

SWIM 5K IN SEPTEMBER

sands.org.uk/swim-5K
#Swim5KInSeptember



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?	

It all adds up!

You're half way!

Keep going!

You did it!



Swim 5K in September

Make a splash this September and know that each stroke will help save babies' lives.

Thank you for taking on our Swim 5K in September challenge. We know you must be so excited to start and counting down the days until 1st September – 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 www.sands.org.uk/swim-5K or contact a member of our team by emailing swim@sands.org.uk



How do I raise money?

Your Facebook fundraising page was activated for you when you registered. You can find it and edit it here: www.facebook.com/fundraisers/manage
Make sure to personalise your page with photos and updates, and to share with your friends and family.

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 www.justgiving.com/campaign/swim5k 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. You can download our sponsorship form here: www.sands.org.uk/sponsorshipform
Don't worry about the Fundraiser Serial Number - we will generate this for you when you return the form to us at the end of the challenge.

Can I order extra swimming caps?

Of course - you can order extra swimming caps and lots of other Sands branded items from our online shop here: www.shop.sands.org.uk. Maybe a hoodie to wear after your dip would be nice!

Can I change the distance?

Yes you can! 5K is just a suggestion from us, but if it's too far for you, you can lower this, or if you're really up for a challenge, you can double it - or more!

I can't start on the 1st September, can I still take part?

Of course! You don't need to swim every day to complete the challenge, so choose days and times that work for you.

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. 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.

How will the money I raise make a difference?

You've already done an incredible thing simply by signing up to this challenge. Your efforts will not go unnoticed and with every single kilometre you swim this summer, you will be extending a hand of support to the thousands and families who lose their baby every year. By talking about your challenge and sharing your efforts with friends, family and colleagues, you will be helping to break the silence and reduce the isolation following baby loss. And if you need even more reason, the money you raise will help us to work towards a world where there are fewer babies die and fewer families need our support in the future. Thank you.

What happens when I finish the challenge?

If you raised money online, this is paid to Sands automatically so you don't need to do anything. Just make sure to post a update on your fundraising page letting friends and family know you've finished - they might even congratulate you with an extra donation! We'll also send certificates after your fundraiser pages close on the 10th October, giving you a chance to pay in all your offline donations before these are sent.

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 online fundraising page. If you don't have one, you can make payment on our website. You can do this here: www.sands.org.uk/donate. Make sure to say that your money is for Swim 5K in September so that we can ensure it is added to your total.

How do I send you my sponsorship form?

If you've collected cash donations, the easiest way to pay these in is to pay them to your online fundraising page or via our website. Once you've done that, you can scan or take a photo of your sponsorship form and email this to us at swim@sands.org.uk so we can make sure the donations are recorded in your name and 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 my friends who aren't on Facebook 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. They could also donate via our website: www.sands.org.uk/donate and adding the challenge name 'Swim 5K in September' and your name. Please also email swim@sands.org.uk to let us know about this donation.