

*Hope lives in
the darkest places*

YOUR FUNDRAISING GUIDE

Welcome to The SpeedoMick Foundation's
Return of the Stomper: A Journey of Hope.
Together, we're raising vital funds for grassroots
charities and community organisations, helping
bring hope and support to people across the UK.



thespeedomickfoundation.org

RETURN OF THE
STOMPER

THANK YOU FOR CHOOSING TO FUNDRAISE FOR THE SPEEDOMICK FOUNDATION'S...

Return of the Stomper: A Journey of Hope

Whether you're walking alongside Mick, taking on your own challenge, organising an event or fundraising your way, you're part of Return of the Stomper: A Journey of Hope. Every step, every effort and every pound raised makes a difference!

A MESSAGE FROM THE FOUNDATION

WE'RE WITH YOU EVERY STEP OF THE WAY

Thank you for choosing to fundraise for The SpeedoMick Foundation and be part of Return of the Stomper: A Journey of Hope.

Whether you're taking on a challenge, organising an event or coming up with your own fundraising idea, every effort makes a difference.

We know getting started can sometimes feel a little daunting, but you're not on your own. That's why we've put together this guide, packed with ideas, practical advice and tips to help you make the most of your fundraising.

Whatever you choose to do, have fun, get people involved and remember that every pound you raise helps us spread hope, raise awareness of mental health and suicide prevention, and support grassroots organisations working with disadvantaged young people and people experiencing homelessness.

Thank you for being part of the journey. Together, we can make every step count.

A MESSAGE FROM MICK AKA SPEEDOMICK

Hope lives in the darkest places



There was a time in my life when hope felt completely out of reach. But I know that things can change. People can recover. Hope can return. I'm living proof of that.

One of the greatest lessons I've learned is that giving back to others has the power to change your own life too.

The kindness and generosity people have shown me over the years has been nothing short of extraordinary. Together, we've achieved things I could once only have dreamed of.

And that's only possible because of YOU!

So thank you for getting involved, raising money and helping us spread hope. Every pound matters. Every share matters. Every act of kindness matters.

Keep the faith, lift others, believe in yourself.

WHO LOVES YE BABEEEE!

Mick
SpeedoMick

ABOUT THE SPEEDOMICK FOUNDATION

Small Charities. Big Impact.

The SpeedoMick Foundation was established in 2020, inspired by Mick's extraordinary fundraising challenges and a simple belief: kindness, hope and a helping hand can change lives.

The Foundation supports grassroots charities and community organisations across the UK, helping people facing challenges including mental health issues, homelessness, poverty, addiction and social isolation, while supporting vital work around suicide prevention.

Through grants and funding, we help these often-overlooked organisations continue their essential work and reach people who need support most.

Now, through Return of the Stomper: A Journey of Hope, Mick is taking on his greatest challenge yet – and he's inviting you to be part of it. Together, we can inspire hope, bring communities together and raise vital funds for grassroots organisations making a difference across the UK.

Because sometimes a little help can make a massive difference.

Making a difference across the UK

What makes the Foundation special is its commitment to supporting small, often-overlooked grassroots organisations across all four corners of the UK, helping vital funding reach communities where it can make a real difference.



Our impact in numbers:

From extraordinary challenges to everyday acts of kindness, here's what your support helps make possible.



185

Grants awarded to date across the UK.



£1M+

Raised to date, through Mick's fundraising challenges.



1,050

People affected by homelessness supported



2,221

Disadvantaged young people helped

THE DIFFERENCE YOU MAKE

Real People. Real stories. Real impact.

Here are just a few examples of how your support is making a real difference to people and communities across the UK.

36

Men supported

NewGround Foundation

A **£3,000** grant helped provide barista training for **36 men in prison**, alongside support for **four people affected by addiction or vulnerable housing circumstances**. The programme helped participants develop practical coffee-making skills and build pathways towards employment.



86

Specialist sessions

The Bobby Colleran Trust

A **£3,000** grant funded **86 specialist sessions** for children and young people aged 4–19, with the Trust reporting positive outcomes for those who took part.



20

People helped

Off The Streets

With support from the SpeedoMick Foundation, Off The Streets has helped **20 people** move off the streets, with 11 progressing into independent accommodation. Its work provides shelter, stability and ongoing support for people experiencing homelessness.



WHY I'M BACK

An unfinished mission. A Journey of Hope.



I said my last walk was my last. I even hung up my famous blue Speedos – they're in a museum now, for goodness sake!...

But here's the thing. Just because I'd finished walking doesn't mean the need for help had gone away.

I know what it's like to find yourself in a dark place. I've been there. And I know how much difference it can make when someone reaches out, shows a bit of kindness and gives you a helping hand.

That support changed my life. It's why I've spent so many years trying to give something back.

And when I look at what's happening in communities across the country, I see so many people struggling. Families facing poverty, people experiencing homelessness, others battling addiction, mental health issues and isolation. And behind the scenes, there are incredible little charities doing everything they can to help, often with very little themselves.

That's why I want to get back out there.

Not because I particularly fancy another winter stomping around the country in my underpants! But because I believe we can still make a difference.

This journey is about more than the miles. It's about bringing people together, shining a light on those who need support and reminding people that even the smallest act of kindness can change someone's life.

So I'm asking you to be part of it. Walk alongside me, take on your own challenge, raise a few quid, spread the word or simply show someone a bit of kindness.

Because together, we can make every step count.

Hope lives in the darkest places.

A handwritten signature in blue ink that reads 'Mick'.

Mick – SpeedoMick

RETURN OF THE STOMPER



A Journey of Hope

One man. Three epic challenges. One mission.



EVEREST BASE CAMP

Mick heads to Nepal on 12 November 2026 to trek to Everest Base Camp.

5,364m

Everest Base Camp

Extreme Altitude

Around half the oxygen available at sea level

November 2026

The first of three extraordinary challenges



1,000 MILES

Following his Everest Base Camp challenge, Mick will walk from John O'Groats to Land's End, travelling through communities across the UK in his famous blue speedos throughout the depths of winter.

1,000 miles

John O'Groats to Land's End

3+ months

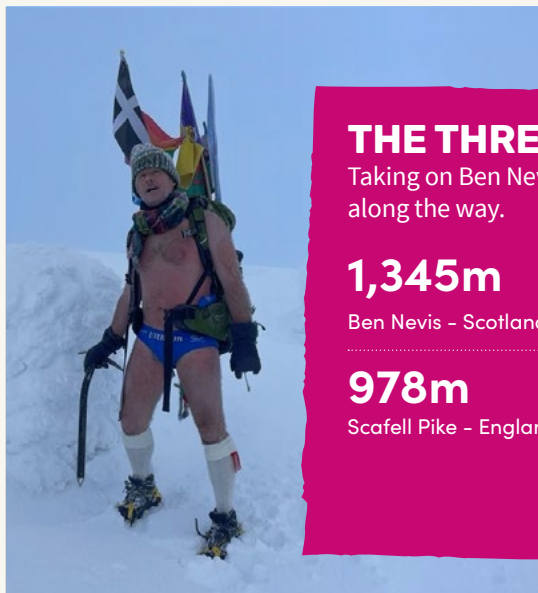
On the road through the winter

In his Speedos

Every mile of the journey

Dec 2026–March 2027

Three months of stomping for hope



THE THREE PEAKS

Taking on Ben Nevis, Scafell Pike and Snowdon (Yr Wyddfa) along the way.

1,345m

Ben Nevis – Scotland

1,085m

Yr Wyddfa (Snowdon) – Wales

978m

Scafell Pike – England

-18°C

Wind chill experienced by Mick on his previous Ben Nevis ascent.



One mission:

To inspire hope, raise awareness of mental health and suicide prevention, and raise vital funds for grassroots charities and community organisations across the UK.

HOW CAN YOU PLAY YOUR PART?

Fundraise your way

You don't have to wear blue Speedos or climb Everest to be part of the Stomp! Whether you're walking alongside Mick, taking on your own challenge, bringing people together or trying something completely different, there are plenty of ways to get involved, raise funds and help spread hope.



Be Part of the Stomp - Walk with Mick

Join Mick for a section of his 1,000-mile UK walk, rally your friends and family, and get sponsored for every step.



Run, Cycle or Swim

Take on your own challenge! Whether it's your first 5K, a cycling adventure or a sponsored swim, choose your distance, set a goal and get moving for a good cause.



Walk Your Own Miles

Set yourself a walking target - 10, 50 or even 100 miles. Go solo, with friends or as a team, and get sponsored along the way.



Workplace Challenge

Get your colleagues involved! Organise a dress-down day, office challenge, bake sale or team fundraiser and bring your workplace together for a great cause.



Climb Your Own Mountain

Take on a local hill, a challenging hike or a mountain you've always wanted to climb. Set your sights high and turn every step into support.



Community Fundraiser

Bring people together! Host a coffee and doughnut morning (Mick would approve!), quiz night, bake sale or community event. Add a little Stomper spirit and make a difference!



Take on the Three Peaks

Feeling adventurous? Follow in Mick's footsteps and challenge yourself to climb Ben Nevis, Scafell Pike and Snowdon. Take on one or all three!



Give Something Up

Could you go without chocolate, takeaways or your daily coffee for a month? Get sponsored or donate what you save to support the Foundation.



Cold-Water Challenge

Brave a chilly dip, take part in a cold-water swimming challenge or organise a sponsored plunge. Stay safe, swim with others and choose a challenge that suits your experience.



Do It Your Way

Got an idea of your own? From creative challenges to quirky events, make it personal, have fun and fundraise in a way that works for you.



TOP TIPS!

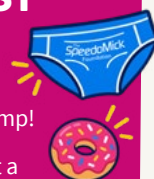
- 1. Don't be afraid to ask people to sponsor you!**
Once they know why you're fundraising and the difference their support can make, you might be surprised by how generous they can be.
- 2. Already donated? Be proud and tell people!**
Share the fundraising link or QR code with friends and family, and encourage them to get involved too. Every share helps spread hope and reach more supporters!

GIVE IT A SPEEDOMICK TWIST

Want to make your fundraiser a little more Mick? **Get your knickers on!** Organise a blue Speedos dress-up day or challenge your friends to a Mini Stomp!

Love a doughnut? Mick certainly does! Why not host a doughnut morning, organise a bake sale or challenge your workplace to a Stomper-themed coffee break?

Whether you're dressing up, stomping miles or sharing a few laughs, bring a little SpeedoMick spirit to your fundraiser and help spread hope along the way!



GETTING STARTED...

Five simple steps to making a difference

Ready to get started? Whether you're planning a personal challenge, workplace fundraiser or community event, these five simple steps will help you turn your idea into action.

01

Choose your challenge

Pick something you enjoy, try something new or come up with your own fundraising idea. Whether it's a walk, workplace event or personal challenge, make it yours.

02

Make a plan

Decide what you're going to do, when and where. Give yourself time to organise everything and invite others to get involved.

All offline fundraising activities must be registered with the Foundation before taking place. Please get in touch with Karen at karen@thespeedomickfoundation.org to register your fundraiser.

03

Set your target

Give yourself something to aim for. Whether it's £50, £500 or more, every pound raised helps make a difference.

04

Create your fundraising page

Set up your fundraiser through our [GoFundMe Community](#) page. Add a photo, explain why you're taking part and set your fundraising target.

05

Start fundraising!

You're ready to go! Share your fundraising page, invite your first supporters and get started. The next page has some tips to help you spread the word.



TOP TIP – MAKE IT PERSONAL!

Adding a photograph and explaining why you've chosen to fundraise can help people connect with your story and encourage them to support you.

START YOUR FUNDRAISER

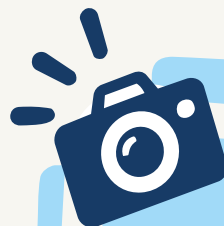
Scan the QR code to create your fundraising page and start making a difference!



SPREAD THE WORD

Make some noise. Share your story. Inspire support.

You've chosen your challenge and set up your fundraiser. Now it's time to get people behind you! Share your story, spread the word about Mick's incredible journey and inspire others to be part of the Stomp.



SHARE ON SOCIAL

Tell friends, family and followers what you're doing and why it matters. Share your fundraising link, photos and updates, and encourage others to share your page too!



MAKE IT VISUAL

Use photos, short videos and updates to bring your fundraiser to life. Show people what you're doing, share your progress and give them a reason to get involved.



GET EVERYONE INVOLVED

Spread the word at work, school, your club or in your community. Invite others to support or join in.



KEEP THE MOMENTUM GOING

Post updates, celebrate milestones and thank your supporters. Keep reminding people how to donate.

KEEP IT SAFE. KEEP IT LEGAL. HAVE FUN

Whatever your challenge, a little planning goes a long way.

Fundraising should be fun, rewarding and safe for everyone involved. Before you get started, take a few moments to consider the practicalities, look after yourself and others, and make sure your activities follow any relevant rules.



Plan Ahead & Stay Safe

Whether you're walking, running, cycling or heading into the hills, choose a challenge that suits your ability and experience. Check the weather, plan your route, wear appropriate clothing and equipment, and let someone know where you're going. For more demanding activities, consider joining an organised event or seeking professional guidance.



Water & outdoor challenges

If you're planning a cold-water swim or outdoor adventure, take extra care. Choose suitable locations, never swim alone, check conditions and avoid unnecessary risks. Make sure you have the right equipment, experience and appropriate supervision for your activity.



Events, permissions & insurance

Organising a workplace fundraiser, community event or public collection? Check whether you need permission from the venue, landowner or local authority. Consider insurance requirements and carry out a risk assessment, especially for public events.



Raffles, collections & fundraising

Different rules apply to raffles, lotteries and public collections, so check the relevant requirements before organising them. Keep donations secure, maintain clear records and make sure supporters know they're fundraising for The SpeedoMick Foundation.



Food, alcohol & young fundraisers

If you're organising a bake sale or serving food, follow appropriate food hygiene and allergen guidance. Alcohol-related activities may require licensing. Anyone under 18 should involve a parent or responsible adult when planning fundraising activities.



REMEMBER!

Your safety and wellbeing always come first. No fundraising challenge is worth putting yourself or anyone else at risk. If in doubt, seek advice before going ahead.

FURTHER INFORMATION:

For detailed guidance, please visit:



Fundraising Regulator
www.fundraisingregulator.org.uk



Raffles & Lotteries Guidance
www.gov.uk/guidance/running-a-lottery-or-raffle

PAYING IN YOUR FUNDRAISING

Simple ways to collect donations, pay in your money and maximise your impact.

Every pound you raise helps the SpeedoMick Foundation support grassroots charities and community organisations across the UK, creating opportunities, inspiring hope and helping to change lives.



FUNDRAISE ONLINE

The easiest way to collect donations is through our [GoFundMe Community](#) page.

Set up your own fundraising page in minutes, share your link and let friends, family and colleagues donate directly.

Your fundraising total will automatically contribute to the overall campaign total.



COLLECTING CASH?

If you receive cash donations, keep them safe and record what you've collected.

Option 1: GoFundMe

Pay the equivalent amount into your own fundraising page online.

Option 2: Bank transfer

Email the Foundation for our bank details and payment instructions.



WORKPLACE & OTHER DONATIONS

If your employer, club or organisation would prefer to make a donation directly to the Foundation, please get in touch for our bank details and payment instructions.



NEED A SPONSORSHIP FORM?

Collecting sponsorships in person? Get in touch and we'll send you a sponsorship form to help record pledges and donations.

[Request a sponsorship form](#)



DOUBLE YOUR IMPACT!

Does your employer offer match funding?

Many employers will match the money you raise, sometimes pound for pound, up to a set limit. Ask your HR or payroll team whether your workplace offers match funding and how to apply. You may need to provide proof of your fundraising.

Your £250 could become £500!



START YOUR FUNDRAISER TODAY

Scan the QR code or visit our [GoFundMe Community](#) page to create your fundraising page and get started.

*Set up.
Share.
Make a
difference.*



ANY QUESTIONS?

Need help paying in donations or arranging match funding? Just get in touch, we're happy to help.



karen@thespeedomickfoundation.org

YOU'RE PART OF THE STOMP!

Thank you for making a difference.

Every step, every challenge and every pound raised helps bring hope to those who need it most. Whether you've taken on a challenge, organised an event or simply shared our story, your support helps us raise awareness of mental health and suicide prevention, while making a difference to people and communities across the UK.

**Thank you for being part of our journey.
We couldn't do it without you.**

STAY CONNECTED!

The journey doesn't end here! Follow Mick's challenge, share your fundraising moments and help us keep the message of hope moving.

thespeedomickfoundation.org

Follow the journey



@speedomick

Linkedin: The Speedo Mick Foundation

Want to make a donation?

Support Mick's journey and help spread hope across the uk.

Donate to the main [GoFundMe campaign](#)

Questions about fundraising, donations or payments:

karen@thespeedomickfoundation.org

NEED SOMEONE TO TALK TO? If you're struggling with your mental health or need someone to talk to, you can contact Samaritans for free, confidential support, 24 hours a day. Call **116 123** free or visit samaritans.org.

DRUG & ALCOHOL SUPPORT If you're struggling with drugs or alcohol, FRANK can help point you in the right direction with free, confidential advice and support. Call: **0300 123 6600** or visit www.talktofrank.com



The SpeedoMick Foundation | Registered Charity No. 1189920

