



Schools Fundraising



Walk your worry away!

At Compton Care, we believe that wellbeing and mental health is the basis for a happy and successful life at school and beyond.

How does 'Walk your worry away' work?

Pick your own distance

1 mile, 3 miles or 5 miles.

Chose an age-appropriate distance and encourage your pupils to walk away their worries and stay active!

Prior to the walking challenge, children will be provided with a Compton 'worry card' where they can write a worry they have. Their 'worry card' will go into the Compton Care bag provided, which a member of staff will carry during the walk to symbolise 'sharing the load' and walking it away!

Each child that takes part will be provided with an extra special Compton Care thank you which will help them to keep going and keep growing!

When? Where?

The event can take place on your school grounds at a time of your convenience between September and December!

Participants will be sent a sponsorship form prior to your chosen date to help raise funds for Compton Care, family and friends can donate towards the challenge!

We like to give the option for participants to wear a yellow accessory to represent Compton Care as we know that school PE kit / sportswear for health and safety reasons will be a necessity.

Once you have received the funds from your pupils, please just let one of our team know using the email address below, and we will arrange to come out and pick up your fundraising and give pupils our special thank you!

If you would like to take part in "Walk your worry away" please email us on fundraising@comptoncare.org.uk.