

3,000 Sit-ups ups in May Challenge for 'The Mercy' FAQ



- **How do I take part in the Challenge?**

To take part in the challenge is very easy! Make sure you have joined the FB group, create a fundraiser to log your Sit-ups and set out your plan on how often and how many Sit-Ups you are doing across the month. We will send you a guide tracker in your Welcome pack but you do not have to follow this plan.

- **How can I make sure I have registered properly?**

If you have filled in the form to register for your welcome pack you will receive a email from us shortly afterwards (please note it may be longer over the weekends)
To make sure you have created your fundraiser please click [here](#) and if you can see your fundraiser you have created it!

- **What is in the Welcome Pack?**

In your welcome pack, you will get a letter from us, your cool wrist bands, your steps tracker. Sponsorship cards are only added if requested.

- **Do I have to do all the situps in one go?**

No, you can spread the sit-ups across the month and just do as many as you can. Some days you will do more than others. You can only do your best!

- **How do I keep track of the Sit-ups I am doing?**

You will find the handy tracker in your pack that you can fill in and post pictures of it. You can also use any app of your choice, or just a handy pen and paper! Whatever suits you best, aslong as you post this to your fundraiser clearly!

- **How do I prove I have done the 3,000 Sit-Ups?**

As part of the challenge registration, you will be asked to setup a Facebook fundraiser, here is where you can post your progress and any updates. These pages are linked to us and we will be able to check this for your progress.

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- **Can I do more than 3,000 Sit-ups?**

Yes of course, 3,000 sit-ups will be a challenge for some but not everyone! If you feel you want to challenge yourself to do more you are more than welcome to do so, but we will only be tracking the 3,000!

- **When will I get my Pack?**

After you register using the link on the Facebook Group, you will get your pack in the post shortly afterwards. We send these in bulk, so your registration date will not be the same as the postage date. Please note there are also delays with an Post so post may take longer than normal.

- **Is there a minimum you have to raise in this challenge?**

For us to see your fundraiser and be able to track your steps, you must just have atleast one donation on your fundraiser. It does not matter if you make it or one of your friends / family.

- **Do I have to create a fundraiser on FB?**

So for us to be able to track your progress we use FB fundraisers. If you do not want to share your fundraiser with your family and friends, you can just use it to track your Sit-Ups and make a donation yourself. If you are not creating a fundraiser you will need to reach out to us at challenges@mercyhospitalfoundation.ie.

- **Can I get a sponsorship card?**

Of course, you can request one either on the FB group or by emailing challenges@mercyhospitalfoundation.ie. Please note if you request a sponsor card you must return it even if you do not use it.

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- Can people not on Facebook donate to my Facebook fundraiser?

Unfortunately, Facebook does not allow people to donate without a Facebook page. They can transfer the funds directly to you and you can donate on their behalf, or if you like you can create another fundraiser (JustGiving or iDonate) for your non Facebook Friends. Please note that only Facebook Fundraisers are being used to track Sit-Ups.

- Can my family and friends take part?

Of course, we are delighted to have more people join the team, just guide them to find the links in the Announcement section of the fundraising group just like you did and once they register we can send them

- How do I send in funds raised on my sponsorship card?

There are a few ways you can return your funds to us raised on a sponsorship card:

1. **Online** - use your facebook fundraiser or the mercyfundraising.ie website.
2. **Post** - send a cheque to us in the Mercy Foundation office in 4 Washington Street West

Our offices are not currently open due to the restrictions so we will not be able to offer a drop in service. While we usually request you return all sponsor cards, we understand this may not be possible at the moment so the following are options:

1. Return the sponsorship card to us by post (even if you did not use it)
2. You can also post 2 pictures on your fundraiser. The first picture of your card with the donation lines and names on it. The second picture is of the card ripped up afterwards, making sure to have the card number showing.