

A poster for the 'Walk for Water' campaign. At the top, two hikers with backpacks are walking on a path. Below them, a large green boot is shown stepping on a globe. The text 'Faith in action' is visible in the top right corner. The main title 'WALK FOR WATER' is prominently displayed in the center, with 'WALK' in white on a black background and 'FOR WATER' in blue on a black background. Below the title, the text reads: 'During Lent this year, one in three people around the world will not have access to safe drinking water. YOU HAVE THE POWER TO CHANGE THIS.' Further down, it says: 'Join our Walk for Water challenge: 10,000 steps a day, every day, for 40 days. It's time to sign up, get sponsored and get walking – and finally give the boot to water poverty.' In the bottom left corner, there is a QR code with the text 'Open your phone camera to scan'. In the bottom right corner, there is a photo of a young girl wearing a headset and a backpack. The website 'cafod.org.uk/walk' is mentioned in the bottom center.

“All of us have a responsibility for the wounded , those of our own people and all the peoples of the earth. Let us care for the needs of every man and woman, young and old, with the same fraternal spirit of care and closeness that marked the Good Samaritan.” [Pope Francis, *Fratelli Tutti*, para 78]

Please see how Abdella spends all his time collecting water

https://www.youtube.com/watch?v=bjpUxg7fRmg&feature=emb_rel_end

See how Hagos, in the video, now has fresh water pumped into his village using electricity pumped by solar panel energy, thanks to CAFOD and people like you.

How, then, can we help those one in three people around the world without access to safe drinking water?

Please join CAFOD's *Walk for Water* challenge:

Sign up at <https://cafod.org.uk/Fundraise/Walk-for-Water> and click

Sign up now

- and follow the instructions on the form.
- To read more about why CAFOD asks you to walk for water this Lent, please click on the word "About" at the top of the page.
- Please click on the word "Faqs" at the top of the page and find the answers to a number of questions which might occur to you.
- By clicking on the word "Resources" at the top of the page you can access a number of helpful resources. These include:
 - Go Team – why being in a team might suit you (see below);
 - Strike a pose – suggestions for using social media.

What next after you have created your Just Giving page or Team page?

- Ask family or friends (and maybe work colleagues) to sponsor you. Your sponsors will pay a sum of money by clicking **Donate** on your Just Giving page. They can decide on the amount however they wish. Their donation will automatically go to CAFOD.
- You, and any team members, should start walking on [or after – see the Faq] Ash Wednesday, 17 February. Record your daily mileage on your 'phone or see "Tracking Your Steps" in the Faqs.

I cannot walk 10,000 steps a day. What can I do?

- You can form or join a team, say with friends and/or members of your family. The steps of each team member are combined to establish the team's daily total. There are opportunities to join or form a team when you create your Just Giving page.

Can I help if I'm still at school?

- You can, if you find a grown up to sign up with. Why not contact some of your school friends to set up one or more teams [see faqs - <https://walk.cafod.org.uk/faqs>]?

I don't think that I can walk every day during Lent. Can I help another way?

- Yes. You can join the *Big Walk for Water*, a one-day walk on Saturday 20 February. Details are on <https://cafod.org.uk/Fundraise/Organise-an-event/Big-Walk-for-Water>

If you have any questions about completing the form, or anything else, you can contact Bernard White on 07919 446770 or by email bernard.white@btinternet.com;