

LOVE YOUR LUNGS WEEK

Workplace fundraising pack to leave a lasting lung health legacy for your business.

29 June – 5 July 2026

ASTHMA+
LUNG UK

**At Asthma+Lung UK
we believe that everyone
should have the right to
breathe easy.**



Asthma + Lung UK is the **nation's** lung health charity, **fighting** for everyone's right to breathe.

We work to transform the future of lung health by challenging poor care, pushing for cleaner air, funding life-changing research, and supporting people affected by lung conditions. Everything we do is shaped by the voices and experiences of those living with lung conditions.

Alongside our vital support groups and nationwide helpline, we provide trusted online resources and information to help people navigate their lung health with confidence. We also drive pioneering research and campaign to put lung health firmly on the national agenda, creating hope for a future where everyone can breathe freely.



Did you know?



In the UK

1 in 5

people will be diagnosed with a lung condition in their lifetime.

Over

1/2 million

people are newly diagnosed with a lung condition each year in the UK.

One person every

7 minutes

dies of a lung condition in the UK.

Lung conditions are the

3rd

biggest killer in the UK.

Love Your Lungs Week

↪ 29 June – 5 July 2026 ↩

Love Your Lungs Week raises awareness of lung health and encourages workplaces to take part in wellbeing and fundraising activities that support better breathing across the UK.

Within this pack you will find resources to support you and your colleagues to protect and understand their own lung health, alongside a host of resources to get the whole workplace involved in fundraising for everyone's right to breathe - transforming the lives of those living with lung conditions.



Fundraising Ideas

1 Step to the Summit

A team stair challenge to climb the height of Mount Everest (8,849m)!



2 Swim for Seven

A 7-day challenge requiring colleagues to commit to swimming every day.



3 Bingo Board

A bingo board of low impact challenges to promote physical activity and good health.



4 Feel Good Fridays

Improve mobility and general wellbeing at our virtual Zumba sessions.



5 Activate Your Active

Encourage your employees to take the active option to travel to work (walking, running or cycling).



6 Bespoke Challenges

Besides these activities we can also support you with bespoke challenges for your organisation.



Fundraising Ideas

Love Your Lungs – 20 Miles That Matter

With 20% of people in the UK (1 in 5) diagnosed with a lung condition in their lifetime, this challenge is a great way to raise awareness while encouraging colleagues to get active. Invite your team to take on a ‘Love Your Lungs - 20 Miles That Matter’ challenge during Love Your Lungs Week.

How could the challenge work?

During Love Your Lungs Week, encourage colleagues to walk, jog, run, or roll 20 miles or more. It's a healthy, active challenge, and participants make an agreed donation to take part (aligned with the prize value and number of participants).

Anyone who completes 20+ miles of active travel within the week could be entered into a prize draw at the end of the challenge.

What resources would I need?

- A ‘Love Your Lungs - 20 Miles That Matter’ challenge leader to collect evidence, manage entries, and draw the winner(s).
- A prize for the draw - this could be a donated or discounted gift, or even a perk such as a half-day of annual leave or an additional wellbeing day.
- Print and display this **poster** around the office, or via internal communications online, to get people registered to take part (and collect their participation donations in advance).
- You could collect donations however you prefer within the office. It is quick and easy to set up a **JustGiving** page which could make it simpler to track entries, and donations arrive straight to Asthma + Lung UK in real time.

How do I ensure this is an inclusive challenge?

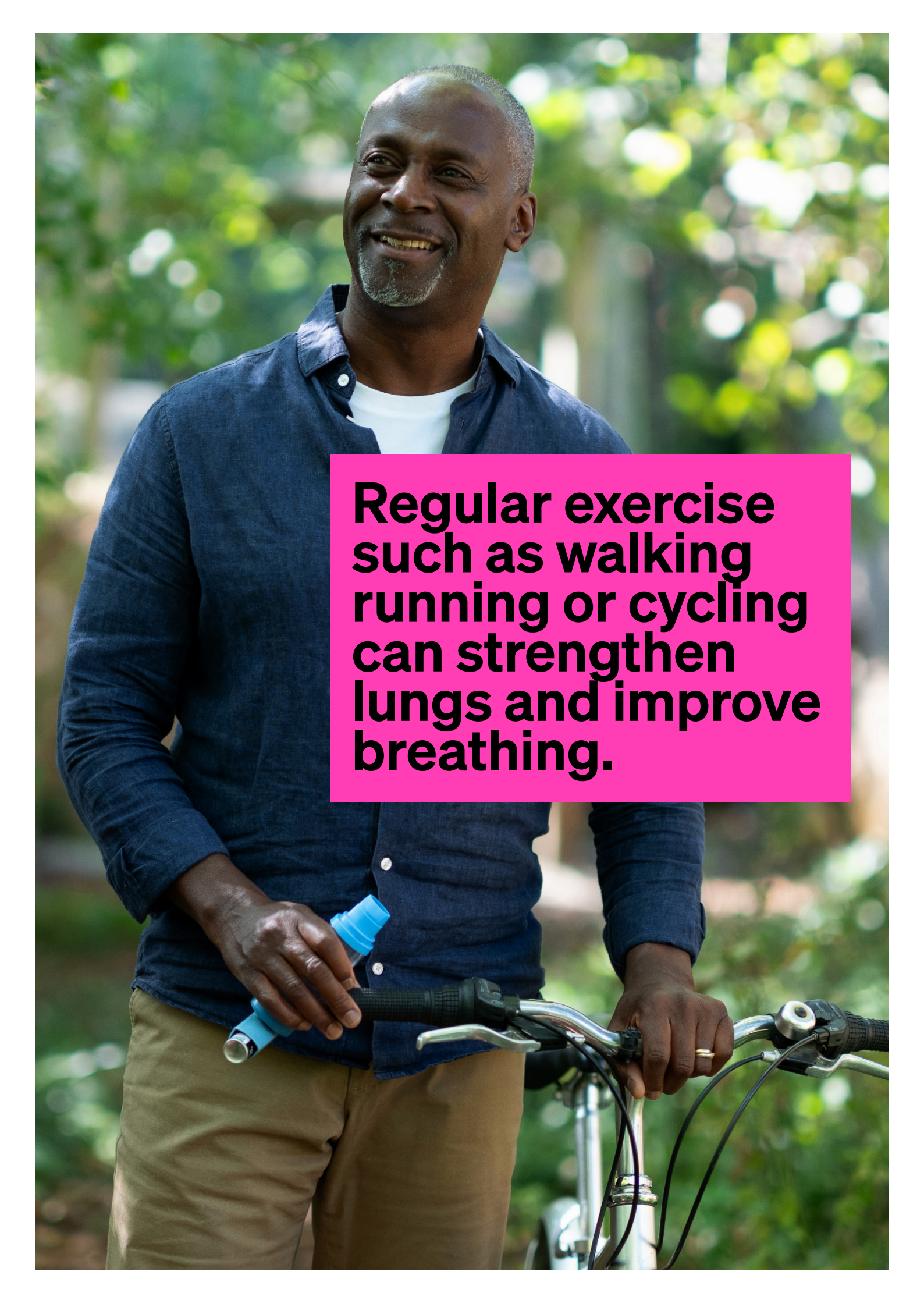
Keep the challenge open and flexible. Allow colleagues to reach their mileage in any active way, indoors or outdoors, such as walking, jogging, using a wheelchair, scootering, cycling, or using a treadmill.

Each person who reaches the 20-mile target earns the same entry into the prize draw. If you'd like, you can also include an optional extra prize for the furthest distance travelled - you know your colleagues best!

Create your JustGiving page here

JustGiving





**Regular exercise
such as walking
running or cycling
can strengthen
lungs and improve
breathing.**

Fundraising Ideas

Love Your Lungs – Wellbeing Hamper Raffle

Host a 'Love Your Lungs - Wellbeing Hamper Raffle' to raise funds for Asthma + Lung UK and support us in fighting for breathe, whilst giving your colleagues the opportunity to win a lovely hamper promoting happiness and wellbeing.

Below is an example demonstrating how you could run a Hamper Raffle at work, ensuring compliance with UK Workplace Lottery guidelines. Be sure to check your set-up is fully compliant, with a visit to: [Gambling Commission – Workplace Lottery](#).

1 Make a plan

- Pick a date for ticket sales and the draw.
- Ensure the raffle is run entirely at your single workplace location.

2 Create the hamper

To source items, you could:

- Ask colleagues or suppliers to donate items.
- Use corporate discounts or leftover promotional stock
- Reach out to friends, family, or contacts with creative skills - they might contribute handmade crafts, baked goods, or unique items that make the hamper extra special.
- Tap into additional connections for exclusive products or experiences (e.g. vouchers, event tickets).

3 Set ticket prices

- Use one fixed ticket price for everyone.

4 Promote

- Put up posters or desk-drop flyers within your premises. Find our example [here](#).

5 Sell tickets

- Give each buyer a physical ticket, and collect the money in-person through cash or online/ [JustGiving](#) donation.
- Record names and ticket numbers in a simple tracker.

6 Draw the winner

- Hold the draw in person at your workplace (e.g. at a team huddle).
- Match the winning ticket number with your tracker and announce the winner on-site.

7 Donate Funds!

- Send all proceeds to Asthma + Lung UK (unless an automated platform such as [JustGiving](#) has been used).
- Share the total raised with your team.

Optional extras

- Add runner-up prizes if you have additional donated items.
- If your company offers matched funding, it could increase the total raised!

**Asthma + Lung UK
is the only UK charity
dedicated to supporting
everyone with a lung
condition.**



Fundraising Ideas

Peak District Ultra Challenge

Join **Team Breathe on 4th - 5th July**, and take on an unforgettable adventure through the stunning Peak District National Park. Join thousands of others pushing themselves for great causes. The **Peak District Ultra Challenge** offers a **range of distances and fundraising options**, making it accessible whether you want to **walk, jog or run**.

The event is based at Bakewell Basecamp, where participants can choose from 100km, 50km or 25km distances, as well as shorter mileage options. The full 100km route follows a tough and varied figure-of-eight loop through Derbyshire's most breathtaking landscapes, also passing Chatsworth House.

Joining Team Breathe, you will receive:

- Heavily discounted registration fees, as Asthma + Lung UK are an Associate Challenge Partner.
- Asthma + Lung UK's Team Breathe t-shirt or vest, and our support with your fundraising and training.
- Full weekend support including rest stops, medical teams, and extensive welfare services.
- Access to optional extras such as camping, catering, car parking and hospitality options throughout the event (organised through Ultra Challenge for additional fee).
- A lively finish-line celebration, complete with medal, T-shirt and refreshments.

Challenge options:

You can choose to walk, jog or run any of these distances, and can participate solo or as a team - so why not get the whole organisation involved, and come together at the end to celebrate your achievements?

 **100km Full Ultra Challenge**

 **25km Quarter Challenge**

 **50km Half Challenge**

 **10-mile Bakewell Loop**

All routes are fully signed and supported, with rest stops approximately every 12.5 km and major stops every 25 km.

Reach out to

 **Hannah Marshall** at hmarshall@asthmaandlung.org.uk 

for more details around individual or team involvement,
registration costs and fundraising commitments.

We'd love your organisation to join Team Breathe!

We stand up for everyone with a lung condition, to bring about a revolution in treatment and support.



Asthma + Lung UK Resources

Share important resources across the week with your colleagues – helping them to manage and understand their own lung health, and also to build empathy and understanding towards others.

Asthma + Lung UK is the only UK charity dedicated to supporting everyone with a lung condition. We provide expert advice, life-changing support services, and campaign for cleaner air and better lung health for all. Check out the resources below to support yourself, colleagues, friends and family with their lung health.

Asthma + Lung UK

Explore all our support, research, campaigns and resources in one place.

[AsthmaAndLung.org.uk](https://www.AsthmaAndLung.org.uk)

Asthma + Lung UK Helpline

Free, confidential advice from trained advisors and respiratory specialists. Call **0300 222 5800** or visit our **website**.

[AsthmaAndLung.org.uk/helpline](https://www.AsthmaAndLung.org.uk/helpline)

Asthma + Lung UK Support Groups and Wellbeing Sessions

Discover and join a range of in-person and online support groups, ranging from condition-specific meet ups to wellbeing activities.

[AsthmaAndLung.org.uk/groups-support](https://www.AsthmaAndLung.org.uk/groups-support)

Asthma + Lung UK Lung Conditions A-Z

Find clear and reliable information on 40+ lung conditions.

[AsthmaAndLung.org.uk/conditions](https://www.AsthmaAndLung.org.uk/conditions)

Asthma + Lung UK Free Lung Health Resources

Download helpful resources to support you or someone you know in managing their lung condition.

[AsthmaAndLung.org.uk/collections/health-advice-resources](https://www.AsthmaAndLung.org.uk/collections/health-advice-resources)

Thank you

for supporting
Love Your Lungs Week.



Please reach out if you'd like more support, guidance or resources to plan your Love Your Lungs Week activity at **corporate@asthmaandlung.org.uk**

Together, we can create a world where everyone has healthy lungs.

Asthma + Lung UK

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Asthma and Lung UK is a charitable company limited by guarantee with company registration number 01863614, with registered charity number 326730 in England and Wales, SC038415 in Scotland, and 1177 in the Isle of Man.