

# become an epilepsy action hero!

*"Being part of team Epilepsy Action was the highlight of the marathon for me. Raising money and much needed awareness of epilepsy is something that I am very passionate about."*

Louise, London Marathon



*"I have never felt so much sense of achievement than I did fundraising with Epilepsy Action. A great team to work with."*

Glyn, Ride London



## register your event with us

Once you've found the perfect event for you, head to [epilepsy.org.uk/events](https://epilepsy.org.uk/events) to register.

Not sure what to do? Don't worry, we've got you covered. Contact our events team on [events@epilepsy.org.uk](mailto:events@epilepsy.org.uk) or call 0113 210 8851 and we'd be happy to help.

**Epilepsy Action**  
New Anstey House, Gate Way Drive, Yeadon, Leeds LS19 7XY  
tel. 0113 210 8800 email [epilepsy@epilepsy.org.uk](mailto:epilepsy@epilepsy.org.uk)  
[epilepsy.org.uk](https://epilepsy.org.uk)

**Epilepsy Action Helpline:**  
freephone 0808 800 5050 text 07537 410 044  
email [helpline@epilepsy.org.uk](mailto:helpline@epilepsy.org.uk) twitter [@epilepsyaction](https://twitter.com/epilepsyaction)

Registered charity in England and Wales (No. 234343)

Registered with



FUNDRAISING  
REGULATOR

**epilepsy action**

[epilepsy.org.uk/events](https://epilepsy.org.uk/events)

# fundraising events calendar 2023



## what will you do?



## fundraise your own way

From colour runs and coffee mornings to fancy dress days and head shaves, there are so many ways you can fundraise.

Register your fundraising idea with us and we'll send you a fundraising pack with everything you need to help get you started: [epilepsy.org.uk/registermyevent](http://epilepsy.org.uk/registermyevent)

### Get a head start

Once you've registered your fundraising idea with us, why not set up an online fundraiser at [justgiving.com/epilepsyaction](http://justgiving.com/epilepsyaction) to let everyone know what you're doing? It's a great way to kick start your fundraising!



# events calendar

## January

**Walk 150km in a month** All year – choose a month that suits you

## February

**February Facebook Challenge** (1st-28th)



## March

Epilepsy Action  
**Bradford 10K** (12th)

**Purple Day** (26th)



## April

**Brighton Marathon** (2nd)  
**London Landmarks Half Marathon** (2nd)  
**London Marathon** (23rd)



## June

**Mount Kilimanjaro trek** (22nd June-2nd July)  
**June Facebook Challenge** (1st-30th)

## July

**Yorkshire Three Peaks Challenge** (15th)  
**London to Paris Cycle** (19th-23rd)

## May

**Edinburgh Marathon & Half Marathon** (28th)  
**RideLondon-Essex 100** (28th)



## August

**Wales End to End Cycle** (10th-13th)



## September

**Great North Run** (10th)  
**Mount Kilimanjaro trek** (14th-24th)

**National Doodle Day** (15th)

## October

**Royal Parks Half Marathon** (8th)  
**Bournemouth Half Marathon** (8th)  
**Dublin Marathon** (29th)



## November

**Run 60 miles in a month**  
All year – choose a month that suits you

## December

**Gaming challenge**  
All year – choose a month that suits you

