

Action for
Pulmonary Fibrosis

Walk for Hope



Guide to holding your walk



Help us take big steps towards finding a **cure** and donate to **pulmonary fibrosis** research today

We know that **research** is vitally important to families affected by pulmonary fibrosis. Finding new treatments and learning more about the disease could help us to one day find a cure to pulmonary fibrosis and bring an end to the devastation it can bring to so many lives.

We have ambitious plans to fund **ground-breaking research** over the next three years that we hope will change lives and create a better future for everyone living with pulmonary fibrosis.

By holding your very own **Walk for Hope**, every penny you raise will support research into new treatments and help us learn more about the disease, which could one day lead to a cure to pulmonary fibrosis and bring an end to the devastation it can bring to so many lives.



I feel that one should stay as active as possible with PF and get out in the fresh air.

Ron Fish

2. Choose your distance and plan your route!

1. Save the date
7th - 10th April

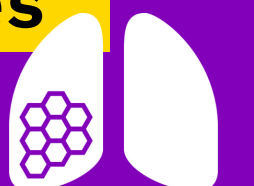
3. Set up your [JustGiving](#) page, set your target

JustGiving™



5. Join our [Facebook group](#) to share your messages and stories, photos of your walk and connect with others who are also walking for hope or remembering their loved ones

4. Buy some t-shirts or forget-me-not seeds from our [online shop](#) to scatter on your walk if you are remembering your loved ones



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FAQ'S

Do you provide fundraising materials?

You can download resources from our website for your walk and order items from our shop such as an APF t-shirt, wristbands and pins

How do I get in contact with someone at APF?

Please email fundraising@apf.org with any queries regarding your walk.

How can I follow APF on social media?

Follow all our updates on [Facebook](#), on [Instagram](#) and use our hashtag [#walkforhope](#)

How do I pay- in offline money?

1. Add it onto an existing fundraising page - you can bank all the offline sponsorship and add it onto your fundraising page as a donation.

2. Online: the easiest way to pay is to bank all the money and then pay the lump sum via our [website](#). Please say that you raised the money through a Walk for Hope walk on our donation form.

3. To make a donation by bank transfer or direct debit (via your bank), please use the details below and use your name as the reference:

Account Name: Action for Pulmonary Fibrosis
Sort Code: 40-52-40
Account Number: 00023412

Please contact us to let us know you are making a donation so we can thank you for your kind support.

Set up your fundraising page today [click here](#)