



# FAQS



## WHAT IS THE TOMMY 10,000 STEP CHALLENGE LOCKDOWN EDITION?

Have you started 2021 on the right foot? Feeling motivated to make this year count? Whether you want to set yourself a goal to get fit, blow out those lockdown cobwebs and be part of a passionate online community.

The Tommy 10,000 Step Challenge is exactly what you're looking for! Step, hope or run your way to 10,000 steps per day for the duration of lockdown - an achievable goal that will get your mind and body moving!

To get going in January is always a challenge, but there's no better motivation than the support of the incredible RBLI community cheering you on! Plus, the knowledge that every penny you raise will help our most vulnerable veterans. Give yourself and our nations heroes a sporting chance. Let's start 2021 as we mean to go on!

You can begin your challenge anytime and continue right through the duration of lockdown. How far will you walk during this lockdown?

## AS YOU TAKE ON THE 10,000 STEP CHALLENGE

We want to make the challenge as accessible as possible so you can choose to walk, run, cycle or wheel! If you are a wheelchair user or want to scoot or rollerblade in the Tommy 10,000 Step Challenge, everyone is welcome. Just pick your challenge, plan your route and off you go!

## HOW DO I SIGN UP TO THE 10,000 STEP CHALLENGE?

It couldn't be easier to sign up, simply visit [www.rbli.co.uk/tommy-step-lockdown-challenge](http://www.rbli.co.uk/tommy-step-lockdown-challenge) and fill in your details.

## I HAVE JUST SIGNED UP, WHAT ARE THE NEXT STEPS?

1. Join the Facebook Group we set up for this challenge. Once you have signed up to take part in the Tommy 10,000 Step Challenge you will be sent a link to the Facebook Group. Click 'Join Group'. Once you're in, you can get your t-shirt and welcome letter, get tips, be inspired and find out anything you want to know about the challenge!
2. Set up your Facebook Fundraiser, details of how to do this can be found in the Facebook Group and will also be emailed to you.
3. Request your fundraising pack and free technical t-shirt to wear during your challenge.

## IS THERE A REGISTRATION FEE?

No, it's free to take part in the challenge and you get a FREE Tommy 10,000 Step Challenge technical T-shirt once you receive your first donation. All we ask is that you set up a Facebook Fundraiser and share it with your friends and family.

## **HOW LONG IS IT THE TOMMY 10,000 STEP CHALLENGE?**

The Tommy 10,000 Step Challenge is starting on the 1st of January 2021, so you can start anytime during that month to complete your challenge

## **CAN CHILDREN TAKE PART?**

Yes, under 18s are welcome to take part but they'll need an adult to register on their behalf as we can only communicate with an adult.

## **CAN I CYCLE THE TOMMY 10,000 STEP CHALLENGE?**

Yes! You can walk, wheel or run the Step Challenge depending on your ability and fitness levels, just remember to complete 5 miles / 10,000 steps a day.

## **WHO IS TOMMY?**

The iconic Tommy image represents where we began in 1919 supporting mainly Tommies returning from WW1, while commemorating those who have died since, and helps to look after veterans of today. Check out our "Who is Tommy" document that explains in further detail.

## **IS THERE A LIMITED NUMBER OF PLACES FOR THE TOMMY 10,000 STEP CHALLENGE?**

No there is no limit of participants, so please get your friends, family and work colleagues involved.

## **DO I NEED TO TRAIN FOR THE TOMMY 10,000 STEP CHALLENGE?**

10,000 steps a day is the NHS's recommended amount of minimum daily exercise for an average adult. However we realise everyone has different fitness levels so go at your own pace. As always, please consult your doctor before starting a new exercise regime.

## **WHAT IF I DON'T COMPLETE THE CHALLENGE?**

The only thing that matters is that you challenge yourself. Do as much as you can. All we ask is that you try your best.



## HOW DO I RAISE MONEY?

Facebook Fundraisers are the easiest way to raise money. You can set one up in a few seconds, we will send you the link directly to your email address provided. All funds are automatically transferred after the challenge is completed. Alternatively, you could set up a JustGiving page.

## HOW MUCH DO I HAVE TO RAISE?

We recommend a goal of £150. We understand some people won't fundraise that much and others will fundraise much more so fundraise as much as you can to help RBLI support veterans and those in need at the moment. When you hit the suggested fundraising target of £150 you will receive an exclusive event medal.

## WHERE DOES MY FUNDRAISING FROM FRIENDS & FAMILY GO?

RBLI has a proud heritage as a charity helping to improve the lives of those who sacrificed so much. Recently we have taken three homeless veterans in, one of whom was 81 years old and arrived at the village 3 days before Christmas. Your fundraising will help to provide welfare for the veterans living in the Mountbatton Pavilion. Veterans who suffer from PTSD who are unable to work and use the routine of their jobs to be able to help them through periods where they struggle.

We are also thinking of the current situation, there are veterans who are living on the streets who are vulnerable and exposed without the comfort of a loved one or a home to help them to feel safe.

## WILL I RECEIVE ANY HELP ALONG THE WAY?

Yes. Once you have signed up you will be sent details of a private Facebook group where you will be encouraged to join where you can find inspiration, encouragement and fundraising tips as well as meeting fellow Tommy 10,000 Step Challenge participants to share your experience and motivate each other. There is always a fundraiser on hand to help with any fundraising related questions at: [shauna.creamer@rbli.co.uk](mailto:shauna.creamer@rbli.co.uk)

## WHEN WILL I RECEIVE MY FREE T-SHIRT?

You will receive your t-shirt in your event kit, 5-7 days after you have received your first online donation.

## WHAT IS RBLI'S FACEBOOK PAGE?





Please follow us on: [facebook.com\royalbritishlegionindustries](https://www.facebook.com/royalbritishlegionindustries)

## GOT ANOTHER QUESTION?

For more information, just drop us a line on 01622 795943 or email [shauna.creamer@rbli.co.uk](mailto:shauna.creamer@rbli.co.uk)



Royal British Legion Industries (RBLI) Charity No. 210063. RBLI, Hall Road, Aylesford, ME20 7NL, Kent

-  [rbli.co.uk](http://rbli.co.uk)
-  [fundraising@rbli.co.uk](mailto:fundraising@rbli.co.uk)
-  [@RoyalBritishLegionIndustries](https://www.facebook.com/RoyalBritishLegionIndustries)
-  [@RBLICharity](https://www.instagram.com/RBLICharity)

RBLI is completely separate to The Royal British Legion and receives no financial support from the annual poppy appeal. The charity must raise its own funds to deliver care and employability support, and build more homes