



Brain injury *recovery* charity

Every step counts!

Help brain injury survivors take their next one.



**Award
winner!**
UKABIF 2025

♥ **£50,000**
raised so far — and most of
it's already helping survivors

1,065 miles
walked from John O'Groats
to Land's End

2.5 million
steps each, by Zara and Ian!

It all started with one step...

In 2016, Zara had a stroke while driving in Grand Cayman. The crash left her with a broken neck, paralysis down her right side and a traumatic brain injury.

After months of rehab, she set herself a crazy goal: walk the length of the UK. In 2019, with partner and carer Ian by her side, she did it!

That walk became 3 Million Steps. Now we help other survivors keep going — and we'd love you to join us!



Zara: winner of the Stephen McAleese Award for Inspiration 2025!

Take a step with us!

3millionsteps.org • info@3millionsteps.org • 07588 608508



Registered charity (CIO) no. 1180230

Little things, big difference

Your support pays for the everyday kit and sessions that keep survivors moving forward after they leave hospital.



Sports kit

trainers, swimming costumes & more to get moving again



iPads

to keep progress going at home



Psychology, Physio & Pilates

sessions to build strength & confidence

We fund services and equipment up to around £300 (not large or expensive items). **Know someone we could help? Give us a shout!**

Fancy a challenge?

Your day, your way!



Pick your challenge

Big or small, any day(s) that suit you.



Tell us!

Email info@3millionsteps.org and we'll cheer you on and share it online.



Get sponsored online

Set up a JustGiving, Facebook or Instagram fundraiser for 3 Million Steps.



...or on paper

Use the sponsor form on the back page.



Do it!

Send us your photos and pay in what you've raised.



1 step at a time!

Tick Gift Aid!

+25p on every £1 from UK taxpayers, free

Need some ideas?

3 Million cm: walk, jog, run, swim, pedal, paddle, skate or roll 30 km (18.6 miles) — in one go or over a time that challenges you. Go solo or team up!

Host an event: a sports match, or a fitness event like our Move, Sweat, Heal — 3 activities in 3 hours!

100 km in 30 days · National 3 Peaks · or go wacky!



Move, Sweat, Heal 2025

Ready? Let's go!

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Join the 3MS family!

Mums, dads, kids, colleagues and friends have all taken on challenges for us. Here are just a few of our heroes!



Side to Side — we made it to Lowestoft!



100k in 30 days!



National 3 Peaks



3 Million cm!



On your bike!



Scuba strutting!



Raise £75+
and we'll send you your
very own personalised
medal!

Everyone
gets a certificate — because
every step counts!

Your photo could be next!

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Sponsor me!



I'm taking on _____ for 3 Million Steps!

Name _____ Date _____

Email _____ Phone _____

Tick Gift Aid and we get an extra 25p for every £1 — free!

If I have ticked the Gift Aid box, I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want 3 Million Steps to reclaim tax on the donation detailed below, given on the date shown. I understand that if I pay less Income Tax or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations, it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I give.

For Gift Aid we need your full name, home address and postcode. It can't be claimed if you're a relative paying for the challenge, or if you get something in return.

Full name	Home address	Postcode	Amount £	Date paid	Gift Aid
					
					
					
					
					
					
					
					
					
					
					
					
					
Total raised!					

All done? You star!

Pay in your total at **3millionsteps.org** and post this form to: 3 Million Steps, 9 Lorne Park Road, Lowestoft, Suffolk, NR33 0RD

Thank you!

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Charity no. 1180230