

Nurses' Steps How can we help?



What is Nurses' Steps?

A brand-new challenge for St Barnabas House! There are two options to choose from. You can either complete 7,000 steps a day for the month of February, or for a tougher challenge you could try and complete 10,000 steps within the month of February.

Are there any registration fees?

It's just £12 to register, and we'll send you some exclusive St Barnabas House shoelaces, and a medal when you have completed your incredible challenge. We'll also support you to help achieve your goal and fundraising target.

Is there a fundraising target?

Yes! Your registration fees cover the costs associated with the Nurses Steps challenge, so please raise some sponsorship money St Barnabas House, to enable us to continue providing care and support when families need it most. We ask you to try to raise at least £70, but the sky is the limit, and we are grateful for every penny you raise!

Is there an age limit to take part?

No - as long as you feel fit enough to take part you can step up and make a big difference! Children can take part, and did you know you can now take part as a family, and get everyone involved in the challenge!

I am a wheelchair user; can I take part?

Of course! There is no eligibility criteria to take part. You can set your own daily distance and upload this in different ways, see the FAQ below on this.

How do I receive my medal?

Either send us a screenshot from the app or recording device you are using showing the number of steps you have completed from 1 February to 28 February; or a copy of the tracker you can download from the website, and we'll post out your well-deserved medal.

How do I count my steps?

You can download any of the free apps suitable for both iPhone and Android. Or what about a Pedometer?

If you're using Strava and Runkeeper to measure distance rather than steps, we've worked out some approximate conversions:

2000 steps = 1.6km/ 1 mile

7,000 steps = 5.6km/ 3.5 miles

10,000 steps = 7.62km/ 5 miles

Can I meet other people taking part?

Yes! Join our Nurses' Steps Facebook group where you can chat to other Steppers, let everyone know your daily step totals and upload your photos. Meanwhile, we'll be posting ideas to help keep you motivated throughout the month of February.

What if I don't hit my 7000 steps a day?

Don't panic if you have an off day or a day off! You can always make the steps up on a nice weekend walk with the family – or just put in a bit of extra effort and make up the numbers across the following week. Have a look at our [info hub](#) for more great ideas.

What if I don't hit my 10,000 steps a day?

As with the 7,000 challenge, we have a lot of hints and tips on our [info hub](#) that will help you find ways to make up your steps, it could be as simple as watching your favorite show and not fast-forwarding through the commercials. Instead, stand up and march in place or have a quick tidy up around the house until your show is back on again!

How far is 7,000 steps a day for February?

Based on the average person's stride, 2,000 steps is one mile, so by the time you get to the end of February you'll have walked 98 miles - equivalent to 32 hours and 40 minutes' worth of walking!

How far is 10,000 steps a day for a month?

Based on the average person's stride it's 5 miles (or 8 km). You'll have pelted through 140 miles by the end of your challenge - about the same distance you'd walk along the beautiful coastline from Brighton to Bournemouth

How can I set up my fundraising page?

It's super easy! Go to www.justgiving.com where you can create your own fundraising page. Use the helpful downloadable guide on our website for more info.

If you can't find what you need, do get in touch and we can give you guidance over the phone.

Can I get a St Barnabas House t-shirt?

We can send you a St Barnabas House t-shirt for a donation of just £5. If you need any more fundraising materials don't hesitate to ask - call our events team on 01903 254777 or email events@chestnut.tree.house.org.uk

How can I send in my sponsor money?

The easiest way to fundraise is through Just Giving, as the funds come directly to St Barnabas House without you needing to do a thing.

We are trying to limit the amount of cash being handled, so please bear this in mind if you do need to collect sponsorship money. You can use the following methods to send us your sponsorship money either before or after the event:

- Direct payment: send a payment via BACS to Sort code: 60-03-38 and Account no: 70574790, using account name ST BARNABAS HOSPICES SUSSEX . Please include your name and the reference 'STB Nurses'-Steps'.
- By cheque: send us a cheque using our freepost address: - Freepost RSL-CHXE-CGZR, St Barnabas House Event Team, Titnore Lane, Worthing, West Sussex, BN12 6NZ
- Over the phone: Call us on 01903 254777 and donate over the phone using your debit or credit card details.

Please don't send cash in the post

I still have a question, what do I do?

We are sorry that your question wasn't answered here – please contact the Events Team by phone on 01903 254777 or by e-mail at events@STBH.org.uk and we'll be happy to help.