

March through March FAQ's

Registration Process:

Is registration free?

Absolutely! Registration is entirely free. Your focus should be on raising funds for East Cheshire Hospice.

How do I register?

You can register for March through March using our website. If you need further assistance, please reach out to us at fundraising@echospice.org.uk.

How do I join the Facebook group?

Once you have registered for March through March using the form on our website, you will receive an automated email containing the link to our Facebook page. You can also join the page by clicking here (*link to Facebook page once set up*).

When will I get my t-shirt and fundraising pack?

After registration, please allow 10-14 business days for your t-shirt and fundraising pack to arrive. For peace of mind on delivery, email us at fundraising@echospice.org.uk.

I don't want East Cheshire Hospice to send me anything. Can I still register and not get the t-shirt?

That's no problem at all! When you register, just tick the 'No T-Shirt Option'. Remember this is your challenge, so you can make your own preferences!

Is there a deadline to register?

We recommend registering before the second week of March for the optimum challenge experience.

Is there an age limit to take part in the challenge?

No, there is no age limit, but we do want people to feel comfortable and safe. Remember, if you are under 18, get a nod from a parent or guardian for your participation and complete the challenge with friends and/or family.

Donations:

Can I donate to my own page?

Yes! We recommend that. Leading by example is a great way to encourage others to sponsor your March through March.

Can one person donate more than once?

Yes! There are no limits on how many times someone can show their support.

My friends don't have Facebook. Can they still donate to my fundraiser page?

Unfortunately, no. However, they can sponsor you by donating directly to the hospice by clicking [here](#), or they can send you money directly for you to donate to your own fundraiser.

I have Facebook, but I don't want to use it to fundraise...

No worries! You can use JustGiving to raise sponsorship for us. We do recommend that you still join our March through March Facebook page for updates about the hospice and the challenge!

How much do I have to fundraise?

We ask everyone taking part to aim for a minimum of £50.00. Every bit counts towards supporting our end-of-life care services.

My friend donated with the wrong amount. Can you arrange a refund?

Kindly follow the instructions here for a refund ([Request a refund for your donation on Facebook | Facebook Help Centre](#)).

My page still has no donations. How do I make people donate?

Keep everyone in the loop with daily updates and photos on social media. Donate to your own page to show support and share why the cause matters to you.

I have collected money offline – how can I send these donations to East Cheshire Hospice?

Donate the offline amount online or mail a cheque to East Cheshire Hospice, Millbank Drive, Macclesfield, SK10 3DR.

T-Shirt:

My T-Shirt hasn't arrived yet. When can I expect it to be delivered?

Please allow 10-14 business days for delivery. If delayed, please reach out to fundraising@echospice.org.uk and we will get back to you as soon as possible.

About the fundraising page:

Where do I set up my Facebook fundraising page?

[Click here to follow the instructions to set up your Facebook fundraising page.](#) Contact events@echospice.org.uk for assistance.

Is my fundraiser page public?

Yes, once you have set up your fundraising page, anyone can donate and share the page on your behalf.

Can I edit the information to make it in memory/tribute of my family member/friend?

Absolutely! Use the 'edit' or 'manage' button on your fundraiser page to do this.

My page has ended. How can I fix this?

Unfortunately, completed pages can't be reactivated. If this happens, we suggest that you create a new page and combine the totals raised on both pages.

Can I share my page outside of Facebook?

Yes, you can! But donations to your fundraising page must be made by those with a Facebook account. Those without a Facebook account can donate via our donation page here.

About this specific challenge:

How do I track my progress?

A daily tracker is available for you to download and print here. We also recommend that you use your mobile phone, smartwatch, or stepometer for accurate readings. Remember to regularly share your progress on your fundraising page and on our Facebook group!

Can I start early or finish later?

We encourage everyone to begin and finish marching during March. However, if you are joining the challenge later or you have lost some time, you can continue into the beginning of April. We understand that circumstances can change, however we are just as grateful for your dedication.

Can I do more than (*the target*)?

If you feel like you can go above and beyond the target of 300,000 steps this month, do so! Don't forget to keep your sponsors in the loop, they may increase their sponsorship knowing that you are exceeding the goal.

What if I fail to complete the challenge?

We would love to see everyone complete the challenge, but we understand that circumstances can change. Your willingness to partake in March through March is greatly appreciated, so don't feel discouraged.

If I get injured, can I finish later or give up?

Unfortunately, with physical challenges, injuries are likely to happen. Please seek medical advice if you experience any discomfort and always prioritise your health.

Do I have to provide proof of completion?

No need, we trust you! However, we would love to see progress photos throughout the challenge. It is important to let your sponsors know how you're getting on with your challenge, so you can never post too much!

I am feeling sore/tired. Can I stop for one day and keep going later?

Feeling sore can absolutely happen when taking up a challenge like this. Please allow yourself a day or more of rest, stretch before and after your activity, and seek medical help if necessary.

Safety Advisory:

You should go at your own pace that's comfortable for you, so please seek the advice of your GP if you have concerns.