



**University Hospitals
Birmingham Charity**

Steps Challenge

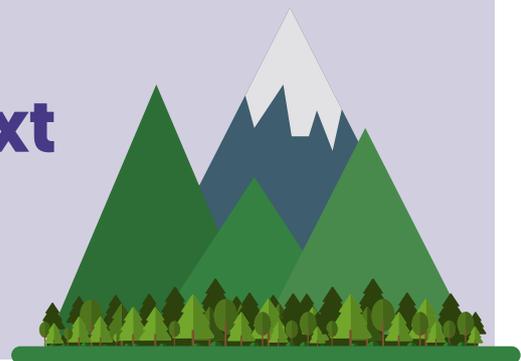
Are you ready for your own mountain-climbing challenge?

At University Hospitals Birmingham Charity, we know that staying at home won't stop our amazing fundraisers from doing their bit. Our Steps Challenge is the perfect way for you to get involved, and help us to support our staff and patients across our hospitals.

What is the challenge?

The goal of the challenge is to climb the equivalent height of your chosen mountain up the stairs, within the safety of your own home. It's easy to get started - using the guide below, choose your mountain, check the number of stairs in your house, and set your daily goal. Once you've set up your fundraising page, you're ready to go!

To get started, visit the next page...



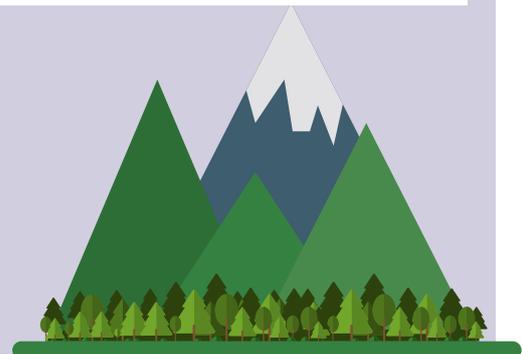


Step One: Choose Your Mountain

Start by choosing the mountain you'd like to climb. If you want to challenge yourself, why not take on multiple mountains such as the Three Peak Challenge?

Mountain Name	Height	Steps	Flights
Scafell Pike, England	978m	6180	412
Snowdon, Wales	1085m	7182	479
Ben Nevis, Scotland	1345m	8810	587
Matterhorn, Alps	4478m	19,200	1280
Mont Blanc, France	4810m	30,420	2028
Kilimanjaro, Tanzania	5895m	38,680	2578
Everest, Nepal	8848m	58,070	3871

Chosen your mountain? Now get planning the length of your challenge...





Step Two: Set Your Challenge

Now you need to decide how long you'd like your challenge to last. It can be as long or short as you like - it all depends on how much you want to challenge yourself!

It's difficult to keep track of individual steps, so flights of stairs may be easier to count. The table in Step One provides the number of flights based on 15 stairs per flight. If you'd like to work out your own target, see the box below.

Working as a team?

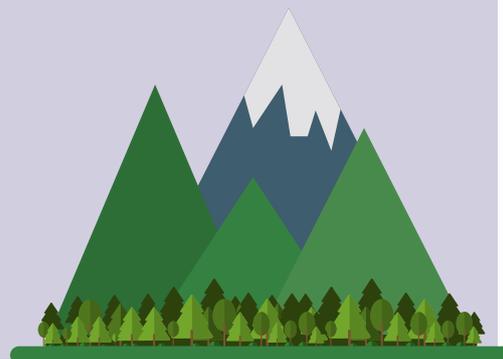
If you are doing the challenge as part of a team, divide your daily target by the number of people taking part.

Working out your own target?

Use this sum to calculate your daily target:

$$\text{Total no. of steps} \div \text{No. of stairs} = \text{Total flights}$$

$$\text{Total flights} \div \text{Days} = \text{Total daily target}$$





Step Three: Make Your Fundraising Page

Setting up a fundraising page is easy, and it's the perfect way to get support from your family and friends. Simply follow our guide below to get set up:

1. Visit

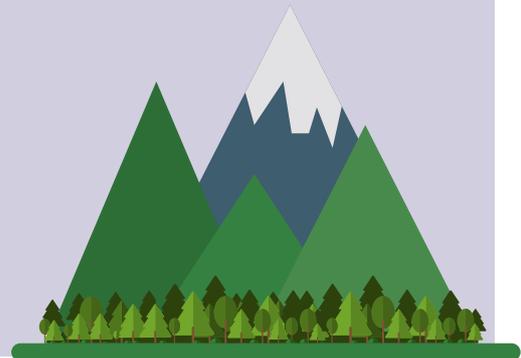
www.justgiving.com/campaign/stepschallenge

2. Click the orange 'Start Fundraising', then sign up with a new account

3. Tell everyone about your challenge in the information section of your page

4. Get fundraising!

If you experience any difficulties setting up your page, get in touch with a member of our team on charities@uhb.nhs.uk





University Hospitals Birmingham Charity

Step Challenge Plan

Mountain Challenge:

Total Steps:

Total Flights:

Daily Goal:

Week 1

Week 2

Week 3

Week 4

Week 5

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Weekly
Total



Completed the Challenge?

Congratulations!

Well done for completing the challenge and for your amazing fundraising!

If you set up a fundraising page linked to us, you don't need to do anything - we will receive your donations directly. If you received any other form of donation, such as cash or cheque, be sure to get in touch with us.

As a thank you from us, you will receive an official letter and certificate in the post to acknowledge your fundraising efforts, so keep an eye out!

Thank you for your support. Your fundraising will enable us to provide the added extras for our patients and NHS Superheroes during this difficult time.

