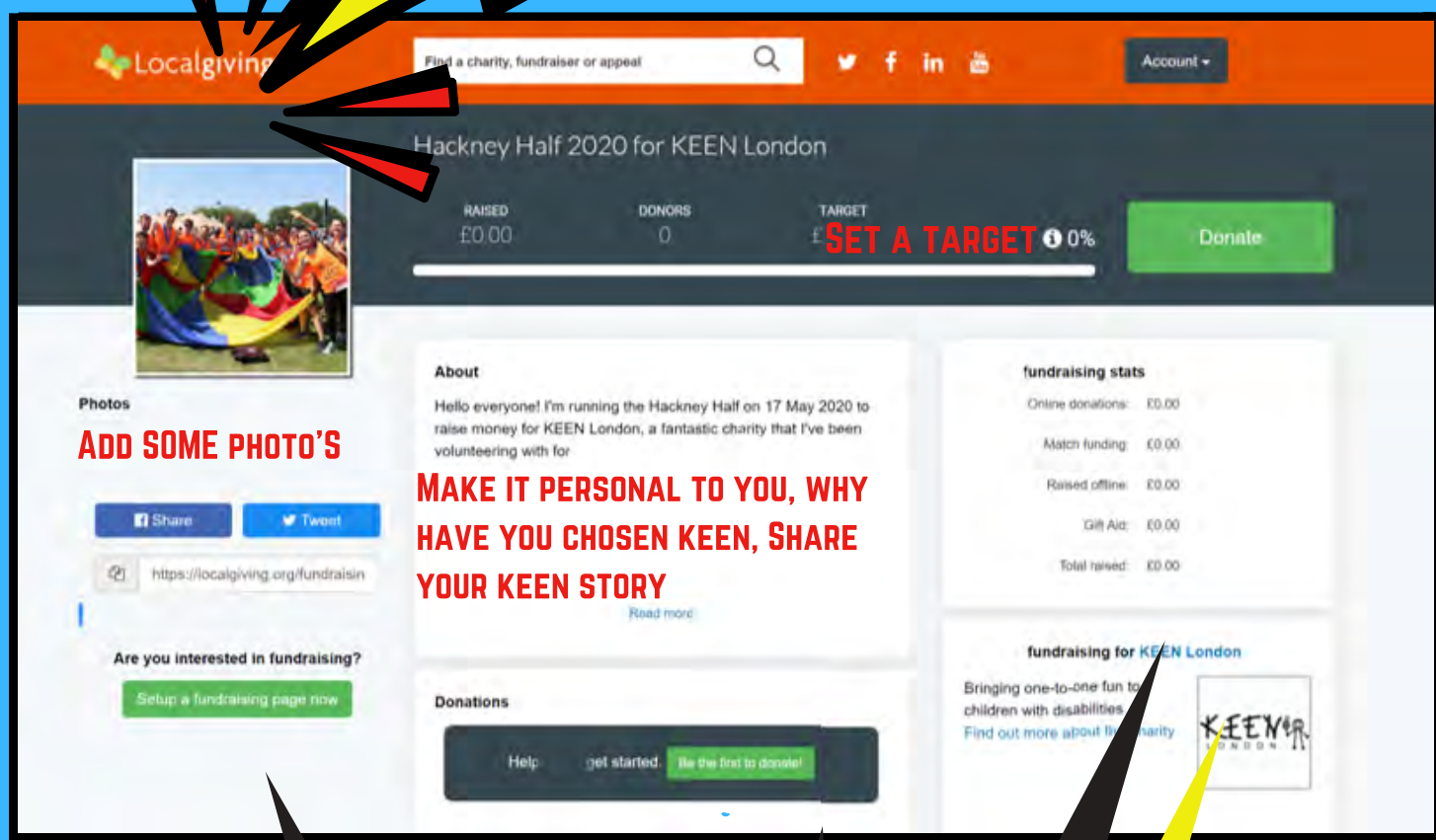
£5 COULD HYDRATE
40 VOLUNTEERS THAT HAVE
DONATED THEIR TIME TO
SUPPORT OUR ATHLETES
ONE-TO-ONE

BECAUSE WE CAN!

£20 COULD PAY FOR
TWO DISABLED YOUNG PEOPLE TO
ACCESS A TRAMPOLINE PARK FOR
THE FIRST TIME, SUPPORTED ONE-TO-ONE
BY OUR TRAINED VOLUNTEER
COACHES

£10
COULD BUY A NEW SENSORY BALL
THAT HELPS A CHILD WITH
SPECIAL NEEDS OR VISUAL
IMPAIRMENTS INTERACT AT
ONE OF OUR SESSIONS

Setting up Local Giving



**YOU DON'T HAVE TO JUST ASK FOR SPONSORSHIP,
YOU CAN HAVE A CAKE SALE, FAVOUR AUCTION (DO A WEEK OF
WASHING UP, COOK DINNER FOR FRIENDS, WASH A CAR, GIVE A
FOOT MASSAGE) JUST COLLECT THE CASH AND ADD THE FUNDS
TO YOUR LOCAL GIVING PAGE (JUST DON'T GIFT AID IF IT ISN'T A
DONATION), THEN FEEL SMUG ABOUT BEING SO AMAZING!**

**THANK YOU FOR DOING A GREAT THING
FOR DISABLED YOUNG PEOPLE**

**BECAUSE
WE CAN!**



**SHARE YOUR
PROGRESS, TRAINING & ❤️**



A FEW WORDS FROM PARENTS

"I'VE SEEN MY SON STRUGGLE WITH FRIENDSHIPS FOR YEARS. GROWING UP NON-VERBAL AND PRETTY MUCH IN HIS OWN WORLD. FRIENDSHIPS WERE NEVER AN ISSUE AND NEITHER WAS BULLYING.

AS HE GOT OLDER AND READY TO EXPLORE THE WORLD, KIDS HAD WRITTEN HIM OFF AS WEIRD. WE CHANGED SCHOOLS TO ESCAPE THE BULLYING ONLY TO SUFFER THE SAME FATE. IT WAS EXTREMELY HARD WATCHING HIM, KNOWING I COULDN'T DO ANYTHING ABOUT IT. I COULDN'T MAKE KIDS LIKE HIM OR GIVE HIM A CHANCE & I COULDN'T MAKE FRIENDS FOR HIM.

THANK GOD FOR CHARITIES LIKE **KEEN LONDON** THAT FACILITATE OPPORTUNITIES FOR KIDS LIKE MINE TO MAKE HEALTHY AND POSITIVE FRIENDSHIPS IN SPACES WHERE THEY CAN BE THEMSELVES" KEEN PARENT



WORDS CANNOT EXPRESS HOW IMPORTANT THIS IS FOR CHILDREN LIKE MIA, WHO IS EXCLUDED FROM SO MUCH IN LIFE BECAUSE OF HER MEDICAL NEEDS AND DISABILITIES.

WE ARE BLOWN AWAY BY THE AMAZING WORK YOU DO. WE ARE SO VERY RELIANT UPON KEEN TO PROVIDE MIA WITH INVALUABLE FUN (WHICH IS SO IMPORTANT) AS WELL AS LIFE SKILLS AND THE OPPORTUNITY TO BELONG AND TAKE PART IN SOMETHING THAT IS ABOUT HER! SOMETHING THAT IS NOT FOCUSED ON HER PROBLEMS AND CHALLENGES BUT ON HER STRENGTH AND SKILLS" – MIA'S MUM.