



PAW-SOME



GIVE YOURSELF A ROUND OF A-PAWS

	31	30	29
25	26	27	28
24	23	22	21
17	18	19	20
16	15	14	13
9	10	11	12
8	7	6	5
1	2	3	4

KEEP GOING!

HALF WAY!

GREAT START!

LET'S GO 

#SandsDogWalk



100K
Dog Walk in October



This October can you commit to walking 100k?

We are asking you to step out and walk 100k over the month of October. Thank you for joining us and committing to the challenge. Not only will you be raising vital funds but we hope that your Dog Walk will give you some time and space to focus on your own wellbeing. You may have questions about the upcoming challenge. Check out our FAQs here - <https://www.sands.org.uk/100k-dog-walk-october> - or contact a member of our team by emailing challenge@sands.org.uk.



Do I have to walk my KMs, or can I jog, run, climb or dance?

It's up to you! We think most people will walk the KMs, 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!

My friend's donation isn't showing up on my Facebook Fundraiser?

Most donations appear instantly. But sometimes it takes up to 48 hours if they donated via PayPal. But let us know if it still isn't showing in 48 hours and we'll look into this for you, email us at challenge@sands.org.uk.

How do I find my Sands fundraising page?

Simply scan the QR code below and click 'Log in' to locate your Sands fundraising page. You can share this fundraising page with anyone who doesn't use Facebook. This fundraising page will also show your total raised from your Facebook fundraising page too.

What about my friends who aren't on Facebook? Can they donate?

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. Or you can add it to your Sands fundraiser instead. Use the QR code above to find your Sands fundraiser and then share the fundraising page link with your friend.

I don't use Facebook, can I raise money another way?

Yes, of course. If you need to use a different fundraising platform, we recommend JustGiving. Go to <https://www.justgiving.com/campaign/100kdogwalkoctober2024> and follow the simple steps.

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 here: www.sands.org.uk/sponsorshipform

Can I start late or early?

Of course! So long as you complete 100k in the month of October, it doesn't matter when you start, or how you make up your kilometers.

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

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 and log your KMs. You can 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.

Will my friends' money go direct to Sands?

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.

How do I pay in my fundraising?

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: www.sands.org.uk/donate. Make sure to say that your money is for your 100k Dog Walk in October challenge and email us at Challenge@Sands.org.uk so we know your fundraising has been sent in.

How do I send you my sponsorship form?

If you've collected cash donations and added these donations online and have a completed sponsorship form, do scan and email this to us at challenge@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 to via the post.

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 walk 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.



Scan me to find your fundraiser

