



## Nurses' Steps FAQs

### February 2023

#### What is Nurses' Steps?

A unique virtual challenge from St Barnabas House! Complete 7,000 steps a day for the month of February.

#### How do I register?

Go to: <https://www.stbarnabas-hospice.org.uk/events/nurses-steps/>

#### When do I need to register?

Before 1 February 2023

#### How much is it to register?

Individual entry is £10  
One adult and unlimited children - £20  
Two adults and unlimited children - £30  
Unfortunately, all registration fees are non-refundable.

#### How do I know I have a space?

When you register and pay successfully, you will receive an automatic email from the Events Team confirming your registration and starting you off on your fundraising journey.

#### What is included in my registration fee?

Everyone who signs up will get a pair of exclusive St Barnabas House shoelaces to help keep you on track. When you've completed your challenge, we will send you a well-deserved medal – to show our appreciation and what a difference you have made! We also have family fun activity sheets and a fundraising help pack available once you've signed up!

#### Is there a minimum sponsorship?

No! Your registration fees cover the Nurses Steps Challenge costs. If possible, we ask you to try to raise at least £150 for our 50th anniversary as we celebrate 50 years of loving care in the local community. The £150 you raise could give a patient a whole night of care at home, meaning they are comfortable and well cared for, and their family is able to get a full night's sleep.

## **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!

## **I am a wheelchair user; can I take part?**

Of course! This challenge is open to everyone. 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.

## **When will I receive my medal?**

Your medal will be mailed to you at the beginning of March.

## **How do I count my steps?**

Within your fundraising pack, you will receive a step tracker. We have found this to be the easiest way to record your steps. Simply enter your daily total and send us a picture via email or postal mail using the free postage envelope included in your fundraising pack.

Email - [events@stbh.org.uk](mailto:events@stbh.org.uk)

Post - Freepost - RSLL-CHXE-CGZR, St Barnabas House Events Team, 2 Titnore Lane, Worthing, BN12 6NZ

## **When do I need to send back my step tracker?**

The challenge will come to an end on February 28th. Please return your step tracker as soon as possible after this date. If you are using an app to track your distance rather than steps. We have worked out some approximate steps and distances for you.

2,000 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 with 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. You can join the team [here](#)

## What if I don't hit my 7,000 steps a day?

Don't panic if you have an off day or a day off! You can always make up the steps 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 information hub for more great ideas.

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

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

## I would like to wear a St Barnabas House t-shirt while completing my challenge, how do I get one?

Please contact the team at 01903 254777 to request a t-shirt.

## What if I haven't fundraised before?

The team will be here every step of the way to help you with your fundraising. A good place to start is our website [www.stbarnabas-hospice.org.uk/fundraising/fundraising-hub](http://www.stbarnabas-hospice.org.uk/fundraising/fundraising-hub). Here you will find hints and tips to get you started, a whole host of fundraising advice and tools to download, and guides on setting up a [JustGiving page](#). We will also send you a fundraising pack to help you. Feel free to talk to us anytime about your ideas or if you need some extra help. We are here to help you succeed!

## Can I gift aid my donation?

We would love for you to gift aid your donation! By checking the box on the sponsorship form, you can ask all of your sponsors to gift-aid their donation, which will help St Barnabas House raise an additional 25p for every pound you are sponsored. Please note we are unable to put Gift Aid towards your minimum sponsorship target. Find out more on our [website](#).

## How do I pay in my sponsor money?

There are several ways you can send your sponsorship to us;

- **Online:** If you have a JustGiving (or similar) page, then funds will automatically be sent to us every couple of weeks
- **Our website:** Head over to our [website](#) and donate online
- **Cheques:** You can send us a cheque, made payable to St Barnabas House, to 'Freepost RSL-CHXE-CGZR, St Barnabas House Events Team, 2 Titnore Lane, Worthing, BN12 6NZ.
  - Please write *NS23YOURNAME* on the reverse of the cheque
- **Phone:** You can call us on 01903 254777 and pay over the phone. These are the Natwest Bank details for St Barnabas Hospices). Please use a clear reference so we can attribute this to you – *NS23YOURNAME*
- **BACS:** You can make a payment to us at
  - Sort code: 60-03-38
  - Account No: 70574790.

**We strongly advise not to send cash in the post!**

If you do have cash, then you will need to drop it into St Barnabas Hospices Reception, 2 Titnore Lane, Worthing, BN12 6NZ. Please call ahead on 01903 254777 to arrange this.

If you are using a Sponsorship Form, we will need a copy of this in order to claim any Gift Aid from your supporters.

## Still got a question?

No worries, contact us on 01903 254777 or drop us an email at [events@stbh.org.uk](mailto:events@stbh.org.uk) and we will get back to you.