

# Virtual Walk for the Wards 2021

## Frequently Asked Questions

### **How can I register to take part in Virtual Walk for the Wards 2021?**

To register, please visit <https://www.pth.org.uk/event/virtual-walk-for-the-wards/> or call 01252 729446.

### **How much does it cost to register to take part?**

The event is free to take part in this year, but we are hoping that everyone who takes part will aim to raise at least £25 in sponsorship. Following the cancellation of the majority of our events last year your support is needed now more than ever. Any sponsorship you raise will enable us to continue to provide our essential care for patients and their families across our local area whether that is at the Hospice, Beacon Centre or in the community.

If you are not in a position to get sponsored but would like to make a donation, there is an option to do this when you register.

### **Can I Gift Aid my donations?**

Please encourage all those who sponsor you to tick the Gift Aid box if they are a UK taxpayer. This enables us to claim the tax back on their donation enlarging it by 25% at no cost to them. Gift Aid is only eligible on personal donations (i.e. not company sponsorship).

If you choose to make a donation instead of raising sponsorship then please do enable us to claim gift aid on your donation if you are eligible.

### **What route will the walk take?**

The routes for the physical event in Tilford are either 5 or 10 miles long, but you can choose to do whatever distance you like. You can also choose where you want to go and design a route that suits you and your friends and family.

### **Do I have to take part in Virtual Walk for the Wards on 17th & 18th July?**

We are encouraging everyone to complete their own Walk for the Wards route this weekend as this also coincides with the physical event on Sunday 18th July. However if you would prefer to complete your Virtual Walk for the Wards on a different date, that is no problem, just let us know the date you are planning to take part and we will make sure your t-shirts arrive with you in time.

### **What is the Virtual Walk for the Wards Strava competition?**

We would love you to draw a picture or shape using Strava when taking part in your Virtual Walk for the Wards route. There will be a prize awarded to the best Strava picture drawn on the day. It could be the Phyllis Tuckwell dove, a heart, a message or anything that you can think of, the more creative the better. This is completely optional so not compulsory at all, it is just a bit of fun for anyone who would enjoy getting creative with their route! Please contact us to find out more about using Strava if you are new to Strava.



## **Can anyone enter?**

Virtual Walk for the Wards is open to people of all ages and abilities. All participants under 18 must have permission from an adult to register so they agree to take responsibility for their participation and completion of the route they choose to walk. Phyllis Tuckwell Hospice Care cannot take responsibility for any participants in the Virtual Walk for the Wards event.

## **When will I receive my Walk for the Wards registration pack?**

You will receive your registration letter via e-mail within 10 days of you registering for the event. We will post out t-shirts to all registered participants one month before the event.

If you decide to hold your Virtual Walk for the Wards walk before the weekend of the 17/18th July, please let us know in advance so we can make sure your t-shirt arrives with you in time.

## **How do I raise sponsorship online?**

Sponsorship forms will be available to every participant however you may prefer not to use paper sponsor forms at the current time, so please consider setting up an online sponsorship page. The easiest online fundraising platform to use is [www.justgiving.com](http://www.justgiving.com).

To set up your own JustGiving page and personalise it to Virtual Walk for the Wards, simply visit **[www.justgiving.com](http://www.justgiving.com)** and follow the instructions to set up your page, choosing Phyllis Tuckwell Hospice Care as your beneficiary. Fundraising online saves you having to collect the money and send it to the Hospice as it's all done automatically. Also, if your sponsor declares they are a UK tax payer, JustGiving will automatically claim Gift Aid (the tax back) on their donation, enlarging it by 25% at no cost to them, you or us!

- Visit **[www.justgiving.com](http://www.justgiving.com)**
- Click on 'start fundraising' then follow the simple steps to create your page.  
Entitle your page: **Virtual Walk for the Wards.**
- Follow the simple steps on screen, selecting Phyllis Tuckwell Hospice Care as the charity you would like to benefit from the funds you raise and write the title of your event.
- You may like to have a photo to upload and think of a title for your page.
- We would also encourage you convey on your page why you are taking part and why you would appreciate any sponsorship given.
- Once you have completed all the steps, you will be given a personal link to your page. You can then email this to everyone you know!

**Please contact us if you have any trouble in setting up your online fundraising page – we have lots of top tips to making these pages as successful as possible.**

(If you are familiar with another online fundraising platform like Virgin Money Giving – then you are welcome to set up a page there if you prefer.)

## **Can I walk as part of a group?**

Yes, as long as the Government guidelines allow this. Please encourage your friends, family and colleagues to join you or to take part in a different location on the same day. As it stands, Government Guidelines allow groups of up to 30 to mix outdoors.

## **Photos**

Please take photos of yourselves completing your Virtual Walk for the Wards route. We would love to see you all in your Walk for the Wards t-shirts and please do personalise them if you are walking in memory of someone special.

If you are sharing your photos on social media, please tag Phyllis Tuckwell in, we would love to see them or alternatively please do share them on our Facebook page. Our hashtag for this event will be **#WalkForTheWards**, so please feel free to use this on all social media platforms.

## **Can I share that I am taking part on social media?**

Yes please! We would love you to share the fact you are taking part, please share it on any platform you use. The more people that know about Walk for the Wards, the better, so please tell as many people as possible! If you haven't already received it, please ask for our 'I'm taking part in Walk for the Wards' image to share on your pages.

If you are getting sponsored, it is a great idea to share the link to your social media pages as well.

We also have our own Facebook group for everyone taking part in Walk for the Wards 2021. If you haven't already joined, please find us by searching for Phyllis Tuckwell Walk for the Wards 2021, or use the link [www.facebook.com/groups/792084864770652](https://www.facebook.com/groups/792084864770652) to join.

If you do put anything on social media, please add our hashtag #WalkForTheWards to as much as you can.

## **What do I need to wear?**

We are sending all registered participants a t-shirt to wear on the day, so we would love it if you could wear this. It will show others around you, who you are walking for. Please feel free to customise the t-shirt too.

In order to get the t-shirts to every virtual participant, you will need to register by Wednesday 14th July otherwise we cannot guarantee the t-shirt will reach you in time.

## **What if I am unwell on the day?**

If you are unwell and have any symptoms of Covid 19, please arrange a test and stay at home. If you are unable to do your walk on 17th or 18th July as planned then you are welcome to complete it at a later date, when it is safe for you to do so.

Phyllis Tuckwell<sup>®</sup>   
Hospice Care  
...because every day is precious

