

# SMOKE FREE FOR SEPTEMBER FAQs

## **IS THE REGISTRATION FREE?**

Yes, the registration is completely free. You only need to raise as much money as you can for Roy Castle Lung Cancer Foundation.

## **WHERE DO I REGISTER?**

You can join the [FACEBOOK GROUP HERE](#), [REGISTER HERE](#), and then follow the link to create your Facebook Fundraising Page.

## **MY FAMILY MEMBER/FRIEND WANTS TO JOIN. HOW CAN THEY DO THAT?**

That is great! They can join the [FACEBOOK GROUP HERE](#), [REGISTER HERE](#), and follow the link to create their Facebook Fundraising Page.

## **WHEN WILL I GET MY SMOKE FREE CHAIN AND WELCOME PACK?**

After registration, please allow 10-14 business days for your welcome pack to arrive. Packs are mailed through Royal Mail.

## **I DON'T WANT ROY CASTLE LUNG CANCER FOUNDATION TO SEND ME ANYTHING. CAN I STILL REGISTER AND NOT GET THE SMOKE FREE CHAIN?**

Yes! You can create your Facebook Fundraising Page without ordering a Smoke Free chain.

## **IS THERE A DEADLINE TO REGISTER?**

The registrations will remain open until midnight on 31/09/2024. Please register as soon as possible to avoid missing out!

## **IS THERE AN AGE LIMIT TO TAKE PART IN THE CHALLENGE?**

Yes. To participate you must be 18 or over.

## **CAN I DONATE TO MY OWN PAGE?**

Yes, we actually recommend that! Lead by example and ask your friends and family to do the same!

## **CAN ONE PERSON DONATE MORE THAN ONCE?**

Yes. There are no limits on how many donations one person can make.

## **HOW MUCH DO I HAVE TO FUNDRAISE?**

Facebook fundraisers are automatically set-up with a target amount. However, any and all support you can offer goes a long way towards helping Roy Castle Lung Cancer Foundation with their mission to ensure everyone diagnosed with lung cancer can live well with the disease for as long as possible.

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**MY FRIEND MADE A DONATION WITH THE WRONG AMOUNT. CAN YOU ARRANGE A REFUND?**

Email: [community@roycastle.org](mailto:community@roycastle.org) with full details of the date/amount and correct amount/fundraiser and your name/donors name.

**MY PAGE STILL HAS NO DONATIONS. HOW DO I GET PEOPLE TO DONATE?**

Share your fundraising page with all your friends and post about your journey daily. Additionally, make a donation to your own page to show your support and share why the cause is important to you.

Either way, you are spreading awareness about how Roy Castle Lung Cancer Foundation helps those living with lung cancer.

**MY FRIEND IS IN A DIFFERENT COUNTRY AND WANTS TO DONATE. IS THAT POSSIBLE?**

If they can't donate through Facebook, they can donate to Roy Castle Lung Cancer Foundation. [DONATE HERE](#).

**I HAVE COLLECTED MONEY OFFLINE - HOW CAN I SEND THESE DONATIONS?**

You can donate the total to your own Fundraising Page online, if you have the cash. Make your cheque payable to: 'Roy Castle Lung Cancer Foundation' and mail to: Roy Castle Lung Cancer Foundation, Cotton Exchange Building, Old Hall Street, Liverpool, L3 9LQ.

**MY SMOKE FREE CHAIN HASN'T ARRIVED YET. WHEN CAN I EXPECT IT TO BE DELIVERED?**

Please allow 10-14 business days for delivery. If it has been longer than that, send an email to: [community@roycastle.org](mailto:community@roycastle.org) and we will get back to you.

**WHERE DO I SET UP MY FACEBOOK FUNDRAISING PAGE?**

Just click [HERE](#) and follow the instructions. It is quite simple!

**IS MY FUNDRAISER PAGE PUBLIC?**

Yes, once you set up a Fundraising Page any of your friends and family can donate and share!

**CAN I EDIT THE INFORMATION TO MAKE IT IN MEMORY/TRIBUTE OF MY FAMILY MEMBER/FRIEND?**

Yes, you can. There is an 'edit/manage' button on your fundraiser page where you can make your tribute and edit all information.

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## **MY PAGE HAS ENDED. HOW CAN I FIX THIS?**

Unfortunately, once your page is finished you can't reactivate it. You need to start a new one [HERE](#).

## **CAN I SHARE MY PAGE OUTSIDE FACEBOOK?**

Yes, you can! Those without a Facebook account can [DONATE HERE](#).

## **HOW DO I TRACK MY PROGRESS?**

You will receive an progress calendar in the mail or can print one from the Facebook group. You can find it under the Files menu or in the Featured Posts at the top of the page. Feel free to use any trackers you already have too. Use whatever suits you best.

## **CAN I START THE CHALLENGE WITHOUT MY TRACKER?**

Yes, you can. When you do get your tracker we recommend you post pictures of it to your fundraising page as you progress through your challenge.

## **CAN I START EARLY OR FINISH LATER?**

We ask for the challenge to be set in September but we understand that other responsibilities can be in the way.

## **CAN I DO MORE THAN JUST SEPTEMBER SMOKE FREE?**

If you feel like you can kick it up a notch, yes you can!

## **WHAT IF I FAIL TO COMPLETE THE CHALLENGE?**

We would love to see everyone complete the challenge, but we understand that circumstances can change and the challenge is difficult, any hours/days Smoke Free are a win. Please don't struggle alone, we are here for you.

## **IF I BECOME UNWELL CAN I FINISH LATER OR SHOULD I GIVE UP?**

Unfortunately, life can sometimes get in the way of our best intentions. Please seek medical advice if you experience any discomfort and always follow health guidelines.

## **DO I HAVE TO PROVIDE PROOF OF COMPLETION?**

Absolutely not! We trust you! It is however, a great idea to post updates on your progress to your fundraising page to let your supporters know how you're getting on with your challenge.

## **I AM STRUGGLING TODAY. CAN I STOP FOR ONE DAY AND KEEP GOING LATER ON?**

Feeling uncomfortable can absolutely happen when taking up a challenge like this. Please allow yourself whatever you need, focus on how many you *haven't* smoked instead of how many you have, and seek medical support and help if necessary.

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**WHAT IF I CAN'T COMPLETE THE CHALLENGE?**

That is absolutely fine. We know life can get in the way. Don't feel discouraged. We are grateful for your support and help in building awareness!

**REMEMBER:**

**GO AT YOUR OWN PACE  
AND THINK OF ALL THE BENEFITS OF QUITTING.**

**TALK TO FRIENDS,  
TALK TO THE SMOKE FREE FACEBOOK GROUP.**

**YOU'RE NOT ALONE IN THIS.**