THE MAST CELL ACTION

POOTLE

Your walk. Your way. For the MCAS community.

A Pootle is a gentle, joyful, community-powered fundraising walk. It can be short or long, fast or slow, rural or urban. It can involve mobility aids, dogs, wheelchairs, rest breaks, pub lunches, or fancy dress. There is no "right" way to Pootle - only your way. Most importantly: It should be safe, manageable, and kind to your body.

Choose a walk that works for you

Invite friends, family and colleagues

Ask for donations

Walk together (or virtually)

Celebrate at the end!!!

Make it fun!
Dress up, walk with animals, plan a pub lunch at the finish line or design your own fun!

Raise funds!
Ask participants to donate, and ask friends and family and local businesses for sponsorship

Get in touch!
Order your free t-shirts, share your photos and let your local media know if it feels right to you!

Thank you for being part of the Pootle movement. Every step supports those living with Mast Cell Activation Syndrome.

Registered charity: 1164917