



HAMPSHIRE AND
ISLE OF WIGHT
AIR AMBULANCE

Facebook challenge FAQs

Miles for Missions

Registration process

Is the Registration Free?

Yes, the registration is completely free! All we ask is that you set a goal to raise as much as you can during the challenge.

Where do I register?

You can join the Facebook Group through this link: <https://www.facebook.com/groups/3769784819904480>

And register through this link: <https://givp.nl/register/jrVlzfQ>

Please then follow the link to create your Facebook Fundraising Page.

My family member/friend wants to join. How can they do that?

Yes of course! Please share the above Facebook and registration links, and ask them to follow the link to create their own Facebook Fundraising Page.

When will I get my Hampshire and Isle of Wight Air Ambulance cap?

Packs will be sent out from the 22 April. If you register after this date, please allow 3 to 4 business days for your pack to arrive. All packs will be sent via Royal Mail.

Is there a deadline to register, or can I register past the challenge start date?

We don't have a strict registration deadline and late registrations are also welcome. Although please do register as soon as possible to avoid missing out.

Is there an age limit to take part in the challenge?

No. There is no age limit, but we do want people to feel comfortable and safe. Remember: if you are under 18 you need a parent or a guardian to agree you can participate.

Facebook group participation

We love to see your posts and interactions in the Facebook group. Please be aware when you are sharing anything in the group that you are responsible for the content you are posting – whether it is a photo, video, meme, etc. Hampshire and Isle of Wight Air Ambulance can not be responsible for the sharing of the content, and we encourage all supporters to post mindfully.

Donations

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.

My friends don't have Facebook. Can they still donate to my fundraiser page?

Unfortunately, no. But they can donate directly to us at <https://www.hiowaa.org/donate/> or if they send you money directly, you can donate to your own fundraiser and add a note to thank them.

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 us to keep flying and saving lives. We suggest setting your fundraising goal at £100 and sharing with your friends and family via Facebook and WhatsApp.

My friend made a donation with the wrong amount. Can you arrange a refund?

Kindly follow the instructions [here](#) for a refund.

My page still has no donations. How do I make people 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.

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 us through our website [here](#).

I have collected money offline - How can I send these donations?

You can donate the amount to your own Fundraising Page online, if you have the cash.

Or you can mail a cheque made payable to: Hampshire and Isle of Wight Air Ambulance

Post your cheque to our charity office at:

Hampshire and Isle of Wight Air Ambulance,

F4 Adanac Park

Adanac Drive

Nursling

Southampton

SO16 0BT

About the fundraising page

Where do I set up my Facebook Fundraising Page?

Just click [here](#) and follow the instructions. It only takes a minute to set up.

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 (or manage) button on your fundraiser page where you can make your tribute and edit all information.

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 - you can do so here—<https://givp.nl/fb/4Tmzsdjv>

Can I share my page outside Facebook?

Yes, you can! But donations to your Fundraising page must be made by those with a Facebook account. Those without a Facebook account can donate on our website: <https://www.hiowaa.org/donate/>

About this specific challenge

How do I track my progress?

You will receive an activity tracker sheet in your fundraising pack. Feel free to use any fitness 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 May, but we understand that circumstances change and other responsibilities might take priority.

Can I do more than 100 miles in the month?

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. Please don't force yourself. We'll be proud of you, whatever mileage you manage to achieve!

If I get injured or become unwell, can I finish later or give up?

Unfortunately, with physical challenges, injuries can sometimes happen. Please seek medical advice if you experience any discomfort and always follow health guidelines. Of course you can finish your challenge at a later date, it's completely up to you and what's best for you.

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 feeling sore. Can I stop for one day and keep going later on?

Feeling sore can absolutely happen when taking up a challenge like this. Please allow yourself a day or more to rest, stretch before and after your activity, and seek medical help if necessary. Please stop if you need to, your health is more important.

If you have any further questions about the event, **please do get in touch at events@hiowaa.org**

Thank you for your support!

