



# Frequently Asked Questions

## When is the 1,000 Minutes for Mentor Mothers challenge?

You can [sign up](#) to and start the 1,000 Minutes for Mentor Mother challenge at any time! Simply [sign up](#) and our team will be in touch straight away.

## How can I share what I am doing?

Share your training updates and photos on social media to encourage your friends and family to support your fundraising. You can find images and social media post ideas on our [resource page](#). We will be featuring your creative participation ideas on our social media so be sure to use #MinutesChallenge and tag @mothers2mothers!

## How do I take part?

All you need to do is cycle, run, row, or take on your own physical challenge for 1,000 minutes over 30 days and fundraise for m2m Mentor Mothers. You can take on this challenge as an individual or together with your workplace or friends and family.

## How do I register?

You can register for 1,000 Minutes for Mentor Mothers [here](#).

## How do I track my minutes?

You can download the Strava app for free to track your minutes and activity. There are also various other fitness tracking apps you can use.

## Can my children take part?

Yes, definitely. Anyone under the age of 16 will need an adult to register for them. Please note, we will only communicate with the adult regarding the event.

## How much training will I need to do?

As little or as much as you need to reach your goal of 1,000 minutes! Training can be a great way to boost your fundraising.

## How do I set up my fundraising page?

Click on one of the links below and follow the simple steps to set up your 1,000 Minutes for Mentor Mothers JustGiving page.

[JustGiving U.K.](#) or [JustGiving U.S.](#)

1. Log into your JustGiving account, or sign up and create a new account.
2. Make sure you've selected that you're raising money for 1,000 Minutes for Mentor Mothers, select what you have chosen to do as your activity, and select 1,000 Minutes for Mentor Mothers as your chosen event. Check your fundraising page details before clicking 'Create your page'.
3. Personalise your page by clicking the 'Personalise' button at the top of your page. You can add a photo, fundraising target, and use your fundraising story to inspire your supporters. The more you make it your own, the more motivated people will feel to donate.

*JustGiving research shows that fundraising pages raise more money if supporters kick-off their own fundraising by making that first donation themselves! Consider getting the ball rolling yourself, or asking a close friend or family member to lend a helping hand. When the first donation on your page is higher, people are more likely to donate a higher amount.*

4. If you're fundraising as a team, make sure to create a team page and add your team members. Once you've created your page, select 'Create a team', enter your team name, set your fundraising target, and choose your fundraising link address. Once confirmed, you can invite your team members over WhatsApp, email, or by sending them the joining link!
5. Share your page with your friends, family, and network, and post it on your social media platforms using the hashtag #MinutesChallenge to spread the word! Take a look at our social media toolkit for post ideas and images.

**Thank you for your support!**

**Contact us: [events@m2m.org](mailto:events@m2m.org)**