

## FAQ'S 300,000 Steps in November Facebook Challenge

Find answers to some frequently asked questions about our 300,000 Steps in November Facebook challenge below!

### Getting set-up

Find your answers below!

#### Q: I've just signed up, now what?

Firstly, join the [Facebook Group](#) we set up for this challenge, by following the link and clicking 'Join Group'. Once you're in, use the link in the pinned announcement post from Jo Garry to set up your [iDonate fundraiser](#) and sign up for your free Barnardos t-shirt and fundraising pack, get tips, be inspired and find out everything you want to know about the challenge!

#### Q: How do I get my free Barnardos t-shirt and fundraising pack?

We'll send you out a challenge pack, which includes your free Barnardos t-shirt and more, after you fill in your details on our registration form. You'll find the link on the pinned announcement post from Jo Garry in our [Facebook group](#).

#### Q: How do I track my steps?

You can use whatever is most convenient for you to track your steps, your own phone or smartwatch are perfect or measure what you walked or run. Whatever you use, the most important thing is that you post updates to our [Facebook group](#) and [iDonate fundraiser](#) so your friends and family see how hard you're pushing yourself!

In your pack, we've also included a calendar to help you track your steps. But use whatever tracking method is most convenient for you!



## Fundraising

### Q: How do I raise money for Barnardos?

Fundraising with iDonate is the easiest way to raise money. You can set up a fundraiser in a few seconds [here](#). You can personalise the title of your challenge, give information on why you have undertaken this challenge and upload a photo of your choice, then share the fundraiser with your friends on social media, by email, WhatsApp or personal message.

### Where will my friends' sponsorship go?

All funds donated through an [iDonate fundraiser](#) go directly to Barnardos. You don't have to worry about this - it happens automatically. These funds will support our work with vulnerable children throughout Ireland.

### What should I do if a friend wants to donate but doesn't want to do this online?

There are a few options here. They can give you the money directly, and you can donate to your [iDonate Fundraiser](#) on their behalf.

Alternatively, they can donate directly to Barnardos on our website here:

[barnardos.ie/donate](https://barnardos.ie/donate) - ask them to note in the comment box that they are sponsoring **your** 300,000 Steps in November challenge.

Or, if some of your friends only want to give cash, we can send you out a sponsorship envelope so you can record their pledges, and whenever you can collect their donations, lodge them altogether to Barnardos. We can send you a sponsorship envelope and our bank account details if you email [jo.garry@barnardos.ie](mailto:jo.garry@barnardos.ie)

### Q: What if I don't want to use iDonate fundraising?

Fundraising on iDonate is the best way to gather donations as people can easily make a donation to your challenge and the funds are automatically transferred to Barnardos – you don't have to do anything more with them. If you prefer to fundraise offline, we can forward you a sponsorship envelope to record the pledges, collect donations and then transfer/lodge the funds to Barnardos. We can send you a sponsorship envelope and our bank account details if you email [jo.garry@barnardos.ie](mailto:jo.garry@barnardos.ie)



**Barnardos**  
**300,000**  
*steps in*  
**November**

### **Q: Any tips for fundraising on iDonate?**

Need some help on how to talk about your fundraising? Use or adapt the suggestions below to share quick updates!

"I'm taking on the 300,000 steps challenge in November! I'd love you to donate what you can to help fund the services Barnardos provide to vulnerable children and families across Ireland."

"The start of my 300,000 steps challenge in November for Barnardos is getting near and I'm getting stuck into training and fundraising. So far I have raised \_\_\_\_ on my fundraising page but I'd love to raise more. Please donate if you can."

"It's time to kick off my 300,000 steps challenge in November which I'm doing to fundraiser for Barnardos children's charity. Help me raise my €200 target by donating what you can to my fundraising page."

"Please show your support for my 300,000 steps challenge in November for Barnardos by donating to my page. If you can't donate, please share my fundraising page and leave a message of support."

## **Problems**

**Q: What if I don't complete the challenge?** The only thing that matters is that you have some fun challenging yourself. Do as many meters as you can. You do the steps whenever suits you - whatever works best for you. Every step you do helps.

### **Q: I've had an injury and am having trouble completing my challenge, what should I do?**

If you're injured or feeling unwell, stop your challenge immediately and check in with your GP. Your health and wellbeing must come first. Even if you don't complete your challenge and reach your target, you'll still have made a difference and helped children in Ireland.

### **Any other questions?**

Pop them into the 300,000 Steps in [November Facebook page](#) or get in touch with our Fundraising Events and Community Executive Jo at [jo.garry@barnardos.ie](mailto:jo.garry@barnardos.ie)

