

PAPYRUS

HOPE WALK



HOST PACK 2026

Every step you take can help save a young life

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HOW YOUR FUNDRAISING HELPS



£15

Can pay for a **life-saving** 30-minute call to HopeLine 24/7.



£60

Can train someone to safely **support** a person who's thinking of suicide.



£175

Can fund a suicide prevention consultation and help develop a **tailored prevention policy** for a school.



£200

Can **train someone** in suicide prevention first aid through ASIST.



THIS JULY, EVERY STEP YOU TAKE CAN HELP SAVE A YOUNG LIFE.

Thank you for signing up to host a HopeWalk. By being here, you're already making a difference.

Suicide is still the biggest killer of people aged 35 and under in the UK.

Every three minutes, young people and those worrying about them are calling, texting and emailing our trained advisers at HopeLine 24/7.

That's why this July, with your support, we'll be walking together - raising funds, starting conversations, and showing young people they're not alone.

Your HopeWalk helps fund the services that keep young people safe - HopeLine 24/7, suicide prevention training, and the campaigns that reach people when they need us most.

Whether you're walking a marathon or walking around the block, every step counts.

Imagine how many young people your HopeWalk could help.

**MORE
YOUNG
LIVES
LIVED.
FEWER
ENDED.**

ABOUT PAPYRUS

Papyrus is a young person's suicide prevention charity.

That means we provide support, education, campaigns and conversations that keep children and young people safe from suicide.

And above all else, we're here.

We're always here. That's how we save lives.

Thank you for hosting a HopeWalk and being there for us – so we can keep being there for young people when they need us most.

If you'd like to order anything from our shop, we have a special HopeWalk host discount.

Just ask the team: fundraising@papyrus-uk.org

GETTING STARTED



[Sign up to HopeWalk online](#)



Read through your digital host pack and set yourself a fundraising target.



Set up your JustGiving page. Remember to include important details – the time and location of your walk. You could ask participants to donate a suggested amount to take part. We've got some suggested wording below.



Prepare for and complete your HopeWalk.

SUGGESTED JUSTGIVING WORDING



I'm hosting a HopeWalk for Papyrus this July – and I'd love you to join me.

Papyrus is a young person's suicide prevention charity. Every three minutes, someone reaches out to their helpline, HopeLine 24/7. Just £15 can fund a life-saving, 30-minute conversation.

If you'd like sponsor me, there's a suggested donation of £5/£10/£15 which you can donate directly here on JustGiving. Every penny goes straight to Papyrus.

Thank you for supporting my walk – and for helping Papyrus be there for young people when they need them most. Here for life. One step at a time.



SOCIAL media

Social media is a great way to let friends and family know about your HopeWalk, spread the word about Papyrus, and share your fundraising page.

Tag and follow us – we'd love to see how you're getting on.

FIND US

Facebook: @PapyrusCharity

Instagram: @Papyrus_UK

TikTok: @Papyrus_Charity

LinkedIn: PapyrusCharity

YouTube: @PapyrusCharity

USE THESE HASHTAGS

#HopeWalk #HopeWalk2026 #HereForLife #TeamPapyrus
#WalkForLife





a NOTE ON SHARING IMAGES AND INFORMATION

When you post anything online, it becomes public information and may be picked up by the press. If you're fundraising in memory of someone, make sure you have the family's permission to fundraise in their loved one's name.

Don't share images that you or the family wouldn't want made public. Once something is online – on social media, a fundraising page, or anywhere else – it can be accessed and used by anyone, anywhere. Keep that in mind before you post.

WALKING IN MEMORY

Many of our supporters host a HopeWalk in memory of a loved one. This can be a powerful way to remember someone, bring people together, and raise awareness of Papyrus.

We understand that not everyone walking in memory will want to fundraise. That's completely fine. However you choose to take part, we're glad you're with us.

If you do want to fundraise in someone's memory, you'll find everything you need in this pack.

There's no pressure to share your HopeWalk on social media. If you'd like to share something, you could share our HopeLine 24/7 details instead – so more young people know about the support available to them.

This may simply be a good time to get your family together, remember your loved one, and start conversations.

WE'RE HERE TO SUPPORT YOU

You can [find bereavement support services](#) on our website.



0300 102 2470
HopeLine 24/7

TEXT HOPE TO 88247

email pat@papyrus-uk.org

24 HOURS a Day
EVERY DAY OF THE YEAR

HOPEWALK CHECKLIST

Make sure you've ticked these off before you set out.

- Plan your route.
- Set up your JustGiving page and invite your walkers.
- Share your HopeWalk on social media.
- Make your own HopeWalk flags.
- Get your Papyrus t-shirt ready.
- Print the activity pack if any children are joining your walk.
- Need advice or extra merchandise?
Get in touch: fundraising@papyrus-uk.org



DURING YOUR HOPEWALK

CHECK IN WITH YOUR WALKERS

Ask the people walking with you how they're doing. Use the walk as a chance to open conversations – by asking, you're showing the people closest to you that you're willing to listen.

BE FLEXIBLE

Things can change on a long walk – the weather, tiredness, how busy your route is. Don't be afraid to turn back and try again another time if you or anyone else needs to.

SHARE AS YOU GO

Let your supporters know you're on your HopeWalk through social media. It's also a good time to share your fundraising page again.

TAKE PHOTOS

If you can, capture the day. Your supporters and Papyrus would love to see how your walk went.





AFTER YOUR HOPEWALK

Well done. Every step you took helps keep young people safe from suicide.

REMIND PEOPLE IT'S NOT TOO LATE TO DONATE

Some people wait until you've completed your walk before they give, so share your fundraising page one more time.

TELL PEOPLE YOU DID IT

Write your own post or use one of the downloadable social media graphics in this pack.

SHARE YOUR EXPERIENCE WITH US

We love hearing how your walk went, how your fundraising went, and seeing your photos.

Email us at fundraising@papyrus-uk.org

Thank you for being there for us – so we can keep being here for hope, for young people, for life.

HOPEWALK IN SCHOOLS

Hosting a HopeWalk this July is a great way to get your students involved with fundraising and raising awareness of Papyrus.

IDEAS FOR YOUR HOPEWALK

- Set a number of laps around the school yard for students to complete during PE or a dedicated time.
- Encourage students to walk to school during July.
- Create a leaderboard between year groups – which year can walk the most miles?

Students may have questions about suicide and mental health as part of their HopeWalk. We encourage safe, open conversations about these topics – they're a vital part of raising awareness.

For support and resources, visit:

papyrus-uk.org/training-and-resources/support-resources



CORPORATE HOPEWALKS

HopeWalk is a great opportunity to bring your team together while sharing information about Papyrus within your workplace. By sharing our details, you're helping inform your staff about support they can access – for themselves and for the young people in their lives.

IDEAS FOR YOUR HOPEWALK

- Virtually walk the distance between your HQ and another office.
- Encourage staff to walk during breaks and lunch times.
- Create a leaderboard between colleagues – who can walk the furthest in July?

RAISE AWARENESS IN YOUR WORKPLACE

- Download our resources to display around your office.
- Download our Zoom backgrounds to raise awareness of Papyrus during meetings.
- Add our email footer to raise awareness with your contacts.

If you'd like to use our logo, get in touch – we can provide high-resolution versions.

Interested in doing more? Our corporate partnerships team would love to hear from you: corporate@papyrus-uk.org



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EXTREME TEAM

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HERE FOR LIFE

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MAXIMITE



HEALTH AND SAFETY

Make sure you've considered these before you set out.



WEATHER

Dress for the conditions and wear comfortable shoes. If the weather becomes unsafe, consider rescheduling. Your safety comes first.

LIGHTING

If you're walking in the evening or early morning, make sure there's enough light for everyone to see the path clearly.

TRAFFIC

Use designated crossings when crossing roads. Make sure everyone in your group crosses safely. If necessary, split into smaller groups. Stay alert and make sure there's enough space for everyone to wait away from moving vehicles.

SLIPS AND TRIPS

Check your route ahead of time for hazards like broken glass or uneven ground. Keep an eye on the path as you go.

OTHER PEOPLE

Stay aware of your surroundings. If there's an emergency, have a plan in place and know who to contact.

FIRST AID

Make sure someone in your group has first aid training and that everyone knows where supplies are. Carry your own kit or plan to stop at a location where help is available.

REFRESHMENTS

Check for food allergies in your group and plan for safe snacks and drinks. Make sure everyone has enough water.

CASH

If possible, avoid carrying cash during your walk.

SAFETY PLAN

Know your route and have a clear plan. Make sure everyone knows their role and that you have enough people to manage the group safely.

USEFUL INFORMATION

FOR HOPEWALK SUPPORT

email fundraising@papyrus-uk.org

FOR CORPORATE SUPPORT

email corporate@papyrus-uk.org

FOR HOPELINE 24/7 SUPPORT

If you're experiencing thoughts of suicide, or you're concerned about a young person who might be, contact HopeLine 24/7 for free, confidential support and practical advice.

Call 0300 102 2470

Text HOPE to 88247

Email pat@papyrus-uk.org

24 hours a day, every day of the year.

papyrus-uk.org

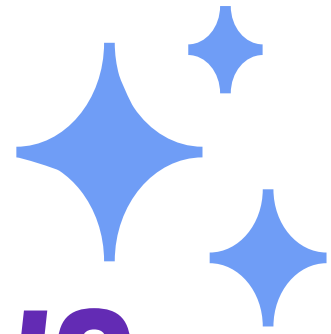




PAPYRUS

Here
FOR
LIFE

HERE FOR



make YOUR OWN HOPEWALK FLAG

STEP ONE

Get creative and colour in the flag template below. Write some things that give you hope.

STEP TWO

Cut out the flag.

STEP THREE

Find something to use as your flagpole and attach it to your flag. Tip: use something sturdy like a stick or a pencil.

STEP FOUR

Your HopeWalk flag is ready

**THINGS THAT
BRING ME HOPE:**

