

Step Forward in September FAQs

How do I set up a Facebook fundraising page?

To set up your Facebook fundraiser all you do to is click this [link](#). It's quick and easy to do, and you'll just need to fill in your details to get set up. Once you've set it up, remember to personalise it with photos of your training, your progress and what the challenge means to you.

What incentives can I get and how can I get them?

Once you've set up your page and received your first donation, you will receive a new post on your page with a link to order your socks! (these will be available w/c 21 August)

How do I get people to sponsor me?

Once you have set up your fundraiser, make sure to share it on your social media channels with your friends, family, and colleagues. If you're comfortable, share your reasons for taking on the challenge, and any personal stories you might have. Let them know how important this challenge is to you and how vital the money raised is to Cystic Fibrosis Trust.

I don't have access to a computer, can I raise money offline?

Absolutely. You can use our [sponsorship form](#) to raise money rather than using an online method. Simply [download](#) and print off to keep track of all your sponsorship collected or pledged. Once you've completed your fundraising, you will be able to pay in your donations as per [instructions here](#).

I don't have to walk 30 miles in one go do I?

Of course not. This is a cumulative challenge for the month of September. You could walk 1 mile each day or plan some longer walks each week.

What is the best way of keeping track of my distance?

There are lots of free apps that you can use such as Strava, Nike +, Samsung Health or Google Fit. Fitness trackers are usually able to measure your distances and there are lots on the market, including Fitbit, Garmin and Apple watch. Alternatively, you can [download our distance tracker here](#).

Any more questions?

Call us on - 0203 7952176

Email us at - events@cysticfibrosis.org.uk

[Whatsapp us](#)

#TeamCF