



National
Autistic
Society

World Autism
Acceptance Week
28 March – 3 April 2022

Your Super 60 Challenge info pack

Everything you need
to join Christine
McGuinness and raise
some vital cash during
**World Autism
Acceptance Week**



Thank you for signing up for a Super 60 Challenge

2022 is the National Autistic Society's 60th anniversary so this year we are asking you to take on a 60-themed challenge. You'll be supporting the 700,000 autistic people in the UK.

From running, walking or cycling to creating art, music or food - choose anything to the theme of 60 and help raise funds 28 March - 3 April 2022.

You can get sponsored or charge a fee to:



Run 60k over 6 days



Walk 60,000 steps over the week



Cycle 60k over the week



Do a Super 60 workout



Hold a 6-hour online gamathon



Hold our 60th spectrum quiz



Challenge 6 friends to a bake-off



Sing some 60s songs



Paint inspired by the number 60



Hold 6 tea parties

Our Super 60 Challenge ideas are perfect for your home, garden or local park.



“Why I’m doing my Super 60 Challenge.”



“After my recent diagnosis, I am even more determined to help create a society that works for autistic people like my children and me.”

Christine McGuinness, model, TV personality and National Autistic Society ambassador

Inspired by Christine?

Why not do your own Super 60 workout? Just choose the exercises that match your level of fitness. You could even ask a family member or friend to join you either in person or online. Find out more at: www.autism.org.uk/super60



Good luck Christine!

Let us know about your Super 60 Challenge

We'd love to hear all about your Super 60 Challenge.

Join the Super 60 Facebook group and upload your photos or films. It's a great place to share support, stories and fundraising tips.

If you are doing a sporty challenge, then send in your completed distance. Just take a photo of yourself on the challenge or a screen grab of the run, walk, cycle or swim from Strava (or another app) and send to **fundraising@nas.org.uk**.

Strava is our suggested tracking app, where we have set up a **Super 60 group** or search **Super 60 Challenge** under clubs at **www.strava.com**.

Set up your JustGiving page

Create your **JustGiving page** today and tell your friends and family about the amazing challenge you have just set yourself!

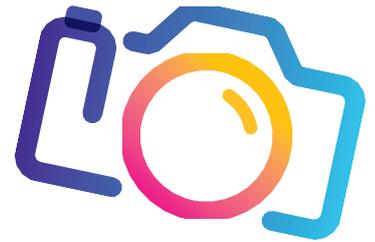
JustGiving is our suggested online donation page. The page allows you to:

tell your supporters why you are taking part

send the donations straight to us - it's automatically done!

share updates on your training and challenge

share your challenge on your social media pages



If you need more information or have any questions about the Super 60 Challenge, contact us at:

 **fundraising@nas.org.uk**

 **0808 800 1050**

We're available to answer your questions Monday - Friday 10am to 12pm and 1pm to 3pm (excluding Bank Holidays).



Meet Prof May Ng and family

Last year, Prof May Ng and family took on several 7k challenges as part of Super 7. This year, they are already training for a 60km in 6 days challenge.

Last time they raised a brilliant £2,500.



Meet Rhian and Max

Rhian and step son Max took on a 7 days with 7 different challenges in 2021 from danceathons to chores around the house. This year they have decided to take on a 60km challenge over 6 days.

Last time they raised a brilliant £4,125.



Meet Yushua and his mum

Marni and Yushua had great fun creating wonderful art as part of Super 7 last year. They can't wait to get crafty for Super 60!

Last time they raised a brilliant £666.



More than 80% of young autistic people have experienced mental health issues.



An extraordinary **60 years**.
Let's make the next 60 count.

In the 1960s, autistic children were often described as ineducable and many parents were told to put them in institutions. A group of brave parents refused to believe this. In 1962 they formed what is now the National Autistic Society to fight for autistic people's rights.

6 milestones in our 60 years:

1

In 1965, we opened the world's first school specifically for autistic children. John Lennon came to visit and donated to help keep the school running.

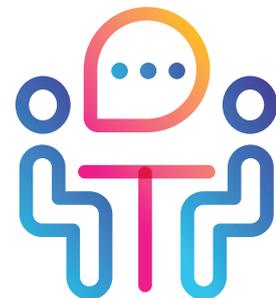


2

In 1974, parents of children at the school helped open the UK's first residential service for autistic adults.

3

In 1979, our founders, Dr Lorna Wing, and her colleague Dr Judith Gould developed the idea that autism is a spectrum and that far more people were autistic than previously thought.



4

In 1991, we opened the UK's first diagnosis centre, led by Dr Lorna Wing and Dr Judith Gould.

5

In 2009, we campaigned for the *Autism Act* in England, meaning local and national government have to provide support to autistic people. Similar legislation and strategies followed in Northern Ireland, Scotland and Wales.



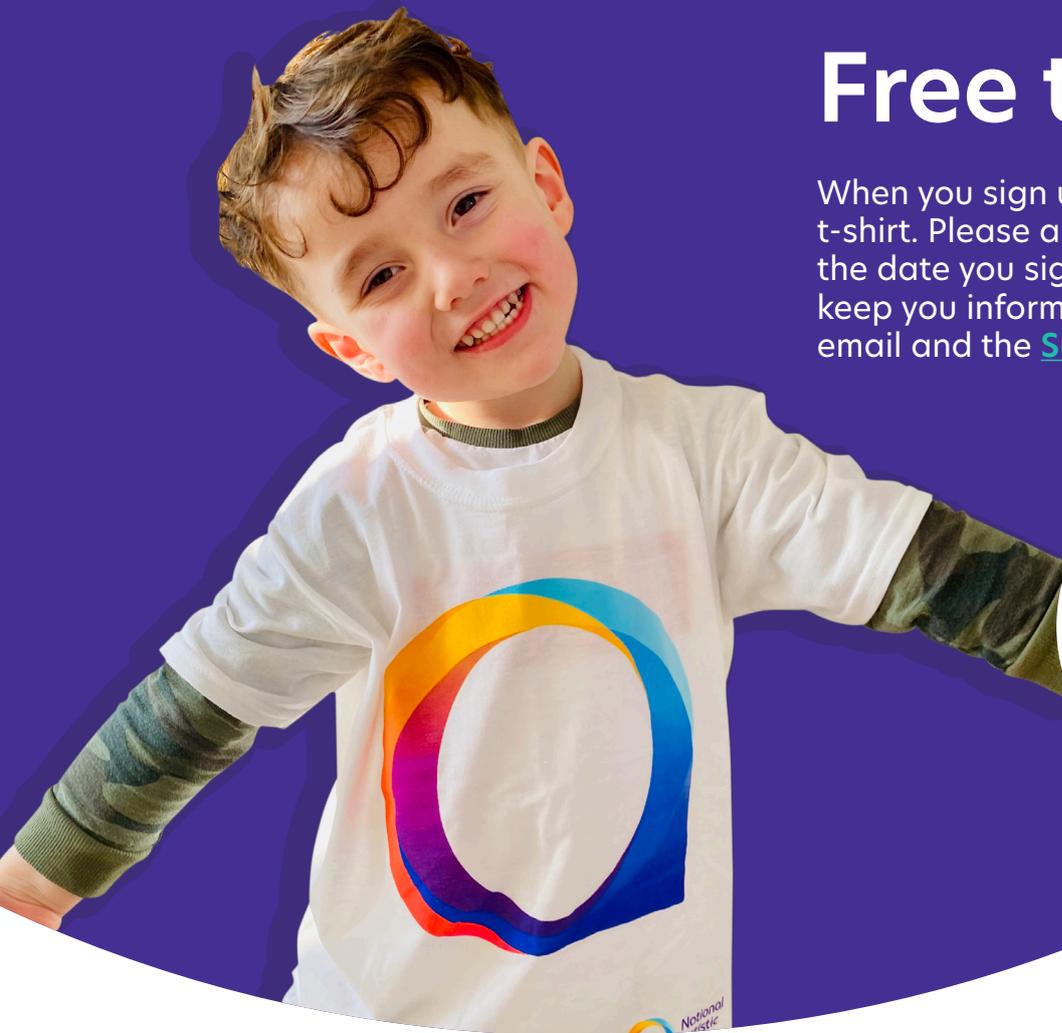
6

In 2020, we had 4.5 million visitors to our website for advice and guidance.

Find out how you can join the 60th celebrations
at www.autism.org.uk/60th

Free t-shirts

When you sign up, we'll send you a free t-shirt. Please allow 14 working days from the date you sign up for it to arrive. We will keep you informed of any changes over email and the [Super 60 Facebook group](#).



Medals and certificates



We are hoping to send your well deserved medals and certificates out to you by 1 May.

Your certificate will arrive blank for you to fill in your name and total. This gives you the chance to personalise it yourself and gives you extra time to include everything you've raised.

Any medals/certificate queries please contact fundraising@nas.org.uk.



