



FAQ

How do I sign up?

To sign up to the challenge, join our 40 Memory Miles in August [Facebook Group](#).

Once you're in the group, you can register for your t-shirt, set up your fundraiser, get tips, be inspired and find out anything you want to know about the challenge!

I don't have Facebook but want to take part. How do I do this?

No problem! Simply fill out the registration form [here](#).

We will send you a fundraising pack and t-shirt and you can set up an online fundraiser on [JustGiving](#).

Is there an entry fee?

There is no entry fee. We do however ask you to fundraise as part of your challenge. Facebook Fundraisers are the easiest way to raise money. You can set one up in a few seconds [here](#).

Is there a fundraising target?

There is no minimum or maximum amount you have to raise. No matter how much money you raise, we are extremely grateful and every penny you raise will go directly to Salisbury Hospice and supporting patients with end of life care.

What is a Facebook Fundraiser?

Facebook Fundraisers are the easiest way to raise money. You can set one up in a few seconds [here](#). It's really easy to share the page with your Facebook friends and they can donate without having to leave Facebook.

Can I just raise money offline with a sponsorship form?

Absolutely. You can collect sponsorship in any way you like. We simply recommend Facebook Fundraisers for this challenge as they're easy and hassle-free, but we will send out a sponsor form in your fundraising pack.

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](#).

What is in my fundraising pack?

A limited edition t-shirt, mile tracker and sponsor form.

When will I get my fundraising pack and t-shirt?

We will dispatch all fundraising packs and t-shirts weekly. You should expect to see your fundraising pack and t-shirt within 10 working days of registering.

Due to current Covid-19 restrictions, there may be some delay in the receipt of your pack. If you haven't received your pack within 10 days, please contact us

My t-shirt doesn't fit / I ordered a different size. Can you change it?

Of course. Please email abi@salisburyhospicecharity.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.

Do I have to walk in memory of someone to take part?

Of course not, this challenge is open to anyone who would like to take part and for whatever reason.

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

Strava, RunKeeper and MapMyRun are all great apps for keeping track of your challenge. Once you're home, use the mile tracker in your pack to record how many you did.

Do I have to walk, or can I run?

It's up to you! If you want to complete your miles 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!

Can I do it on a treadmill?

You can do your miles whichever way you want. 😊

40 Miles in a very long way, I'm not sure I can walk that far.

There are people of all levels of fitness doing this challenge. The important thing is that you're doing something that challenges you. This will vary from person to person, so tailor the challenge however you like. It should be tough, but doable and we appreciate however far you manage. Every mile matters!

What if I don't complete the challenge?

The only thing that matters is that you challenge yourself. Do as much as you can.

Can I start late or early?

Of course! So long as you complete 40 miles in 31 days, it doesn't matter if you start early, late or need to miss a day here or there.

Where will my friends' donations go?

Directly to Salisbury Hospice Charity to support terminally ill patients and their families in their hour of need.

How do I prove I've completed the challenge?

You don't – we trust you! But please feel free to post videos, pictures and updates on your Facebook Fundraiser and in the group, we love to see how you are getting on and congratulate you on your progress. Sharing updates is also a great way to show those who have sponsored you that you're committed to completing the challenge.

How do I pay in my fundraising?

If you've collected offline sponsorship, the easiest way to pay this to Salisbury Hospice Charity is by donating on our website. You can do this [here](#).

Make sure to say that you put 40 Memory Miles Challenge as your reference so that we can make sure it is added to your total.

If you're not able to donate this way, then drop me an email to abi@salisburyhospicecharity.org.uk and we can discuss other ways of getting the donation to us.

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 abi@salisburyhospicecharity.org.uk so we claim any gift aid. If you're not able to scan or send us a clear photograph, please post it to Salisbury Hospice Charity, Salisbury Hospice, Odstock Road, Salisbury, Wiltshire, SP2 8BJ.

If I want to post a cheque, who is this made payable too?

Please make checks payable to Salisbury Hospice Charity, and post them along with your sponsor form to the address above.

Terms and Conditions

All participants are responsible for their own medical condition, ensuring they are fit to complete the challenge.

You must be 18 years or over to take part in this challenge. If you have a child who would like to do the challenge with you, you shall take full responsibility for the Young Person(s) accompanying you and you must stay with them at all times during the challenge.

You must at all times adhere to all current Government Guidelines in regards to Covid-19 restrictions. Find more at <https://www.gov.uk/>

Participants are responsible for planning how they will undertake the challenge safely and in accordance with health and safety and all current Government Guidelines regarding Covid-19.

In no event shall Salisbury Hospice Charity be liable for any injuries, loss or damages whatsoever, including indirect, punitive, special, incidental or consequential losses connected with any aspect of this challenge.

Salisbury Hospice Charity reserves the right to cancel this event at any time due to unforeseen circumstances.



Celebrating 40 years of care