

🏆 Frequently Asked Questions 🏆



✨ How does the 62 Miles In October Facebook challenge work?

We're asking everyone to get moving and complete 62 miles in the month of October for our hospital.

How you complete the 62 miles is totally up to you - you could run, walk, jog, cycle or even scoot...the possibilities are endless! You might choose to split your miles equally, completing two miles every day during October, or go full throttle over the weekend to get the miles in, we'll leave it to you.

You might rack up your miles during your usual daily routine but if you need to give them a boost, you could use your lunch break to grab some fresh air away from your desk or make the decision to walk or cycle the school run, or walk to the shops instead of drive.

How much of your 62 Miles In October journey you choose to share is up to you, but we encourage you to post photos, videos and updates to the Facebook challenge group and your own fundraising page, as we tend to see the more engaged you are, the more money you're likely to raise.

✨ What steps do I need to take to sign up?

Please ensure you've followed all the steps below so you're signed up for the challenge and receive the t-shirt:

- ✓ Sign up and set up your fundraiser to get your free challenge t-shirt by [clicking here](#)
- ✓ Start sharing your progress with your friends and family!

✨ How long will my t-shirt take to arrive?

Your t-shirt will be arriving by Royal Mail and we are anticipating a lot of requests so please allow up to 14 days to receive your t-shirt before contacting us. Should you still not receive your t-shirt after the 14 days then contact us at fundraising@bch.org.uk.

✨ How many miles do we need to complete and how long have we got to complete them?

To complete the challenge, you need to complete 62 miles across the month of October. If you complete two miles every day of the month, you'll hit your target on Saturday 31 October. If you prefer, you could complete more miles during the weekend to give yourself a rest during the week or vice versa. The challenge really is with yourself, so we encourage you to track your miles every day on the activity card included with your welcome letter and t-shirt, so you can see your progress throughout the month and ensure you're completing the miles to raise vital funds for our hospital.

✨ How should we complete the 62 miles?

It's up to you! You could walk, run, cycle, jog, swim, get on your scooter or any other way you enjoy moving. You don't have to choose one either, you could walk one day, cycle the next, run another and so on.

✨ How can we track our progress?

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

To help you keep track of your progress we will be providing you with an activity card with your t-shirt.

Some other ways you may look to keep track of your progress could be:

- 📌 A notepad
- 📌 A spreadsheet
- 📌 An app

✨ How do we fundraise?

- ✅ Set up your JustGiving fundraising page by [clicking here](#)
- ✅ Spread the word with friends, family, and colleagues

✅ Start sharing your progress!

If you don't get donations straight away, don't worry! A lot of people will look to donate once they can see you're staying dedicated or have completed the challenge. That's why we encourage you to share your fundraising page regularly with video updates, photos and stories to show how you are progressing.

💡 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?

❤️ Share your JustGiving fundraising page near payday

❤️ Share your JustGiving fundraising page on Whatsapp, email and across your other social media channels

❤️ Tell your story - let your friends and family know why they're donating to Birmingham Children's Hospital Charity

❤️ Repost the unique content we share in the Facebook group along the way

❤️ Get your friends and family to take on the challenge too

💡 I've set up my JustGiving page, what do I do now?

If you've set up your JustGiving page for our 62 Miles in October 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 fundraising go towards?

100% of the incredible donations you raise on your 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 with every donation you'll be helping us to improve our hospital environment and patient experience to make the time our sick kids spend with us more comfortable.

Your 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.