



This year [First Steps ED](#) celebrates 20 years of supporting children, young people, adults and their families affected by eating disorders. First Steps ED has grown from a small charity into a nationwide organisation, offering a wide range of services and expanding our team to support thousands of people across the UK.

### Why This Year Is Special

- We're Celebrating the thousands of service users who have recovered or are on their journey to recovery
- We're Reflecting on the incredible care and dedication our teams, past and present, have provided over the years.
- We're Inviting YOU to help us continue this support for the next 20 years by taking part in our [20 for 20 Challenge](#)

[Join the 20 for 20 Challenge](#)

### How It Works

Choose a fun challenge that involves the number 20! Be creative, use your passions, hobbies, skills - anything goes! If you need some inspiration, consider these ideas:

- Sing 20 songs
- Skydive at 120mph
- Knit and sell 20 scarves
- Host a quiz with 20 rounds

- Bake and sell 20 cakes
  - Run 20 miles

### **Get Started**

1. *Set Up Your Fundraising Page:* Use [this link to get started](#) and choose the Start Fundraising Now option on the page
2. *Share Your Challenge:* Spread the word to family, friends, colleagues, postman, next-door's dog and ask them to sponsor you
3. *Share on Social Media:* Share your challenge across all your socials, WhatsApp, work newsletters etc.
4. *Get Sponsored and Receive Rewards:*
  - Raise £150 or more: Receive an anniversary medal
  - Raise £300 or more: Receive an anniversary medal and bag

**Join the 20 for 20 Challenge**

### **When is it running till?**

Our [20 for 20 challenge](#) will stay open until the end of 2024.

### **Need help with your idea?**

If you need any help getting your idea off the ground or want to ask any questions, please email Emma [emmag@firststepsed.co.uk](mailto:emmag@firststepsed.co.uk) or call on [01332 959760](tel:01332959760)

### **Not able to do a challenge?**

You can still help by donating £20. Simply click on the [Give Now button](#) on the top right-hand side of our page.