

Help engineers in need

Our work is powered by engineers like you.
Here are some ways you can support our work,
so we can support those who need it most.



Spread the word

Tell your colleagues and networks about the support that Foothold can offer.



Volunteer

We have a range of ways you can get involved, such as presenting videos.



Donate

Whether a regular or one-off donation, whatever you can give will make a difference.



Take on a fundraising challenge

We'll support you in an event of your choice. If running is your thing, we have places in many sell-out races!



Leave a gift in your Will

Support engineers for decades to come. You can write your Will for free with our trusted partners.



Play the 'make a smile' lottery

An exciting way to help us raise vital funds. Only costs £1 per play. (18+, GambleAware)



Keep in touch



Hello Foothold



@YourFoothold



@hellofoothold



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Support Foothold
myfoothold.org/get-involved



Thank you for helping us
make sure no engineer has to
face life's challenges alone.