

Steps for Jo's FAQ's

Below you will find all the essential information you need to take part in Steps for Jo's, including the most frequently asked questions. If you have any further questions please drop us an email and we'd be happy to help fundraising@jostrust.org.uk

I've just signed up what do I need to do?

Please make sure you are joined to the Facebook community and have set up your fundraising page. Once your fundraising page is set up you will receive a fundraising pack via email.

You can set up your fundraising page [online here](#).

I don't have Facebook, can I still take part?

Of course! It just means that you won't see the content we post in the Facebook group and won't be able to interact with other participants.

Can I take part as a team?

Of course, you can set up a team fundraising page on Just Giving. You can find more information here – [A guide to team pages – JustGiving help](#).

What's in my fundraising pack?

Our fundraising pack will provide you with plenty of ideas on how to raise as much as possible during June. If you need any further support, you can get in touch with our team on fundraising@jostrust.org.uk

What should I do during June?

From 1st June, you're going to start taking Steps for Jo's and start to work towards the 90km goal. The challenge is to step in your local area, at your own pace.

Every pound raised will help us in our mission to eliminate cervical cancer and support everyone affected until that day becomes a reality.

You can create your fundraising page through Just Giving online here –

<https://www.justgiving.com/campaign/StepsforJos23> We will automatically send you your fundraising pack closer to the time.

We will have a Facebook group where you can connect with other participants, share messages of support and updates as you progress towards your target. Our team will be on hand to keep you motivated during the month.

Is there a registration fee?

It's free to sign up and take part and we will send you your free fundraising pack a little closer to the time. Once you have raised over £20, we will also send you your free Jo's Cervical Cancer Trust t-shirt to wear with pride!



How do I get my fundraising pack and t-shirt?

Once you have set up your fundraising page we will automatically send you your fundraising pack a little closer to the time.

Once you have raised over £20 we will contact you to find out your size and send you your free t-shirt in the post.

Do I have to walk 90km in one go?

You have the full month of June to walk the 90km total and you can do this however you would like. You could do one 90km walk (a huge challenge!) but equally you could do 18 5km walks throughout the month. Do whatever feels comfortable for you.

Do I have to walk?

Please feel free to do whatever feels comfortable for you, it's completely up to you. We know many people like to walk but if you would like to run you are very welcome, you could either roller-skate or skip! Please remember to take this at a pace that suits you.

Does it have to be 90km?

We hope everyone who takes part is able to complete the full 90km distance within the month. However, we do not want anyone to overstretch themselves or pick up an injury. Of course, if you would like challenge yourself to go further than 90km, that is also very welcome!

How do I join the Facebook community?

You can join our Facebook community by clicking the below link and clicking on the "Join Group" button. In order to join, you will need to have a Facebook account and be logged in.

<https://www.facebook.com/groups/stepsforjos23/>

How can I find the Facebook community rules and guidelines?

You can find them in our Group online here - <https://www.facebook.com/groups/stepsforjos23/>

How can I track my distance?

We recommend using a service like Strava. This allows you to track and share your distance using your smartphone. You can sign up for a free account at strava.com. Alternatively, many smartphones have an inbuilt tracker or health app which you can use.

What will Jo's be doing during the month?

We will be in the Facebook group, reading your posts, cheering you on and providing you with hints and tips to keep up your momentum. We're also here to answer any questions you have just drop a question in the Facebook group or email us on fundraising@jostrust.org.uk

Where does it all take place?

There is no set location for you to take on your 90kms. You can fit them in around your lifestyle or go for a long walk in your local area. Please feel free to join in, fundraise and get your 90kms in at the location of your choice.

Please make sure wherever you are walking is safe and consider walking during daylight hours if you are going solo. Ensure that you are planning your routes wisely.



I can't do June, can I choose another date?

Starting the challenge at the same time means we can all take part as a community and motivate each other, so we ask that you try to keep to June where possible. Of course, if you are struggling to fit in your distance in the month of June, you can absolutely take a little longer to finish.

How old do I need to be to take part?

Participants aged under 18 must provide contact details of their parent or legal guardian, and must receive permission from that parent or guardian to take part in the Event and receive communications from Jo's Cervical Cancer Trust about this Event.

I want to share my story beyond the Facebook group and help raise awareness - who can I talk to?

We are keen to hear from people who are interested in sharing their story. Please get in touch with our team on fundraising@jostrust.org.uk for more information.

What happens after the event?

After the event we will send out medals to everyone who has raised over £150 in the post. We will share the fundraising total with the group in early July – so make sure you collect as many donations as you can during June!

When do we find out how much is raised in total?

We aim to update everyone by mid-July the fundraising total.

How long will the Facebook group stay open for?

The group will stay open for up to a month after the event and then it will be put on pause.

When will my fundraising pack arrive?

The fundraising pack will be sent to you two weeks before 1st June. We will automatically send this to you once you have set up your fundraising page. If you do not receive this in your inbox please check your junk folder.

If you are unable to find the pack please get in touch with our team on fundraising@jostrust.org.uk

How do I set up my fundraising page?

You can set up your fundraising page online here - <https://www.justgiving.com/campaign/StepsforJos23>

Once you have set up your page you can customise it by adding photos, sharing your story and sharing updates as you work towards your 90km target.

I feel uncomfortable fundraising or asking people for donations can I still take part?

You are very welcome to just join our community, take part in the event and take 90km Steps for Jo's in your local area. Unfortunately, we can only provide a free t-shirt to those people who have raised a minimum of £20.



Alternatively, if you would like to make a one-off donation yourself you can do so using the [JustGiving campaign page](#) or making a donation online here - <https://jostrust.enthuse.com/donate#!/>

Where can I find a sponsorship form?

Please get in touch with our team on fundraising@jostrust.org.uk and we can send you a sponsorship form and any other resources to help with your fundraising. There is also a sponsorship form in your fundraising pack that you can print and use.

Is there a fundraising target?

We are asking our supporters to raise £150 to support our work so that we can continue to support everyone affected by cervical cancer and cell changes.

How do I raise money?

You can set up your fundraising page online here - <https://www.justgiving.com/campaign/StepsforJos23> Once you have set up your page, it's easy to share with friends and family on social media and ask them to donate in support of your impressive 90km Steps for Jo's challenge.

Our fundraising pack will also give you plenty of ideas on how to raise as much as possible during June. If you need any further support, you can get in touch with our friendly team by emailing fundraising@jostrust.org.uk

We would love to hear more about why you are taking part in Steps for Jo's. If you feel comfortable to do so, please do say hello and share on the Facebook group why you are taking part.

I have collected some donations offline. How can I send this to you?

You can pay in offline donations by paying these into your own account and then donating it onto your fundraising page.

Alternatively, you can pay in the funds via our website (<https://jostrust.enthuse.com/donate#!/>) Please make sure to add 'Step's for Jo's' in the comments box so we know where the donation has come from.

You can also donate via bank transfer, please contact our team fundraising@jostrust.org.uk for the details on how to do this.

How will Jo's use the funds I raise?

The funds you raise will help us to support everyone affected by cervical cancer and cell changes. It will also help us to continue in our mission to eliminate cervical cancer.

I have a question; can I talk to someone?

Please get in touch with our friendly team by emailing fundraising@jostrust.org.uk

If you need support please visit our website - <https://www.jostrust.org.uk/>

