



Step Out for Dougie Mac Q&As

The format of this event will be a little different to our usual Dougie Mac fundraising events you are used to supporting; so to help answer some questions you may have, we have put together a series of Q&As to bring you up to speed on our new and exciting plans!

Who is the event for?

This event is open to everyone! Whilst we hope you can get your family and friends involved, please remember to adhere to official [government guidelines](#) while walking.

I can't register online, how do I register?

A member of our Fundraising Team can register you over the phone please call: 01782 344304.

Where can I walk?

We recommend planning a route so you feel confident while out on your walk. To help you decide on a route click [here](#) or download the **Get Outside** app. If you'd prefer a map to refer to, you can use **OS Explorer 258 map Stoke-on-Trent and Newcastle** or **OS Landranger map 188 Stoke-on-Trent and Macclesfield**. Remember to adhere to social distancing guidelines when passing others and avoid areas where it may be difficult to adhere to these guidelines.

Is this event safe during Covid-19?

Since you'll be deciding the route for your walk, please keep in mind [government advice](#) surrounding Covid-19 by avoiding areas where social distancing may be difficult and walking in groups larger than official guidelines permit. If you are still concerned about the safety of the event, you could head out for a sunrise or sunset walk when your neighbourhood will usually be much quieter!

What happens if the event is cancelled?

We reserve the right to cancel and/or re-arrange the event due to changes in government guidance in relation to any regional or UK wide lockdown. Should this happen, we will inform you at the earliest possible opportunity. No refunds will be issued, nor will any compensation be given.

Will I need to train/practice for my walk?

You may want to do a few practice walks to make sure you're physically prepared for the walk. It will also be a great opportunity to scope out a good route; especially if you're looking to walk an unfamiliar area to take in some new surroundings and picturesque views.

I want to take part! - What happens next?

Great- we really appreciate your support at this event! Sign up on the [Step Out event page](#) by clicking the ENTER NOW button. This will take you to our event registration form. Only the lead participant needs to complete the form, but please let us know how many people will be walking with you so we know how many medals and bibs to send you.

Do you have any tips to help me fundraise?

Once registered we will send you a fundraising pack which will include top tips to get your fundraising started and a decorative paper bib that you can personalise and pin to your t-shirt as you walk. JustGiving also has some great fundraising tips [here](#)

How can I raise sponsorship?

We are asking our supporters to raise £50 in sponsorship which will support the continuation of Dougie Mac's specialist palliative care services. To reduce cash handling, we are encouraging participants to create an online

giving page to raise sponsorship. **JustGiving** makes it really easy to raise money and share your page with your friends and family. Our fundraising pack will include lots of useful information to help you reach (and hopefully surpass!) your fundraising target.

For steps on how to create a **JustGiving** fundraising page for you or your Team please visit our **[Resources Area](#)**.

If you prefer to raise your £50 sponsorship through cash donations, please ensure all monies are paid to the Douglas Macmillan Hospice, Barlaston Road, Stoke-on-Trent, ST3 3NZ by Friday 30th October 2020.

Will I get a medal?

Once we have received your sponsorship and/or donation, you will receive your Dougie Mac supporter medal.

Are there any t-shirts available?

We have a small number of Dougie Mac supporter t-shirts in a limited selection of sizes which are subject to availability. We would encourage you to wear your vintage Dougie Mac t-shirt if you have one, alternatively dress in yellow for Dougie Mac or be creative and jazz up your walking outfit however you see fit!

Can I track my walk?

It's a great idea to use a tracking app on your walk to record your activity. We recommend the FREE IOS and Android app **Strava** as you can easily connect this with your fundraising page so your supporters can see the route you took and sponsor your achievement all in one place!

For steps on how to connect **Strava** to your JustGiving Page, please visit our **[Resources Area](#)**

On the Day...

What is the event start time?

Gail Nicholls PT will be hosting two pre walk Facebook Live warm ups at 12pm and 3pm to help you limber up before you Step Out for Dougie Mac. A pre-recorded warm up will also be available to watch if you're completing the walk at a different time that day but still want to join in with the fun.

Show your Support

Once registered, we will send you your supporter bib to wear on the day of the walk. You might want to decorate yours in memory of a loved one. It's a really great way to show your support for Dougie Mac and show passers-by what you're up to!

Can I sign up on the day?

We are encouraging participants to pledge to fundraise for Dougie Mac as we are hoping to raise £50,000 for the hospice, therefore, we'd encourage the maximum number of supporters to sign up in advance of the event. On the day entry can only be done online and you would not receive your fundraising pack in the post.

How do I share photos of my walk?

At Dougie Mac, we love to have a professional photographer ready to capture all the best moments from our events. Since we can't have a professional on hand to capture your Step Out moments, we are asking you to get behind the camera and snap some selfies and videos to share on social media. Don't forget to tag us - we would love to see you and your family in action! #DougieMacStepOut

Facebook- @Douglas Macmillan Hospice **Twitter-** @DougieMacStoke **Instagram-** @dougimachospice

If you have any further questions that we have not answered, please don't hesitate to get in touch with our Fundraising Team by email: events@dmhospice.org.uk or telephone: 01782 344304.