

A SPRING IN YOUR STEP

Journeys for Hope



**FREEDOM
FROM** EMPOWERING
SURVIVORS,
REBUILDING
LIVES
TORTURE



I would like to be happy
To live a normal life
To blossom
I would like to contribute to
the flourishing of the world

Finally, I discover there is hope
Knowing that without it
I will achieve nothing.



Hope
By Nalougo
Write to Life Group
Freedom from Torture



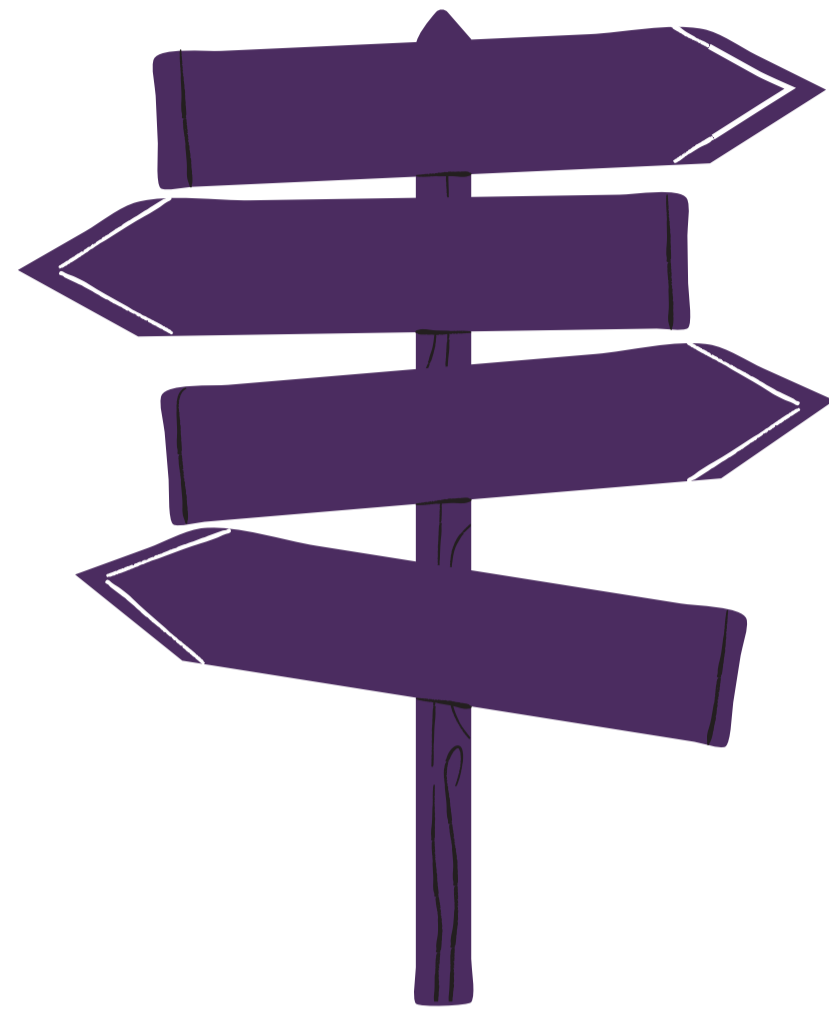
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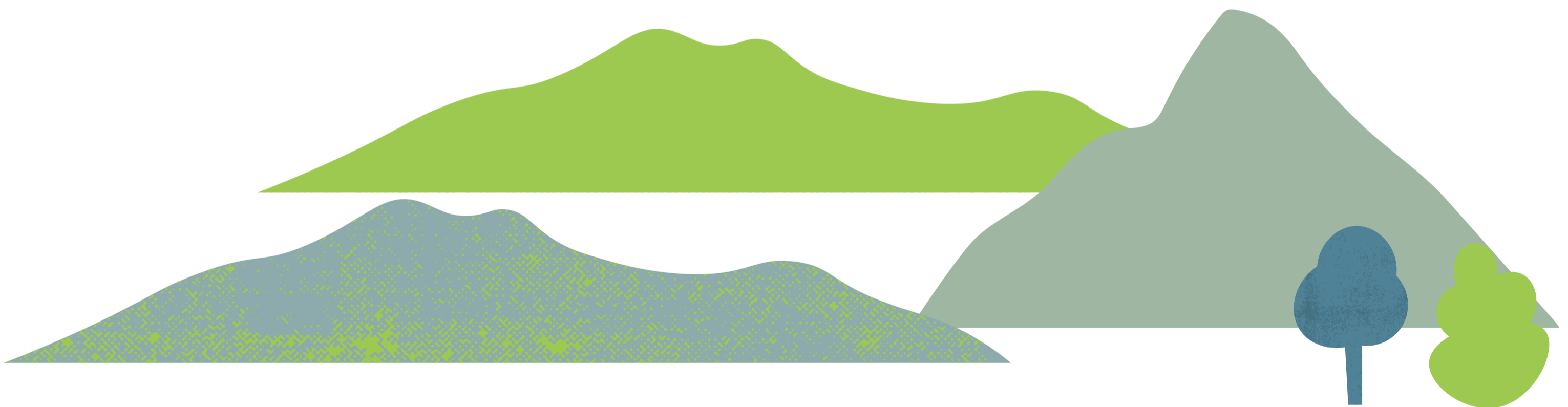
INTRODUCTION



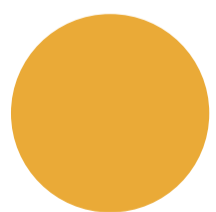
Each year millions of people take journeys. For most of us these journeys are safe, however for many they are not. Every day, those fleeing persecution and conflict need to make perilous and difficult journeys to find safety.

This spring, as a way to stand with people who need to make difficult journeys and to support survivors of torture living in the UK, Freedom from Torture's Preston and Lancashire supporters group is hosting a fundraising challenge themed around Journeys for Hope.

Freedom from Torture is a charity, which for 30 years has provided therapeutic, medical and legal support for survivors of torture.



Between the 15th of April (Good Friday) and the 16th of May (International Day of Living Together in Peace) we are looking for enthusiastic individuals and groups, to stand with survivors, raise money and show support via their very own journey for hope this spring. Let's put a spring in our steps!





I do not want to walk backwards
And watch the bad, the good and the sad.
I want to walk and look forward
To see what is ahead of me
I want to experience new things
Which might be better than
What I left behind.
You never know what will be waiting
Around the corner
Be prepared for the unexpected
We are here for such a short time.



Never Look Back

By Joy

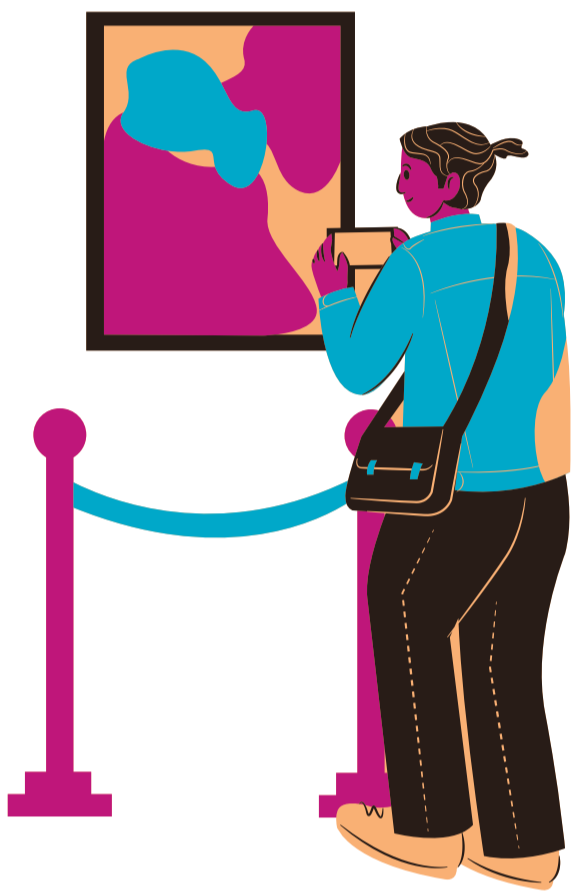
Write to Life Group

Freedom from Torture



IDEAS FOR TAKING PART

The theme of the challenge is Journeys for Hope, but you don't have to go on a physical journey. You can do anything themed around a journey for hope. Some ideas might be...



A learning journey, perhaps reading a book on human rights every week for the month



A physical journey, like a walking or cycling journey



A cultural journey, like cooking foods from different countries for friends



A community journey, like organising a series of themed musical events

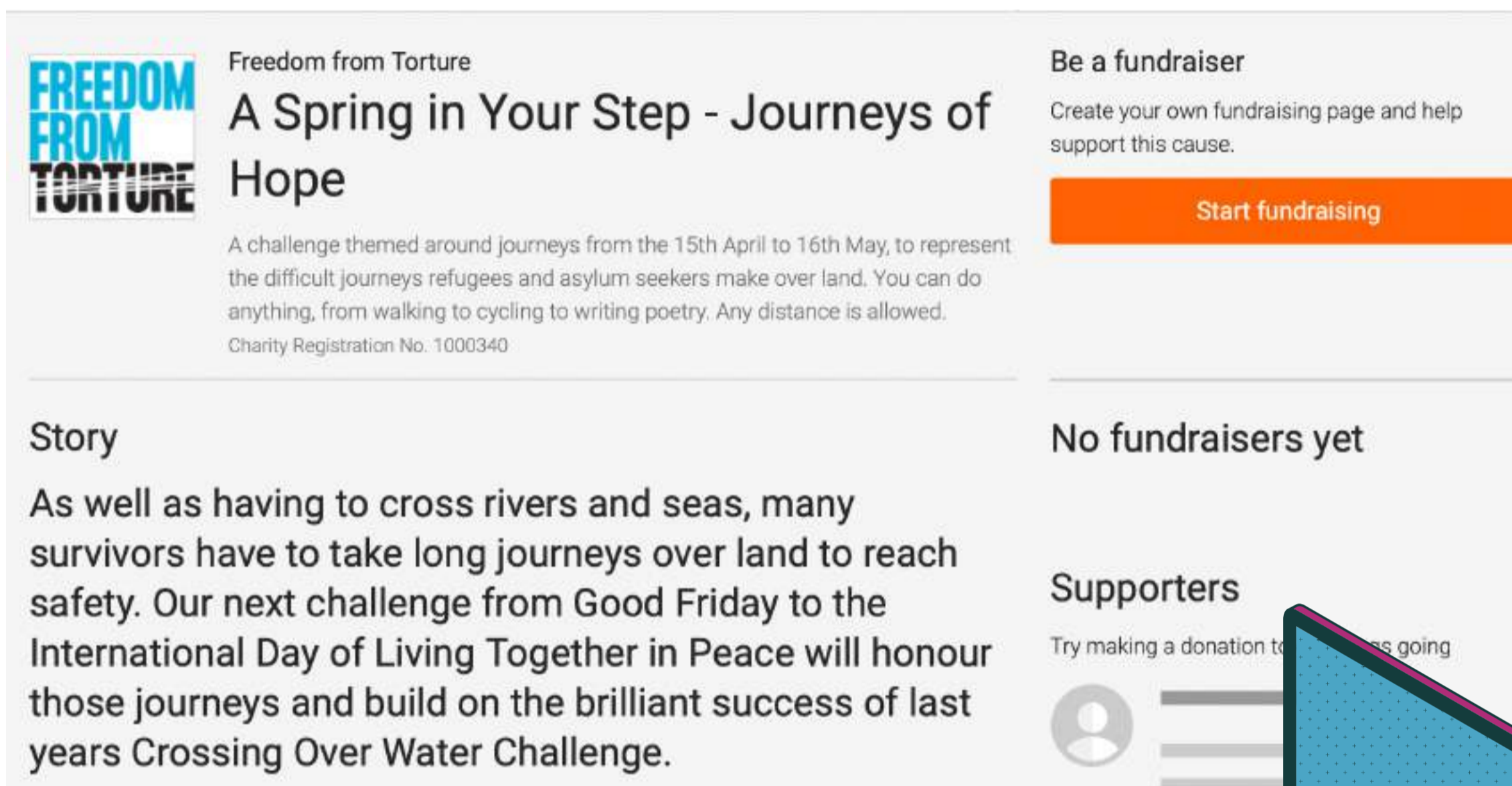


An activist journey, like writing letters to your local MP or creating artwork

HOW TO SIGN UP

Please click [here](#) to access the #springinyourstep Justgiving campaign.

This will take you to the page in the image below. You will be able to find key information, photos, and the running total of how much the campaign is raising. To sign up from here there are two options outlined below.



FREEDOM FROM TORTURE

Freedom from Torture

A Spring in Your Step - Journeys of Hope

A challenge themed around journeys from the 15th April to 16th May, to represent the difficult journeys refugees and asylum seekers make over land. You can do anything, from walking to cycling to writing poetry. Any distance is allowed.

Charity Registration No. 1000340

Story

As well as having to cross rivers and seas, many survivors have to take long journeys over land to reach safety. Our next challenge from Good Friday to the International Day of Living Together in Peace will honour those journeys and build on the brilliant success of last years Crossing Over Water Challenge.

Be a fundraiser

Create your own fundraising page and help support this cause.

[Start fundraising](#)

No fundraisers yet

Supporters

Try making a donation to see how things are going

OPTION 1: SET UP A FUNDRAISING PAGE

If you would like to create your own fundraising page, here's how:

1. Click on the orange box on the right hand side that says 'Start fundraising'. Log into your Justgiving account or create an account.
2. Click 'Start' under 'Taking part in an event'. Search for the event 'A Spring in Your Step' and press 'Select' when you find it.
3. Follow the steps and create your page. Default information will appear which you are welcome to use, though you are also welcome to edit and personalise it.
4. If you are participating in a team activity, you can connect your fundraising page to your team members by going to 'Settings' then 'Start a Team'.



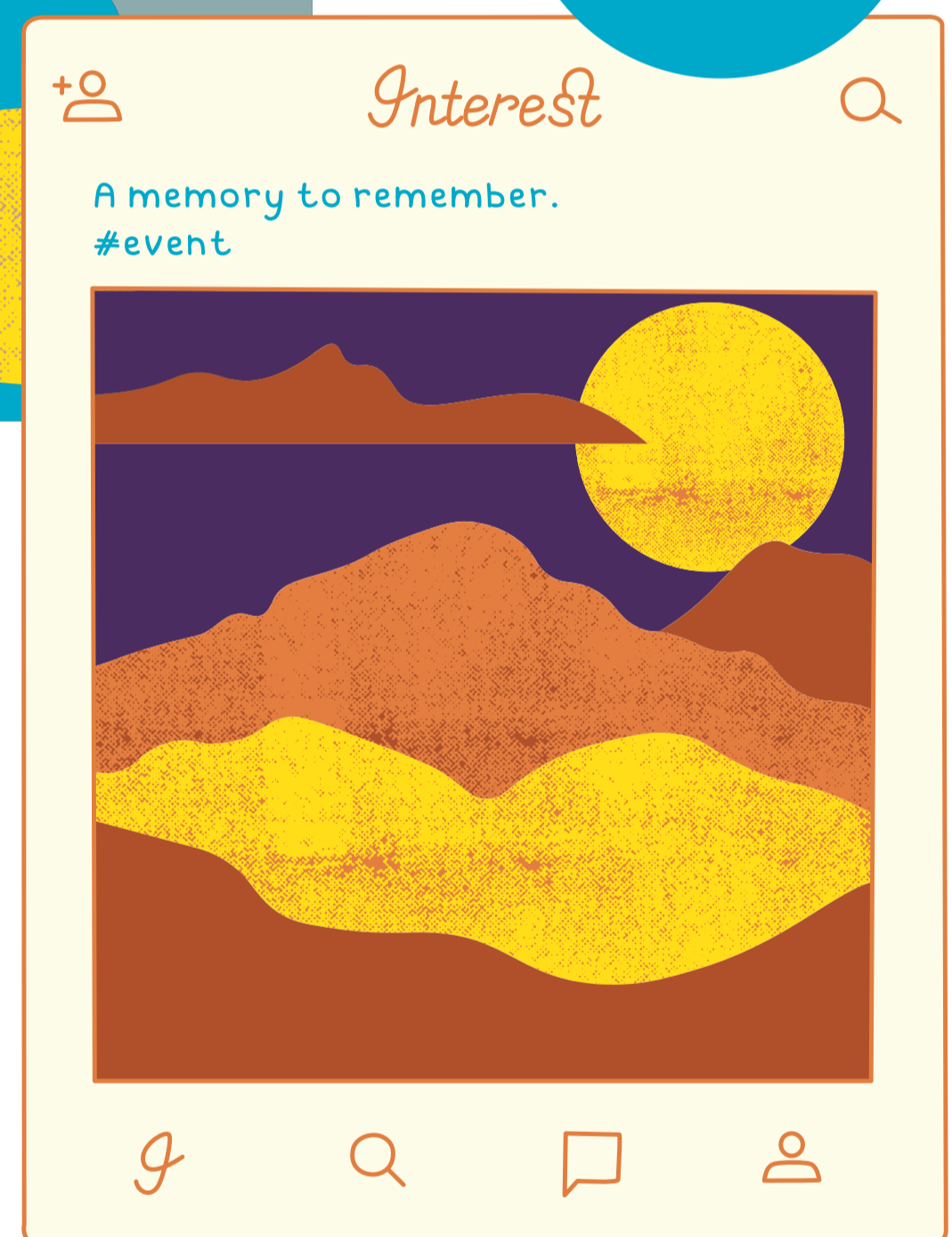
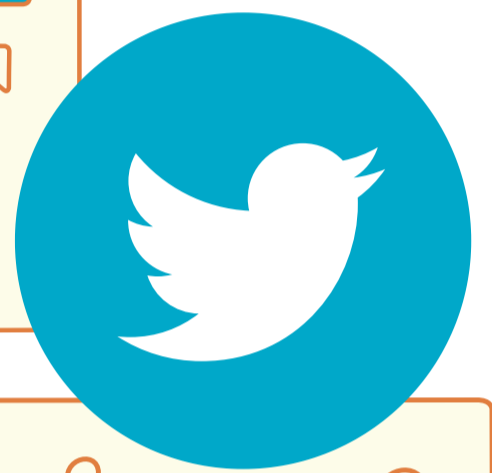
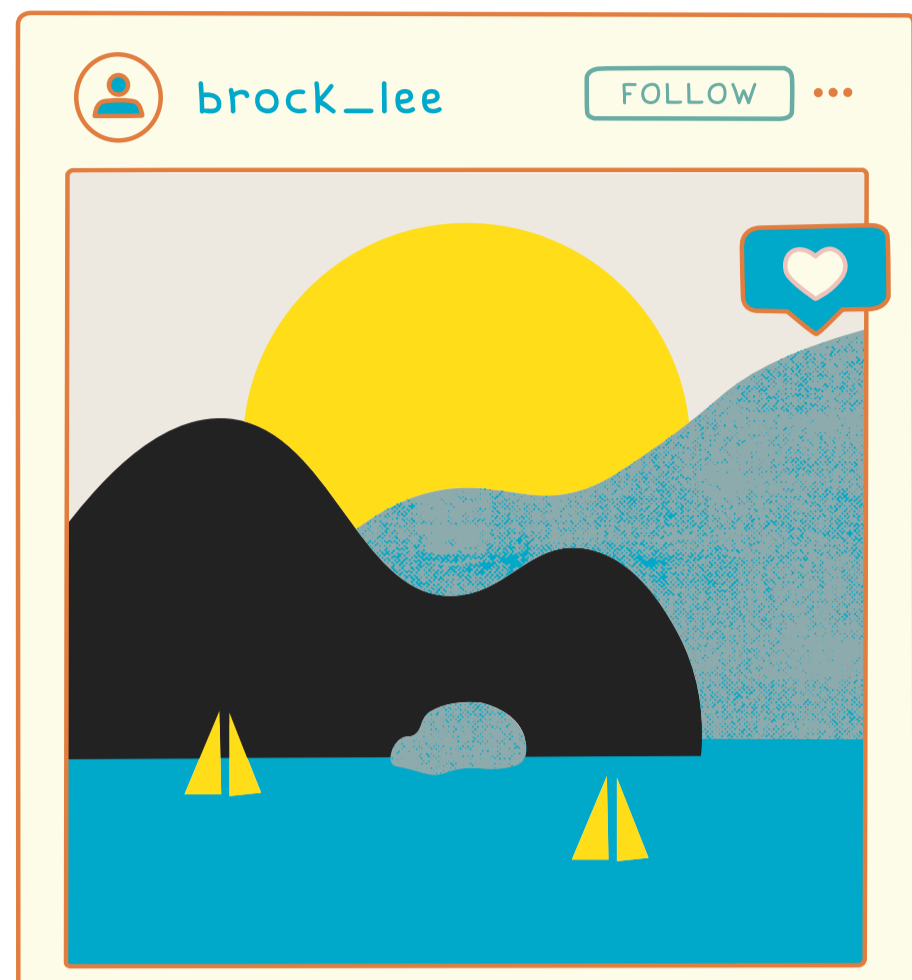
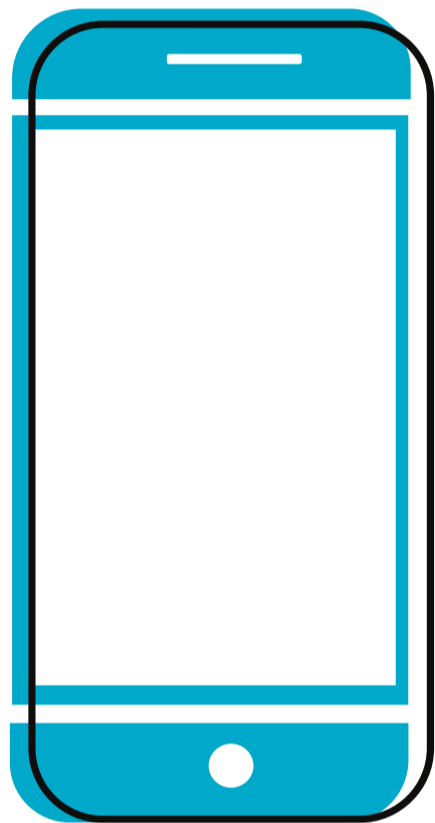
OPTION 2: GIVE A DONATION

If you're not keen to set up your own fundraising page - you're in luck! We have made it possible for you to make one-off donations where you can also share your activity. Here's how:

1. Click on the blue button on the right hand side that says 'Give Now'.
2. This will take you through to a page where you can input the amount you wish to donate.
3. Write a description of your challenge in the message before donating so everyone can see what you are doing!

HOW TO PUBLICISE YOUR CHALLENGE

Let people know what you are up to!



Getting the message out will be key to raising as much money as possible. Some ideas might be:

- Writing a piece for a local newspaper
- Posting photos of your continuing journey on Instagram, Facebook or Twitter
- Sharing the JustGiving link and encouraging others to take part

Remember to use the #springinyourstep hashtag!





"Even for those who have suffered unimaginably there and have escaped hell, life in the free world can be so challenging that many struggle to come to terms with it and find happiness.

I'm telling them about the girl who grew up believing her nation to be the greatest on earth, and who witnessed her first public execution at the age of seven. I'm telling them about the night she fled across a frozen river and how she realised, too late, that she could never go home to her family.

This is my story. I hope that it will allow a glimpse of the world I escaped. I hope it will encourage others like myself, who are struggling to cope with new lives their imaginations never prepared them for. I hope the world will begin, finally, to listen to them, and to act"

**Extracts from The Girl with Seven Names : Escape from
North Korea**

By Hyeonseo Lee



THANK YOU!



For any questions or further information
please email Sabine at
snierhoff@freedomfromtorture.org or
contact the Preston & Lancashire group at
fftpreston@gmail.com.

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