

# 3000 SQUATS IN NOVEMBER

sands.org.uk/3000-squats  
#3000SquatsInNovember



M	T	W	T	F	S	S	Weekly Total
		1	2	3	4	5	
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	Total and any thoughts			

You're half way!

It all adds up!

Keep going!

You did it!



# 3000 Squats in November...

## 100 squats a day for 30 days.

### Have you got it in you?

Thank you for taking on 3000 Squats in November. We know you must be so excited to start and counting down the days until 1st November – we are too!

You may have questions about the upcoming challenge. Check out our FAQs [here](#) for the answers. If your question isn't answered here please visit the Facebook group, Sands website or contact a member of our team by emailing [challenge@sands.org.uk](mailto:challenge@sands.org.uk)



<b>How do I raise money?</b>	You Fundraiser was automatically created for you when you registered for the challenge. You can find it here: <a href="https://www.facebook.com/fundraisers">www.facebook.com/fundraisers</a>	<b>I have received a text claiming to be from Sands. Is this you?</b>	If you shared your phone number with Sands when you signed up, you may hear from us via text during the challenge. You can reply to these texts with any questions you have and our team will be on hand to help.
<b>Will Facebook charge my friends if they donate?</b>	From 1st November 2023, donations made through Facebook will be processed by Paypal. Paypal charge charities 1.4% of the donation amount to process the payment. Anyone making the donation will be given the opportunity to cover this cost so that 100% of their donation comes to Sands, but this is completely optional. We're so grateful for all donations and for any additional payments made to help cover these costs.	<b>Do I have to prove I've completed the challenge?</b>	You don't need to prove you've completed the challenge – we trust you! But to help you keep track, you can use the handy tracker printed overleaf. You can also post videos, pictures and updates on your Facebook Fundraiser and in the group too. Sharing updates is also a great way to show those who have sponsored you that you're committed to completing the challenge.
<b>I don't use Facebook, can I raise money another way?</b>	Yes, of course. If you need to use a different fundraising platform, we recommend JustGiving. Go to <a href="https://www.justgiving.com/campaign/sands-squatchallenge2023">www.justgiving.com/campaign/sands-squatchallenge2023</a> and follow the simple steps.	<b>Where will my friends' money go?</b>	Any donations friends and family make to your fundraiser, come directly to us at Sands. You don't have to worry about this. It happens automatically through Facebook.
<b>My friends don't have Facebook, how can they sponsor me?</b>	Unfortunately it isn't possible to donate to a Facebook fundraiser if you don't have an account. We suggest asking them to transfer you the money, and you paying it to your Facebook fundraiser yourself. They could also donate via our website: <a href="https://www.sands.org.uk/donate">www.sands.org.uk/donate</a> and adding the challenge name '3000 Squats in Nov' and your name. Please also email <a href="mailto:challenge@sands.org.uk">challenge@sands.org.uk</a> to let us know about this donation.	<b>How do I pay in my fundraising?</b>	If you've collected offline fundraising, the easiest way to pay this to Sands is by making a payment on our website. You can do this here: <a href="https://www.sands.org.uk/donate">www.sands.org.uk/donate</a> . Make sure to say that your money is for the squats challenge so that we can ensure it is added to your total.
<b>Can I just raise money offline with a sponsorship form?</b>	Absolutely. You can collect sponsorship in any way you like. If you'd like a paper sponsorship form, you can download one from <a href="https://www.sands.org.uk/sponsorshipform">www.sands.org.uk/sponsorshipform</a> . You don't need to worry about completing your serial number. We will fill this in for you when you return your form to us.	<b>How do I send you my sponsorship form?</b>	If you've collected cash donations and have a completed sponsorship form, do scan and email this to us at <a href="mailto:challenge@sands.org.uk">challenge@sands.org.uk</a> so we claim any gift aid. If you're not able to scan or send us a clear photograph, drop us an email anyway and we can let you know where to send your form via post.
<b>Is there a Facebook group?</b>	We'd love for you to join our lively and supportive Facebook group to meet others taking on the challenge, to share your story and to come together as a team. You can find the group here: <a href="https://www.facebook.com/groups/305589518879366">www.facebook.com/groups/305589518879366</a>	<b>How will the money I raise make a difference?</b>	You've done an incredible thing by signing up to this challenge. Your efforts will not go unnoticed and with every single squat or press up you will be extending a hand of support to any one of the 14 bereaved families that need our support every day in the UK. Throughout the challenge and by sharing your efforts with friends, family, and colleagues you will be helping to break the silence and reduce the isolation surrounding baby loss. And if you need even more reason, the money you will be helping to raise, will help us to work together towards a world where there are fewer babies die and fewer families needing our support in the future.
<b>How do I stay safe in the Facebook group?</b>	Whilst this group is Private, anyone on Facebook can join and view the content. Please take care not to share personal information, including maps sharing your location, and avoid meeting up with or messaging others outside of this group, without taking appropriate precautions.		