

🏆 Frequently Asked Questions 🏆



🌟 How Does The Kids Summer Challenge (31 Miles in August) Work?

We're asking your child/children to take on 31 miles throughout the month of August. How and when your little ones complete their miles is up to them. It's their challenge, their way.

Why not walk, run, swim, skip, cycle or scoot? Or do a combination. They could choose to do a mile a day or spread the miles to suit your holiday plans (i.e. a five-mile bike ride on one day and a two-mile walk the next) – the important thing is every mile matters.

Once you've registered and set up their fundraiser, we'll send you your child's personal progress chart, challenge stickers and sponsorship form, so they can easily keep track of their miles and fundraising.

Plus, as a thank you for your child's incredible efforts, we'll send them a special #TeamBCH kids sweatband if they raise £25 and a bespoke medal if they hit £100, so they can show family and friends everything they've achieved by taking part.

How much of your child's challenge journey you choose to share is up to you, but we encourage you to post photos, videos and updates to the Facebook group and on your own social media channels as we tend to see the more engaged you are in supporting your child, the more money they're likely to raise.

🌟 What Steps Do We Need To Take To Sign Up?

Please ensure you've followed all the steps below so your child is signed up for the challenge and receives their fundraising pack.

❤️ Register and set up a fundraiser to get your child's free fundraising pack here:
<https://tinyurl.com/fb-challenge-26>

❤️ Start sharing your child's challenge progress with your friends and family! 🙌

✨ How Long Will My Child's Fundraising Pack Take To Arrive?

Your child's fundraising pack will be arriving by Royal Mail and we are anticipating a lot of requests so please allow up to 14 days for the pack to arrive before contacting us. If your child's fundraising pack still hasn't arrived after 14 days then please contact us at fundraising@bch.org.uk.

✨ How Many Miles Does My Child Need To Complete And How Long Have They Got To Complete Them?

To take part in the challenge, your child needs to complete 31 miles across the month of August. If they complete one mile every day of the month, they'll hit their target on Monday 31 August. If your child prefers, they could complete more miles during a weekend to give themselves a rest during the week or vice versa.

We encourage children to track their miles on the sticker chart included with their welcome letter, so they can see their progress throughout the month and spur themselves on to complete the different milestones to support our sick kids.

✨ How Should My Child Complete The 31 Miles?

It's up to them! They could walk, run, swim, skip, cycle, scoot or any other way they enjoy moving. They don't have to choose one either, they could walk one day, cycle the next, run another and so on. The important thing is every mile matters.

✨ How Can I Help Track My Child's Progress?

To keep tabs on your child's miles they could use a fitness watch or smartphone app that uses GPS to track their route and add up their distance for you. Alternatively, if you know the route around 'the block' is one mile long, just keep track of how many laps they complete.

To help you keep track of your child's progress we have provided you with a chart and stickers in their fundraising pack. Some other ways you may look to keep track of your child's progress could be:

- ♥ A notepad
- ♥ A spreadsheet
- ♥ An app

✨ How Does My Child Fundraise?

- ♥ Register your child for the challenge here: tinyurl.com/fb-challenge-26
- ♥ Follow the links in the emails we'll send you to activate your child's fundraiser to your JustGiving account

- ♥ Or if you don't have a JustGiving account, don't worry! Simply click the links in the emails and follow the steps to set one up, it only takes a moment
- ♥ Spread the word with friends, family and colleagues
- ♥ Keep sharing your child's progress to drive donations!

If your little challenger doesn't get any donations straight away, please reassure them! A lot of people will look to donate once they can see they're staying dedicated or have completed the challenge. That's why we encourage parents to share their child's fundraising page regularly with video updates, photos and stories to show how they're getting on.

✨ **Some Quick Tips For Fundraising**

- ♥ Set a realistic but challenging fundraising target
- ♥ Make the first donation yourself – often people are worried to be the first or only one to donate and sometimes they aren't sure how much to give, so why don't you lead the way and make a donation on your child's JustGiving page?
- ♥ Share your child's JustGiving fundraising page near payday
- ♥ Share your child's JustGiving fundraising page on email, Whatsapp and across other social media channels
- ♥ Tell your child's story - let friends, family and colleagues know why your child has chosen to support Birmingham Children's Hospital and why they should donate
- ♥ Repost the unique content we share in the Facebook group along the way
- ♥ Encourage your child's friends to take on the challenge too

✨ **I've Set Up A JustGiving Page For My Child, What Do I Do Now?**

If you've set up your child/children's JustGiving page for our Kids 31 Miles in August Challenge, you should have received a confirmation email from us which explains how to link your fundraiser to your existing JustGiving account. Simply click the link in the email and follow the steps. If you don't already have a JustGiving account, you'll be prompted to create one there.

✨ **What Will My Child's Fundraising Go Towards?**

100% of the incredible donations your child raises on their JustGiving fundraising page will come directly to our charity.

Our priority is, and always will be, to address the most urgent needs of our hospital, so every donation will help us to improve patient experiences across our hospital to make the time our sick kids spend with us more comfortable.

Your child's donations will also go towards helping us find breakthrough cures and treatment through research and enable us to purchase the latest state-of-the-art equipment.