Follow these simple steps and become part of the global Minutes for Mentor Mothers team!

1. Head to www.m2m.org/minutes and read about our exciting Minutes for Mentor Mothers challenge event! When you’re ready, click ‘sign up’ in the top right corner of the page.

2. Enter your details in each of the fields, select that you are participating as an Individual, and select where you are participating from.

3. Select an ‘Individual’ ticket to sign up for free, or select an ‘Elite’ ticket to unlock an assortment of exciting benefits such as a bespoke fundraising supporter experience, access to community exercise sessions, a Minutes for Mentor Mothers t-shirt and more, as well as various fundraising incentives! Fill in your details—remember to use the same email address as before.

4. Once you’ve purchased your tickets, look out for a registration email from GivePenny—you might need to check your spam inbox for this! In order to complete your registration, you must verify your email address by clicking the specified link in your email.

5. Once verified, create a log in for your fundraising page by signing in with Facebook, or creating your own username and password. Take the time to personalise your fundraising page by adding a profile picture, fundraising story, and linking your challenge to your Strava account. You can edit the content of all of these boxes, so this is a great opportunity to inspire people with your fundraising story and your chosen challenge.

6. You’re ready to start your fundraising challenge! Share your Minutes for Mentor Mothers challenge and fundraising page on your social media using our Social Media Toolkit and start spreading the word. You’re taking part in an incredible challenge and your support will help frontline health workers in sub-Saharan Africa. This is something worth telling people about!