

310,000 Steps in October

Sands  **310K**
IN OCTOBER

S	S	M	T	W	T	F	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	31					

It all
adds up!

Halfway
there!

Keep
going!

You
did it!



Sands
310K
IN OCTOBER

FAQs

Thank you for being part of 310,000 Steps in October 2022. We know you must be so excited and counting down the days until 1st October – 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 sands.org.uk/steps or contact a member of our team by emailing steps@sands.org.uk

My t-shirt doesn't fit. Can I get another size?

Of course. Please email shop@shop-sands.org.uk to let us know what size you received, and what size you need. We'll then send a new t-shirt with an envelope to return the other.

How do I raise money?

Facebook Fundraisers are the easiest way to let your friends know what you're doing and raise money. You can set one up in a few seconds in the Facebook group: www.facebook.com/groups/310kinoctober/ Then it's really easy to share the page with your Facebook friends.

Can I just raise money offline with a sponsorship form?

Absolutely. You can collect sponsorship in any way you like. If you'd like a sponsorship form, you can download one from here: sands.org.uk/sponsorshipform

Can I raise money on another online platform like JustGiving?

Yes, if you would like. Facebook sends the money directly to us and doesn't charge you or us any fees, but if you would like to set up a fundraising page on another online platform, we recommend JustGiving. You can set up a page by visiting: www.justgiving.com/campaign/310kinOctober

How do I pay in my fundraising?

If you've collected offline fundraising, the easiest way to pay this to Sands is by donating to your Facebook Fundraiser or on our website. You can do this here: sands.org.uk/donate. Make sure to say that your money is for your 310k in October challenge so that we can make sure it is added to your total.

How do I send you my sponsorship form?

If you've collected cash donations and have a completed sponsorship form, do scan and email this to us at steps@sands.org.uk 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.

How do I keep track of how many steps I've done?

There are so many step counters on the app store that are great for tracking your challenge. Once you're home, use the tracker on the reverse of this sheet to record how many steps you did.

Can I start late or early?

Of course! So long as you complete 310,000 steps in 31 days, it doesn't matter if you start early, late or need to miss a day.

Do I have to prove I've completed the challenge?

You don't need to prove you've completed the steps – we trust you! You can post videos, pictures and updates on your Facebook Fundraiser and in the group though. Sharing updates is also a great way to show those who have sponsored you that you're committed to completing the challenge.

Do I have to walk my steps?

It's up to you! We think most people will walk or run their steps, but if you want to complete them a different way, then go for it! Just be sure to post your progress and updates on your Facebook Fundraising page so friends and family can cheer you on and we can see how you're doing too!

Where will my friends' money go?

Directly to us at Sands. You don't have to worry about this. It happens automatically through Facebook.

Someone donated to my fundraiser but it isn't showing. Have you received it?

Sometimes there is a delay with a donation showing on your fundraiser. Please wait 24 hours, and if it still isn't showing, email us at steps@sands.org.uk with the name, date and amount that was donated so we can investigate.