



Big Winter Workout Q&A

How does the challenge work?

Participants are challenged to take on 31 mins of activity for 31 days, anyway they like, in January to raise funds so that we can continue to support people living with and affected by Crohn's and Colitis. The challenge officially starts on January 1st.


Is there a registration fee?

No, this event is FREE for anyone to take part in! Whilst there is no minimum sponsorship target, every day we support people with Crohn's and Colitis, so any money you can raise would really help us to reach more people who need our support.

What's the registration deadline

There's no registration deadline, but the technical top is available whilst stocks last, so we recommend you or any friends/family join the challenge as early as possible to avoid any disappointment!

My top hasn't arrived

From the point of ordering your technical top, it can take up to 10 working days for it to arrive. If you've waited longer than this, please contact us on messenger and we'll look into this for you. Thanks so much for your patience 

How do I raise money with Facebook?

Facebook Fundraisers are the easiest way to raise money. You can set up a Facebook Fundraiser in a few seconds and then it's really easy to share the page with your Facebook friends. You can also use your Crohn's and Colitis UK personal fundraiser to get donations from people who aren't on Facebook.

How do I raise money with GoFundMe?

When you registered, we created a GoFundMe fundraising page for you. We recommend sharing the link to your page with friends, family, and colleagues, and letting them know why you're participating in the Big Winter Workout 2025 Challenge.

How do I update my story on my GoFundMe page?

Here are a couple of handy videos to help you:

<https://www.youtube.com/watch?v=Dcf4H8fchbE>


and

https://www.gofundme.com/en-gb/c/blog/campaign-story?_gl=1*d037d1*_up*MQ..&gclid=Cj0KCQjwr9m3BhDHARIsANut04YrkK_uCaFVhee6JUTcvK_Oxbclp4nEO3qSiMU5YFPhB84FgO11xsEaAk5WEALw_wcB

How do I share my GoFundMe page on social media?

<https://www.youtube.com/watch?v=DWC2CIFUyyl>

Where will my sponsors' money go? Do I have to do anything else to pay in my online sponsorship?

All sponsorship will come directly to Crohn's and Colitis UK. You don't have to worry about this. It happens automatically! Thanks so much for your incredible support! 



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What % of the money does Facebook take?

Meta recently changed their donation processing fees and from November 1 will charge a 1.4% + GBP 0.30 processing fee. All donations are greatly appreciated and will go directly to Crohn's and Colitis UK.

What % of the money does GoFundMe take?

GoFundMe have a 1.9% + £0.20 processing fee per donation. All donations are greatly appreciated and will go directly to Crohn's & Colitis UK.

I've received a Text or WhatsApp message how do I know it legitimate?

We will contact you via text or WhatsApp if you opted in, the numbers we will contact you from are:

Text: +447700170875

Whatsapp:

I don't want to fundraise, can I make a donation instead?

Yes, absolutely - you're welcome to make a donation here: <https://crohnsandcolitis.org.uk/get-involved/donate>. Please ensure you include 'Big Winter Workout' in the message box, so we can add it to our overall total! Thank you so much for your support 🙏❤️

My business/employer wants to donate/match fund my fundraising. How do they do this?

It's wonderful that your employer would like to match fund you! The process varies a little between companies. If you can pop us an email over to fundraising@crohnsandcolitis.org.uk, we'll be more than happy to provide them with any further information they might need. Thank you so much! ❤️

What is the fundraising target?

There is no minimum fundraising target. We only ask that you raise as much as you're able. Your target on your page is set at £150. You're more than welcome to adjust this target according to the challenge you'd like to set yourself!

Can I get an extra top?

Unfortunately, we have a very limited stock of technical tops and will only initially be able to supply one per registered fundraiser.

I don't want to fundraise on Facebook or use my Crohn's and Colitis personal fundraiser. What else can I use?

Don't worry. You can set up a JustGiving fundraiser here www.justgiving.com/campaign/bigwinterworkout2025

How much do I need to raise to get a medal?

We will send an exclusive Big Winter Workout medal to anyone who raises over £150 on your Facebook, Crohn's and Colitis personal fundraiser or JustGiving page by the end of the challenge. We'll post these out in February, once all the donations have come in.



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My partner/family/colleagues want to join in too! How do they register? Can they have a separate fundraising page?

That's brilliant! You can send them this link to register for the challenge: [Sign up for Big Winter Workout 2025](#) They can absolutely have a separate fundraising page.

Thank you so much for your support!

What if I don't complete the challenge?

The only thing that matters is that you challenge yourself. However much you achieve, we're so grateful for your support and for raising much-needed funds for Crohn's and Colitis UK

How do I share my Facebook Fundraiser with my friends?

As soon as you set it up, it will appear in your friends' newsfeeds. Then you can post updates on the page and more of your Facebook friends will see it. The more you post, the more people will see it, and the closer you'll get to your goal.

Who can I speak to if I need more information?

For all event questions, please add a post on this Facebook Group or message us directly, and we will assist as promptly as possible. For any additional questions about the charity or how they can support you, please contact fundraising@crohnsandcolitis.org.uk

Is there an age limit?

No. You can take part if you're 10 or 110! But, if you're under 16, you will need a parent or guardian to sign you up for the challenge. Please email fundraising@crohnsandcolitis.org.uk with permission from your parent or guardian.

I have a question which hasn't been covered.

You can pop us an email over to fundraising@crohnsandcolitis.org.uk

Can I have a joint Facebook Fundraiser with my friend/family?

Unfortunately, it appears that Facebook has recently removed that option so they'll need to create their own fundraiser. Thanks so much for your amazing support!

Can I donate to my own fundraiser?

Absolutely! We actually recommend making a small donation yourself if possible to help kickstart your fundraising! Remember that every £5 could help us continue to support those living with and affected by Crohn's and Colitis so your own donation could make a big difference in someone's life. Thanks so much for your amazing support!

Can I change the challenge to suit my needs?

Absolutely! It's your personal challenge and we encourage everyone to adapt it to suit their needs and goals.

Do I have to be super-fit to take part?

Absolutely not! This is your challenge, so you can do it any way you like. If you have any concerns, please talk to your doctor before taking part in this challenge. The challenge should be completed however is best for your physical ability.



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Does my daily/weekly run/workout count?

This is your challenge, and we encourage you to do it your way- some people will do it as part of their usual workout and others might choose to add this in addition. The important thing is that you're doing something that challenges you. This will vary from person to person, so tailor the challenge however you like. It should be tough, but doable. You should feel satisfied when you finish it!

Can I take part on an treadmill or other method?

Absolutely! It's your personal challenge and we encourage everyone to adapt it to suit their needs and goals. ❤️

I'm pregnant can I still take part in the challenge

Congratulations! We absolutely encourage everyone to take part and adapt to the challenge according to their needs. We do ask that you consult with your doctor or midwife before taking part to ensure that this challenge is suitable for both you and your baby. Please remember that you're more than welcome to adapt the minutes if needed too. ❤️

Can someone else take over from me if I'm away/injured?

Yes! Remember this is your challenge and you can complete it however suits you! If you are struggling to reach your target, friends and family might like to help you get there or you could choose to extend your challenge a little.

I'm not based in the UK, can I still take part?

You are more than welcome to take part wherever you are based in the world. Unfortunately, we can only ship tops and medals to UK addresses.