

Take part in the #TwoPointSixChallenge for ECHO



We're inviting you, your family and friends to take part in The 2.6 Challenge from Sunday 26 April.

The challenge asks you to take part in an activity of your choice based around the numbers 2.6 or 26 and fundraise or donate £26 to support ECHO via twopointsixchallenge.co.uk

The 2.6 Challenge will launch on Sunday 26 April - what should have been the date of the 40th London Marathon, the world's biggest one-day annual fundraising event.

People of all ages are taking on The 2.6 Challenge with a host of activities - from walking, running or cycling 2.6 miles, juggling for 2.6 minutes, to holding online workouts with 26 friends. The ideas and options are endless!

The only requirement is that you must follow Government guidelines on exercise and social distancing. Most people are taking part from Sunday 26 April but you can do your activity whenever is most convenient for you.

There are just five simple steps to take:

1. Dream up your 2.6 challenge - if you need help there are lots of ideas [here](#)
2. Head to twopointsixchallenge.co.uk to donate £26 - or whatever you can afford - to ECHO or to set up a fundraising page
3. Ask all your friends and family to sponsor you and challenge them to do their own 2.6 Challenge
4. Complete your challenge
5. Share a photo or video of your challenge on social media with #TwoPointSixChallenge

Tools to promote your activity

- You can download this [Facebook cover image](#).
- Copy and paste this text to a Facebook post, Instagram post, or tweet, to promote your activity:

*I'm taking on the #TwoPointSixChallenge on Sunday 26th April to help @echoukcharity continue their vital care to children with congenital heart disease and their families. My 2.6 Challenge will be **[insert challenge]**. Please sponsor my challenge via my fundraising page here: **[insert your fundraising page link]**.*

What you do is up to you!

You could run 2.6 miles, bake 26 cupcakes, do 26 push ups, go for a 26 minute walk or try to stay silent for 26 minutes.

Whatever you choose, by joining the 2.6 challenge you will be helping to ensure that ECHO can be there for children with heart conditions and their families, when they need it most.

The [Covid-19](#) pandemic has had a devastating effect on charities, with the cancellation of thousands of events and the loss of billions in fundraising income.

The money raised will help ECHO:

- Develop resources and provide support to pregnant mums expecting babies with heart conditions - they are currently isolated facing scans, tests and labour with limited hospital visitors allowed and without access to our bespoke Antenatal Class, which due to social distancing guidelines have been paused.
- Provide welcome packs for children going into hospital - they are currently allowed only 1 visitor, meaning long separations from mum or dad and siblings.
- Maintain the staffing levels essential to continue to support families at a time when they need us the most.

For further information on The 2.6 Challenge, including a list of partners and supporters, and for more ideas about what your activity could be, visit twopointsixchallenge.co.uk



We hope you'll join the nation in The 2.6 Challenge to support ECHO, and we can't wait to see what you get up to!