

We need your help!



Keep your Snap Streak going

Please raise as much money as you can. Remember every single cent you raise will go to support children and adults with disabilities in your community.

Every €50 you raise earns you ONE MERCY MINUTE to text, tweet, chat and keep your Snap streaks alive.

Remember, there will also be prizes awarded throughout the day for the best posts and comments.

Here's what you have to do:

At **12.00** on Thursday October 24th you stop using your phone for 24 hours.

At **12.01** you start to panic and cling on as long as you can.



AT is my world! Assistive technology has enabled me to make my dreams of being a musician come true. Using assistive technology I have been inspired to write and perform music. Because of AT I have become a musician who happens to be disabled NOT a disabled musician. – Cillian, Service user

"I'm giving up my phone for 24 hours to support children and adults with disabilities in our local community. Your donation can change a life today."



TOP TIP: MAKE THE FIRST ONE COUNT
Make sure your first donation is a big one - and everyone else will follow.

Name	Amount	Paid?	Name	Amount	Paid?
1.			13.		
2.			14.		
3.			15.		
4.			16.		
5.			17.		
6.			18.		
7.			19.		
8.			20.		
9.			21.		
10.			22.		
11.			23.		
12.			24.		

TOP TIPS FOR SURVIVING THE NO PHONE SURVIVAL CHALLENGE



PRACTICE.

Before you start, practice going without your phone for short periods. Start small, just 5 or 10 min bursts. The shock of being phoneless for long periods may be too much for some.

BOREDOM IS DEADLY.

You will have no video games to play or videos to watch so keep active. Play a board game or a sport. Or if all else fails just run on the spot.

FILL THE SILENCE.

Keep talking. It doesn't matter about what, just avoid silence. This is why people always talk about the weather!

SING.

Replace your missing music by singing. You can even keep your ear phones in to simulate normal listening.

BE SOCIAL!

Without your phone you will have no-one to 'share' with. It is safest to always have a real-life person with you to imitate on-line communication. Remember – they can actually hear you if you laugh at their response!

CHECK THE POST.

If you are overcome with the desire to check for new emails or posts, go to the hall and wait for the postman to come. They actually only deliver once a day but there's nothing stopping you from checking as often as you like.

HELP EACH OTHER.

If you see someone being phoneless alone help them immediately. Or if you are overcome with the urge to use your phone get a friend to ask you to 'Like' or comment about something using our no-phone survival tools.

IN CASE OF EMERGENCY - READ A BOOK.

In case of emergency, or late at night when there is no other option, you could "read a book". Some reports suggest this may actually pass the time and even be entertaining.

Remember, do not attempt the No Phone Survival Challenge alone. It's boring and you'll only cheat.

ENABLE IRELAND'S
NO
PHONE
SURVIVAL
CHALLENGE

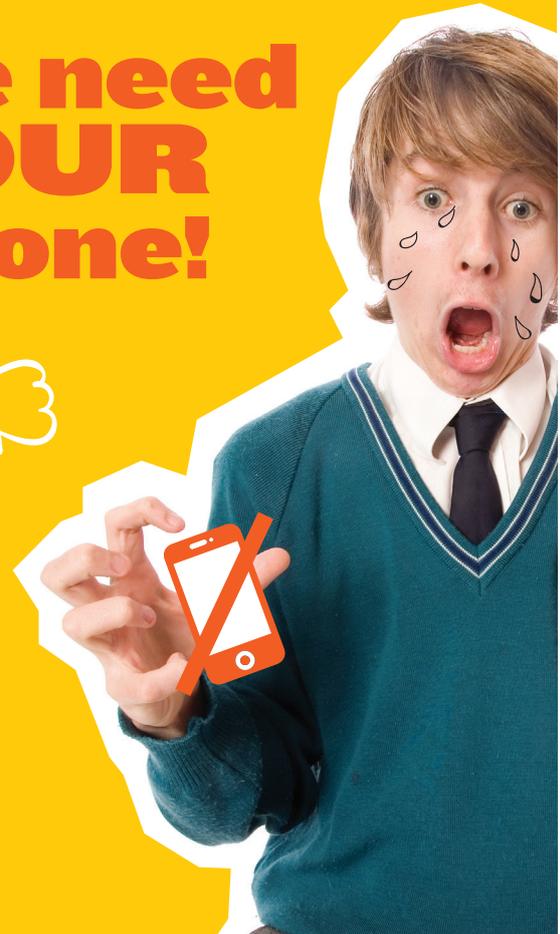
Registered Charity No. 20006617

How to survive 24 hours without a phone....and support the lives of children and adults with disabilities in your community.

Warning: DO NOT attempt this challenge alone...It's Like, really hard to do.

ENABLE IRELAND'S
NO
PHONE
SURVIVAL
CHALLENGE

We need
YOUR
phone!



FANTASTIC
PRIZES
TO BE WON!

SURVIVAL GUIDE