



THE BIG RED WALK

To raise awareness of HIV and break the stigma.

- When -** Any time you like between 24th November and 1st December 2020
Where - Anywhere that suits you, it's your choice
How - Follow the 4 simple steps below, wear a Red Ribbon, if you don't have one just wear something red, and go for a walk, jog, or run, whichever you prefer.

Join us on our '**BIG RED WALK**' this year to raise awareness and show your support for people living with, or affected by HIV. Get some exercise and help raise some much needed funds for Extern.

Each year The Sexual Health Team organises events to mark World AIDS Day, highlighting the issues still faced by people living with or affected by HIV, and raise funds for local charities. This year we are raising funds for Extern. For over 40 years, Extern has been known for its ethos of never walking away, and is recognised as a leader in reducing harm for people living with problem drug and alcohol use. Extern is there for people who are among the most marginalised and isolated in our communities. That's why we are proud to support its work through our **BIG RED WALK**. Together we can raise awareness of HIV and help Extern change lives.

To join in the 'BIG RED WALK' follow these 4 simple steps:

1. Email the Belfast H&SCT Sexual Health Team (SHealth.Team@belfasttrust.hscni.net) with your name, and who in your social bubble you have talked into doing the **BIG RED WALK** with you. Remember walking is more fun if there's more than one of you, so get your social bubble of friends or family involved!
2. Log on to the Extern website to make your donation at: <https://www.extern.org/the-big-red-walk> (Suggested minimum of £5 per person taking part)
3. Choose a time and date which suits you and just get out there and walk, jog, or run.
4. Go on and do your **BIG RED WALK**, take some selfies of you and your walk companions during your walk and send them to us or hashtag your pics on social media using: @belfasttrust #WAD2020 #BIGREDWALK #HIVAWARENESS #EXTERN

*****Everyone who takes part is entered into a draw for a £30 M&S Gift voucher. You might be lucky...it could be you! *****

Never has it been more important for us to attend to our physical and mental health needs, and this is a great way of doing so by getting some exercise while supporting others.

There's no set distance, it is personal to whatever suits you, so why not make your walk even more worthwhile by signing up and dedicating it to the **BIG RED WALK** 😊

Due to current restrictions, we cannot organise a set walk, but that is ok, because we are all able to plan it for ourselves, and having a full week to choose from means you should be able to be involved by going at your own time, at your own pace, and on a route, which suits you. **HONESTLY, COULD WE MAKE THIS ANY SIMPLER TO JOIN IN!**

Please be careful and keep safe. If walking at night wear something bright, and watch out for traffic wherever you are. If walking with friends or family please be aware of current restrictions and maintain social distancing if walking with people outside your own household. Do not walk anywhere that may be unsafe, and if going it alone tell someone where you are going and when you expect to return.

So please show your support and make the effort to join us in making the #BIGREDWALK for #WAD2020 #HIVAWARENESS and #EXTERN a Big success! Come on, you know it makes sense!