



## Press Release

<Name> Walks for Autism

<Name> from <area> is stepping up to the Walk for Autism challenge in order to raise funds, autism awareness and autism acceptance.

<Explain why you have been inspired to take up the challenge here>

<Name> will join thousands of people across the UK and Ireland who will be walking 10,000 steps a day for eight days to raise vital funds for autistic people and their families as part of the fifth annual Walk for Autism campaign, which begins on March 26 ending on World Autism Awareness Day on April 2.

Despite a challenging year in 2021 with a number of Covid related restrictions in place, 4,000 walkers who took on Walk for Autism 2021 raised over £621,000. These vital funds have supported thousands of autistic individuals and funded many projects which encourage the pursuit of specialist interests, promote physical activity and help autistic adults and children learn and develop every single day. Walk for Autism plan to support even more projects in 2022 and so the support of <name> and many others like <her/him> is essential to achieving that goal.

Autism affects more than 700,000 people in the UK and Ireland and it's so important that we help as many of those people as we can through raising vital funds for autism projects and by raising awareness, acceptance and understanding of autism in our communities.

Walk for Autism Fundraising Manager, Liz Oakley said: "This campaign is especially important to us as we have seen first-hand how much it can improve people's lives. It's also an opportunity for us to don our trainers and get outdoors. These recent extraordinary years have been tough for everyone and walking has been proven to help with mental wellbeing – just another positive reason to get involved. Walkers can complete their steps at any time and in whatever way suits them, whether it's walking the dog, stepping on the treadmill or conquering a long-distance hike. It's important to remember that each and every step counts so even if you can't get out and about steps around the garden or even around your home will all contribute. You can track your steps easily using a pedometer or smart phone apps to make sure you're hitting your target. The concept is simple, but the rewards are huge."

Walk for Autism is a campaign led by charity Autism Initiatives Group who have been working to improve the lives of autistic people and their families across the UK and Ireland for 50 years. It is Autism Initiatives Group 50<sup>th</sup> Anniversary this year 2022.

For more information, or to sign up visit [www.walkforautism.co.uk](http://www.walkforautism.co.uk)