sands

Winter Walk

Saving babies' lives.
Supporting bereaved families.

S	S	M	T	W	T	F	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!

Halfway there!

Keep going!

Nearly there!

Well done!

Registered with FUNDRAISING REGULATOR

Sands. Charity Registered in Scotland SC042789, England and Wales 299679. We also operate in Northern Ireland. Company Limited by Guarantee Number: 2212082. Registered Address: 10-18 Union Street, London, SE1 1SZ.

sands.org.uk/winter-walk

? Frequently asked questions

You may have other questions about the upcoming challenge. Check out our FAQs on our website here - www.sands.org.uk/winter-walk for the answers. If your question isn't answered please email us at walk@sands.org.uk.

How do I raise money?

Your online fundraising page was set up for you when you registered. Check your email inbox to find your confirmation and fundraising page link. It's really easy to share the page link with your family and friends.

If you would like, you can set up a fundraising page on another online platform, we recommend JustGiving.
Go to https://www.justgiving.com/campaign/sandswinterwalk26

Will I get a reward?

Everyone who raises £175 or more will receive a limited edition silver star keyring and certificate after the challenge ends. You don't need to do anything to get this. Everyone will receive a digital certificate sent to your email after the challenge ends. If we need any extra details from you, we'll be in touch. If you move house, please let us know by emailing **walk@sands.org.uk**.

My family want to do the challenge with me. Can they have t-shirts?

No problem! Simply ask them to fill out the registration form on our website here sands.org.uk/winter-walk and we will send them fundraising packs and t-shirts.

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 from here: **sands.org.uk/sponsorshipform**

Join our Facebook group

Do I have to walk my kilometres?

It's up to you! We think most people will walk the 60 kilometres throughout December or you can walk 2k a day 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 Fundraising page and on social media so friends and family can cheer you on and we can see how you're doing too!

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

Track your distance using any tracker app including Apple Health, Strava, Fitbit/Google Health, Garmin, or a smartwatch. You can sync your Strava, Fitbit and Garmin app to your fundraising page. Follow the steps below if you are using another app to update your km's on your fundraising page manually:

- Log in to your Sands fundraising account by clicking on the person icon on the top right screen. - fundraising.sands.org.uk
- Go to My Fundraising
- Select My Fitness Activity
- Scroll down to Add Activity and type in how many km's you've done and any other details
- Click Save Changes

Once you're home, use the tracker on the reverse of this sheet to record how many kilometres you've completed and watch them add up!

Where will my friends' money go?

Directly to us at Sands. All donations added to your page will automatically be sent to Sands. You don't need to do anything or have to worry about this. It happens automatically through your fundraising page.

Do I have to prove I've completed the challenge?

You don't need to prove you've completed the distance - we trust you! You can post videos, pictures and updates on your fundraising page, social media and on our Facebook group. Sharing updates is also a great way to show those who have sponsored you that you're committed to completing the challenge.

sands.org.uk/winter-walk

Scavenger Hunt

Winter Walk

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As you walk 60k this December, be sure to look out for and tick off these sights as you go.

You might wish to take a photo of each one you spot and upload it to our Facebook group or your fundraising page as proof! Best of luck.

To look for

- Pinecones
- Holly berries
- Sunset
- Sunrise
- Christmas lights
- Squirrel
- Bobble hat
- Mistletoe
- Frosted Spiderweb

To listen for

- Crunchy Leaves
- Birds tweeting
- Aeroplane
- Dog barking
- Running water
- Christmas music

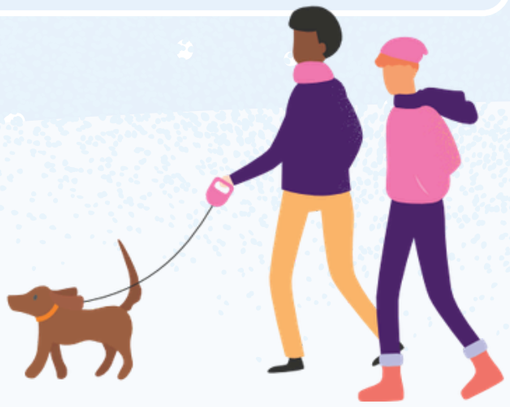
To smell

- Rain
- Pine tree
- Mulled wine
- Chimney smoke

Bonus! To taste

- Mince pie





Draw or write about your adventure here

You might include who you're with, what you see, or why you're out Winter Walking for Sands.







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