

FREQUENTLY ASKED QUESTIONS

What is the Swim 10 Miles challenge?

The challenge is to swim 10 miles throughout the month of July. Whether you're an early bird hitting the pool for your morning swim, or going for an evening dip to wind down, the challenge is yours to personalise.

How do I set up a Facebook fundraising page?

To register, set up your fundraising page, and request your free Breast Cancer Now swimming cap, please click the link below. Once you've set it up, remember to personalise it with photos of your swim, your progress and what the challenge means to you.

Register, set up your fundraising page and request your Breast Cancer Now swim hat here: <https://givp.nl/register/D31pc17q>

If you have already registered and requested your swimming cap, but haven't set up your fundraiser yet, please follow the link here: <https://givp.nl/fb/D31pc17q>

What is GivePanel and why does it appear when I set up my fundraising page?

We work with GivePanel who provide support for Facebook fundraising. They help to create your custom fundraiser which is tailored to the Swim 10 Miles challenge.

How can I find my fundraiser?

You can find your Facebook fundraiser here: <https://www.facebook.com/fundraisers/manage>

I don't want to fundraise through Facebook/ I don't have Facebook, can I fundraise on another platform?

For this challenge, we are encouraging everyone to fundraise through Facebook. If you don't want to use Facebook, don't have an account or know people who don't have accounts, you can also fundraise using JustGiving:

- Firstly, to register and receive your Breast Cancer Now swim cap click this link: <https://givp.nl/register/D31pc17q>
- At the end of the form select 'Submit without activating fundraiser yet'
- Then to set up a JustGiving page, click this link: [JustGiving Sign-Up](#)

To fundraise offline, simply download and print off our sponsorship form to keep track of all your fundraising collected or pledged - [Sponsorship Form](#)

If you choose to fundraise offline, please email us at virtualchallenges@breastcancer.org so we can note your fundraising. To donate the offline funds in once you've completed your fundraising, please see the options below:

- Pay in your donations through our website here: <https://breastcancer.org/get-involved/do-your-own-fundraising/pay-in-your-fundraising>

- Call us up and donate over the phone on **0333 20 70 300**
- Send your sponsorship form (with a note of your details and the challenge you're taking part in) along with a cheque through the post to:

FREEPOST RTSC-SJTC-RAKY
Breast Cancer Now
Fifth Floor
Ibex House
42-47 Minorities
London
EC3N 1DY

How do I join the Swim 10 Miles Facebook group?

You can join the Facebook group here: <https://www.facebook.com/groups/swim10mile>

How do I get a Breast Cancer Now swimming cap?

You'll get your free Breast Cancer Now swimming cap when you register and set up your fundraising page. Please note that it can take up to 1-2 weeks for your swimming cap to arrive.

Register and set up your fundraising page here: <https://givp.nl/register/D31pc17q>

Can I change the end date of my Facebook fundraiser?

When setting up a Facebook fundraiser they are automatically set up to end on the 31 August 2024. If you would like to change the end date:

- Go to your fundraiser
- Click the 'Edit' button
- Click 'End Date' and select a new date
- Finally, click save in the top right corner

Once you have an end date for your fundraiser, you can also announce milestones along the way to build up support and keep your followers updated on your progress. For example, "5 days left!"

How do I get people to sponsor me?

Once you have set up your fundraiser, make sure to share it on your social media channels with your friends, family, and colleagues. If you're comfortable, share your reasons for taking on the challenge, and any personal stories you might have.

Let them know how important this challenge is to you and how vital the money raised is to Breast Cancer Now.

Do you have any tips for increasing my fundraising?

If you're looking for ways to increase your fundraising, have a look at some of our ideas below, and see if any of these could work for you:

- 1. Personalise your Facebook Fundraiser page** – add any poolside pics or videos of you during your challenge and any stories you might want to share. To thank your donors, you could post photos or stories about them personally too.
- 2. Self-donate to your page to kick-start your fundraising** - It shows your committed to your challenge & your donation of £5 or £10 might encourage others to at least match your amount!
- 3. Host a sweepstake** – Ask people to guess how many minutes it will take you to complete 10 miles of swimming and the one with the closest guess could win a prize!
- 4. Share your page regularly** – Don't be afraid to keep sharing your page on your social media. Keep everyone updated with your progress, and remind everyone why this challenge is so important to you.
- 5. Match Giving** - Ask your employer about matched giving, they might be able to help you double your total.

Stuck for what you will say in your first message?

If you're not sure what to say, here is a suggestion to get you started. The most important thing is to tell people what you're up to, why the challenge is important to you and what you're raising money for:

“This July, I am taking part in the Swim 10 Miles challenge to raise money for Breast Cancer Now, the research and support charity.

Why? Because 55,000 people are diagnosed with breast cancer every year in the UK. Now more than ever, we must do all we can to support patients and their families through whatever they're facing. But Breast Cancer Now can't do it alone. The charity's nurses, scientists, and the hundreds of thousands of families affected by breast cancer, urgently need support.

Thank you for your donation, which will help Breast Cancer Now to fund world-class research and life-changing support for everyone affected by breast cancer, now and in the future.”

How can I get friends and family involved?

Your friends and family will love to see your progress throughout the challenge and will look forward to seeing how well you're doing. Keep them updated with Facebook posts and swimming pictures showing how far you have come.

One way to keep people interested could be to take on your challenge somewhere a bit different. This could be a dip in the sea, or a trip to your local river! You could ask those who donate to suggest a location. This will help to keep people engaged, and you might find some amazing new locations for a swim!

What is the best way of keeping track of my swims?

We have a document where you can keep track of your miles throughout the month: [Challenge Tracker](#)

Do I need to prove I have completed the 10 miles?

We trust you, and we won't be asking you to prove that you've done your 10 miles. What we do suggest though is that you share photos and videos from your swims on your fundraising page and the Facebook group. We'd love to see them!

What if I am not able to finish my challenge?

Although the goal is to swim 10 miles throughout July, we understand that this is not feasible for everyone. This is a personal challenge and so if you need to change the distance or timescale of your challenge, that's completely fine. Choose a distance that is a challenge for yourself, and we will be there to support you the whole way through. Your health and safety are the most important thing to us, so don't push yourself too miles

Is your question not listed?

If you have been unable to get your question answered or you would like to talk to someone about your Swim 10 Miles challenge or fundraising, please feel free to contact our team by emailing virtualchallenges@breastcancernow.org or calling 0345 077 1892. You can also reach out on the [Facebook group](#).