



## How it all started

Duncan: Hi my name is Duncan Booth and I have MS.

Yvonne: I've always known Duncan but never as a – you know- I never thought we'd be married and having children together.

Duncan: I was just a rock climber and that's all I did. I just climbed every weekend and saved money to go on climbing holidays. And just climbed and trained and trained and climbed. But now it's all changed. Diagnosed since 2010.

Yvonne: I remember going to the hospital and Duncan was in tears. When I saw him lying there... upset and he'd been told on his own, it was very, very, very tough.

Duncan: They tell you at hospital – don't google it. But obviously when you get told not to do something, it's very hard to just not do it. So I was on the Internet crying me eyes out. All the time. Same with Yvonne, you know? Showing her things and thinking: 'is this what's going to happen to me?' I can still walk, but I can't walk very far really... yeah so it's a weird one having a walking event.

Yvonne: We were raising money for street children in Mexico. And so I went on the walk and helped organise it. And then suddenly they said: 'Look, we're not going to be doing this anymore.'

Duncan: And they just said to Yvonne: 'Well why don't you take this on and raise money for the MS Society.'

Yvonne: And then the 10in10 developed. These people are able to walk ten mountains, Duncan can't. So it's that kind of contrast. Y'know they might really struggle to get round the 10in10, but people with MS's daily lives are a real struggle. It's not just raising money, it's challenging themselves on such a level that they're getting so much from it as well. And I think that's the key – it's trapping into other people having great life experiences and supporting the charity at the same time.

Duncan: It means an awful lot because the walkers are brilliant!

Yvonne: It's all I know now. It's what I do. There's no... then 10in10 is everything.

## Yvonne's top tips

### From little acorns

Yvonne: Having support from family and friends to begin with. Start really small. Don't really necessarily have big ideas, just start small and see how it develops.

### Spread the word

Yvonne: Obviously getting people on board, which is crucial. Local newspapers. Social media has been massive for us. We've promoted it all through social media.

### Safety first

Yvonne: Practically, there's lots involved. Make sure you do a very good risk assessment. You make sure you're covered with insurance. With it being a national park, I have to get permission. We do know the fells very, very well and we know where it is safe for people to walk.

But the fells can be a very dangerous place and we have to put every precaution to make sure that people are safe.

## Be a good neighbour

Yvonne: You've got to be very sensitive to where you're running an event because you need goodwill from everybody around you, from the farmers. We don't want to annoy all the locals. We want people to come and spend money in the town, we want people to stay in the guest houses. We make sure we don't have a massive problem with traffic. We've got a big car park at the Swinside Inn that's out of the way.

## Find your local heroes

Yvonne: We're very lucky living in Keswick, and I'm sure there are plenty of places across Britain where you live in a really close community. Keswick Lions have been very supportive in every way. They lend us marquees and everything. The local church has been really supportive, baked loads of cakes for us. Everything is about being confident to ask because, if you don't ask, people don't know what you're trying to do and generally people want to do something positive and help.

## Remember to contact the MS Society

Yvonne: Do contact them because they will send you any leaflets you need, collection boxes. Balloons are always helpful to put up at your event. They'll help you with your Just Giving pages.

## Do your own thing

Yvonne: If you can't keep asking people to fundraise on your Just Giving page, get out there and do something a bit different. I've supported a group of friends from my old job that went up to the Cat Bells – cups of tea and cakes and sold them. And just raised their sponsorship money that way.

## Just do it!

Yvonne: And just give it a go and see where it leads because you'd be absolutely amazed at how people really do want to be involved in positive fundraising experiences.

<b>How the Booths did it video transcript</b>	
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