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If you have any further questions, please email [sport@roycastle.org](mailto:sport@roycastle.org)

1. **What is the 30 Day Sit Up Challenge?**

We're encouraging supporters to complete either 30, 50 or 100 sit ups a day throughout the month of December, depending on your physical ability. You can choose the target you would like to aim for, and you can of course either increase or decrease this over the course of the month or even choose your own unique goal. Sit-ups can be split into intervals with breaks in-between.

1. **How do I sign up?**

To take part in the challenge, you must join the 30day sit up challenge Facebook Group, fill in the registration form linked in the group to set up your fundraising page and order your top. Then you are set to go on 1st December!

1. **I don’t have Facebook; can I still take part?**

This challenge is designed to take place on Facebook, but if you would still like to take part, get in touch to let us know. Please email sport@roycastle.org.

You can set up a JustGiving page here: [www.justgiving.com/roycastle](http://www.justgiving.com/roycastle)

1. **Can I complete the challenge at my own pace?**

Absolutely! This challenge is designed to fit you! You choose when you complete your challenge and how many sit ups you want to take on. You may do more sit ups one day if you miss a day or decide to take a rest day. Please split the sit ups into different intervals if you feel like you need to. You can keep log of all of your progress on your sit up tracker.

1. **How do I track my sit-ups?**

When you sign up for the challenge using the link in the Facebook group and set up your Facebook fundraiser, we will send out your top and a printed tracker document. Use each day on your tracker to note how many sit ups you have completed so far and how many you have remaining for the month.

1. **Do I need to provide evidence that I’ve completed the challenge?**

No evidence needs to be provided as proof that you have completed the challenge. You earn your rewards by setting up your Facebook fundraiser and raising at least £50 for your medal or £80 for your medal and festive blanket. We encourage you to share your progress in the Facebook Group if you wish to do so.

1. **What level of fitness do I need to have?**

This challenge is aimed to be accessible to all. However please do consult your doctor if you are unsure whether this challenge is suitable for you.

1. **Can I invite my friends and family to take part?**

Yes, absolutely! Everyone is welcome to join! Please send them the link to join the Facebook Group.

1. **Is there a registration fee?**

This is a FREE challenge for anyone to take part in. The only thing we ask is that you set up a Facebook fundraiser to receive your free top and then try your best to raise as much money as possible to help us continue supporting everyone affected by lung cancer.

1. **What is the registration deadline?**

There is no registration deadline, however, we would recommend signing up as soon as possible. The challenge is designed to take place throughout the month of December. The sooner that you sign up, the more time you have to prepare and fundraise for your challenge.

1. **How do I set up a Facebook fundraiser?**

Once you complete the registration form in the Facebook group, you will be able to set up your Facebook Donate page. Information on how to do this is pinned in the Facebook group.

1. **I’ve accidently made more than one Facebook fundraiser; how do I amend this?**

Unfortunately, you can't merge Facebook Fundraiser pages. You can however change the end date one of the pages to close it, so no one sponsors you using that page. If you already have sponsorship on both then you can instead hide one of them, so others don't see it and the majority of money goes on one main Fundraiser that you promote. Whatever you decide and even if you close one page early, the funds still come to Roy Castle Lung Cancer Foundation and the fundraising from both pages will count towards your total. You can manage your fundraisers here.

1. **I don’t want to use a Facebook Fundraiser; how else can I fundraise?**

You can set up a JustGiving page here: [www.justgiving.com/roycastle](http://www.justgiving.com/roycastle)

You can also fundraise offline using a sponsorship form, if you would like a sponsorship form, email us at [sport@roycastle.org](mailto:sport@roycastle.org) and we will send one out to you.

1. **Do I have a fundraising target?**

We ask that you raise as much as you possibly can as there is no registration fee to take part in this challenge.

£50 will earn you your own exclusive challenge medal and £80 will earn you your very own festive blanket.

1. **Can we fundraise as a group?**

Yes. If you would like to fundraise as a group, one member of the group should complete the registration form and set up a Facebook Fundraiser as directed in the Facebook group. This page can then be shared on behalf of the whole group.

1. **Is there a deadline to complete fundraising?**

When you create a Facebook fundraising page, it automatically closes after 14 days. You can extend the end date of your fundraising page by:

* Open your fundraising page
* Click ‘Edit’ under the main image and headline
* Scroll down to the box that says ‘Set the End Date’
* Select ...
* Then click ‘Save’ in the top right

If you hit your fundraising targets for your medal or your medal and blanket prior to the 18th of December, we will be sending your items out to you so you can receive these before Christmas. If you complete your fundraising after this date, we will send your items to you in the new year.

1. **Do you have any tips for raising the most I can?**

There are a few things you can do to make the most of your Facebook fundraising page:

* Upload a photo to personalise your page. This could be a photo of you showing off your free top!
* Setting a target is a great motivator for yourself and it helps to encourage your friends and family to help you reach your goal
* Tell your friends and family why you‘re taking on the challenge and the difference their donation will make to those affected by lung cancer
* Share your Facebook fundraiser and email a link to your co-workers to raise awareness of your challenge
* Post regularly on your Facebook fundraiser to keep everyone updated with how you’re doing

1. **How do I get my free top?**

As stated in the Facebook group, to receive your free top you must complete the registration form in the Facebook Group and then follow the steps to create your Facebook fundraiser. Once set up, we will send your top out.

1. **How long will my top take to arrive?**

Please allow 2 weeks for your top to arrive after you complete the registration form and have set up your Facebook Fundraiser.

1. **I haven’t received my free top. What should I do?**

Contact [sport@roycastle.org](sport@roycastle.org )and the team will look into this for you.

1. **What do I do if my top doesn’t fit?**

Please contact the team at sport@roycastle.org and let us know of any issues with your top.

1. **When will I receive my medal and blanket?**

Once you have hit your £50 fundraising target, we will then send your medal. Once you have hit your £80 target, we will then send you your blanket. After hitting your targets, please allow at least 2 weeks for your items to arrive. If your fundraising is completed after 18th December, we will be sending your challenge rewards out in the new year. We apologise for any inconvenience this may cause.

1. **How does the charity receive my sponsorship?**

All donations from Facebook fundraisers and JustGiving automatically come to Roy Castle Lung Cancer Foundation. You don’t need to worry about transferring the funds.

1. **How do I submit offline donations?**

Cash donations can be paid directly into our bank account using the transfer details:

Bank: Barclays Bank

Account Name: Roy Castle Lung Cancer Foundation

Sort Code: 20-51-43

Account Number: 20861855

Please put your name as a reference so we know to add it to your total.

If you do this in your local Barclays bank, please keep a copy of the paying in slip as a receipt.

You can also pay in by cheque, making it payable to Roy Castle Lung Cancer Foundation and post it to our head office:

Roy Castle Lung Cancer Foundation

Cotton Exchange Building

Old Hall Street

Liverpool

L3 9LQ

1. **How will my money help?**

Roy Castle Lung Cancer Foundation is the only charity in the UK solely dedicated to supporting people affected everyone affected by lung cancer and, with your support, is leading the charge to improve outcomes so people can live through lung cancer rather than die of it.

Our research into early detection has laid the groundwork for lung cancer screening and we are proud to be supporting NHS England on the rollout of its Targeted Lung Health Check programmes. These programmes are revolutionising early detection rates, with 77% of people diagnosed at stages 1 and 2 when lung cancer is easier to treat with curative intent.

We now stand on the cusp of a national screening programme for lung cancer and continue to campaign for its implementation with our #needtoscreen campaign so more people will have access to these life-saving initiatives.

We recognise, however, that lung cancer screening will not be available to everyone which is why we remain committed to helping everyone get diagnosed as the earliest possibility. Our ongoing work in symptom awareness, challenging disease misconception and empowering self-

advocacy remains vital and at our core, as does our research into the development of new early diagnostic techniques, including blood tests and sputum swabs.

In addition to funding over £30 million into lung cancer research, Roy Castle Lung Cancer Foundation supports thousands of people living with the disease. From our online support sessions to the Ask the Nurse helpline, 24-hour forum and patient grants, we provide practical, emotional, and financial support to ensure no one goes through lung cancer alone.

It is for all these reasons that we once again, thank you so much for supporting our charity because we cannot do this without you.

1. **What if I don’t complete the challenge or complete too soon?**

The only thing that matters is that you do as many sit ups as you are able to, every sit up helps! No matter if you do 1 or 100 a day.

1. **What happens at the end of my challenge?**

Share your amazing achievement! Let everyone who sponsored you know that you completed the challenge and share how many sit ups you completed over the 30 days.

1. **Who can I speak to if I need more information?**

If you need any more information regarding the 30 day sit up challenge please email us at [sport@roycastle.org](mailto:sport@roycastle.org).