

Winter Walk

sands.org.uk/WinterWalk
#WinterWalk



S	M	T	W	T	F	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	31					
						Total	

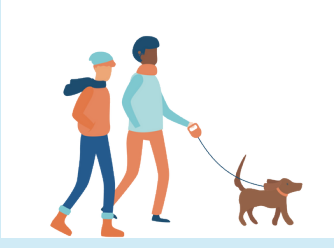
It all adds up!

You're doing great

Keep going!

You did it!

Share your pics!



This December can you commit to walking 25 miles?

We are asking you to step out and walk 25 miles over the month of December. Thank you for joining us and committing to the challenge. Not only will you be raising vital funds but we hope that your Winter Walk will give you some time and space to focus on your own wellbeing, especially now the days are getting shorter. You may have questions about the upcoming challenge. Check out our FAQs here - <https://www.sands.org.uk/sands-winter-walk> - or contact a member of our team by emailing walk@sands.org.uk



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

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

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 or if they have slow broadband. 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 below 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/winterwalk2024> 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: [sands.org.uk/sponsorshipform](https://www.sands.org.uk/sponsorshipform)

Can I start late or early?

Of course! So long as you complete 25 miles in the month of December, it doesn't matter when you start, or how you make up your daily miles.

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 miles. 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?

The easiest way to pay in any cash or offline fundraising is to pay this into your bank and then donate it to your Sands fundraising page. If you'd rather donate a different way, please email us on walk@sands.org.uk and we can advise alternative options.

How do I send you my sponsorship form?

If you've collected cash donations and added these donations online and have completed sponsorship form, do scan and email this to us at challenge@sands.org.uk so we can claim gift aid. If you're unable 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 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 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.



Scan me to find your fundraiser

