

RUN **29** MILES IN FEBRUARY

sands.org.uk/run-29-february
#Run29MilesInFebruary

Sands 

Saving babies' lives. Supporting bereaved families.

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	Total			Well done and thank you so much for supporting Sands		

Share your pics



Great start 

Half way!

Almost there!



Sands (Stillbirth and Neonatal Death Society). Charity Registered in Scotland SC042789, England and Wales 299679. We also operate in Northern Ireland. Company Limited by Guarantee Number: 2212082. Registered Address: 10-18 Union Street, London SE1 1SZ.

Registered with



FAQs

Thank you for being part of Run 29 miles in February 2024. We know you must be so excited and counting down the days until 1st February - 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/run-29-february or contact a member of our team by emailing miles@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/run29miles. 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. 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.

Can I raise money on another online platform like JustGiving?

Yes, if you would like. Facebook sends the money directly to us 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/sandsrun29infebruary

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 Run 29 miles in February 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 miles@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.

Will Facebook charge my friends if they donate?

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.

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

There are so many mileage trackers 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 miles you did.

Can I start late or early?

Of course! So long as you complete 29 miles 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 miles – 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 run my miles

It's up to you! We think most people will walk or run their miles, 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 48 hours, and if it still isn't showing, email us at miles@sands.org.uk with the name, date and amount that was donated so we can investigate.

How will the money I raise make a difference?

You've done an incredible thing by signing up to this challenge. Your efforts will not go unnoticed and with every single mile you will be extending a hand of support to any one of the 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 dying and fewer families needing our support in the future.