# Transcript of Choose your Challenge and Take on 250 for RNIB

<https://www.youtube.com/watch?v=OkRsac8fFrY>

[RNIB Logo on green background appears with motion text in time with the voiceover in the centre of the screen]

Constance (voiceover): Every day in the UK, 250 people begin to lose their sight.

[Self-filmed footage of Constance talking to camera with motion text in time with voiceover at the bottom of the screen]

Constance: And that’s why we need you to take on 250 for RNIB.

[Self-filmed footage of Nell talking to camera with motion text in time with voiceover at the bottom of the screen]

Nell: Choose something new or take on something you know you love.

Take on 250 of whatever you decide.

[Self-filmed footage of Constance talking to camera with motion text in time with voiceover at the bottom of the screen]

Constance (voiceover): You could

[5 Participant images and 2 videos in the background seen first through text on screen then full image displayed]

Constance (voiceover): walk 250 laps of your local park, run or cycle 250 miles.

Nell (voiceover): Create 250 paintings, bake 250 cupcakes or complete 250 minutes of yoga or knitting. It’s all up for grabs.

[Self-filmed footage of Constance talking to camera with motion text in time with voiceover at the bottom of the screen]

Constance: You also get to choose your fundraising target – we just ask you to raise as much as you can.

[RNIB Logo on green background appears with motion text in time with the voiceover in the centre of the screen]

Nell (voiceover): So take on 250 for RNIB,

[Video footage split screen of Nell doing yoga and Constance in the kitchen whilst talking to camera, with motion text in time with voiceover at the bottom of the screen]

Nell (video footage doing yoga): as an individual, with friends, family or co-workers.

Constance (video footage in the kitchen): Whatever you do it’ll make you feel great, plus you’ll be helping to

[RNIB Logo on green background appears with motion text in time with the voiceover in the centre of the screen]

Constance (voiceover): smash barriers faced by people with sight loss.

[Large motion text 1 word at a time in time with the voiceover in the centre of the screen]

Nell (voiceover): Sign-up today at rnib.org.uk/take-on-250

[RNIB Logo appears in the centre of the screen, ‘see differently’ in motion text]

Voiceover: RNIB, See differently