Big Winter Workout FAQs

What is Big Winter Workout?

It's a fundraising challenge where you move for 31 minutes a day throughout January, at your own pace and in your own way, while raising vital funds for Crohn's & Colitis UK.

Why is this challenge important?

More than half a million people in the UK are living with Crohn's or Colitis. Crohn's & Colitis UK is here for everyone affected, every day: funding research, providing information and support people can trust, and campaigning for change. Your fundraising helps raise the profile of Crohn's and Colitis so people are diagnosed sooner.

How will working out make a difference?

By taking part in the challenge and fundraising, you're helping Crohn's & Colitis UK be there for everyone affected by Crohn's and Colitis. Every pound you raise helps fund research into new and better treatments.

How does the challenge work?

The Challenge: move for 31 minutes a day, every day throughout January, any way you like. Walk, run, dance, swim, cycle or try a home workout. You can do your 31 minutes in one go or split them into shorter bursts through the day, whatever fits your routine!

The Dates: The challenge officially starts on 1 January and ends on 31 January. Your fundraising page stays open until 14 February so late donations can keep rolling in.

The Incentive: raise £10 on your fundraising page and we'll post you your official FREE long-sleeved tech top 👕, no action needed! Hit your £150 target, and we'll post you your exclusive medal 🏅 too. Raise £300, and we'll also post you a branded bobble hat.

The Impact: every minute you log and every pound you raise helps fund research into new and better treatments.

The Goal: a future where everyone affected by Crohn's and Colitis feels seen, supported and able to live well. 💜

When does the challenge start and end?

The challenge runs from 1 January to 31 January 2027.

When can I sign up?

You can sign up now using https://socialsync.app/flw/entry/cmp-6e0r56834mly1 and get ready ahead of 1 January.

I don't have Facebook – how can I sign up?
That's no problem at all; you can use this link here to sign up https://socialsync.app/flw/rf-x2m67nrzren15

What's the registration deadline?

There's no registration deadline, but the long-sleeved tech top is available while stocks last, so we recommend you or any friends and family join the challenge as early as possible to avoid any disappointment! Signing up early also gives you time to set up your fundraising page before 1 January.

I took part last year. Do I need to register again?

Yes, welcome back! 💜 To take part in Big Winter Workout 2027, you'll need to register again here: https://socialsync.app/flw/entry/cmp-6e0r56834mly1. That way, we can set up your new fundraising page and send you this year's rewards.

Is there a registration fee?

No, this event is FREE for anyone to take part in! While there's no minimum sponsorship target, every day we support people with Crohn's and Colitis, so any money you can raise would really help us reach more people who need our support. Raise £10 and we'll post you a FREE long-sleeved tech top 👕, and hit £150 for your exclusive medal 🏅

What do I get when I sign up?

Raise £10 and we'll post you your official FREE long-sleeved tech top 👕, no action needed. You'll also get lots of support and motivation from us and your fellow movers throughout the challenge.

Is there a reward for fundraising?

Yes! Hit your £150 target, and we'll post you your exclusive medal with our 5th Anniversary charm 🏅 to celebrate your achievement; no action needed. Raise £300, and we'll post you a branded bobble hat too.

When will you be sending out medals?

We will send an exclusive Big Winter Workout medal to anyone who raises £150 or more by the end of the challenge.

When will I get my bobble hat?

Raise £300, and we'll post your bobble hat out to you, no action needed. 💜

Can I take part with friends or family? Can I create a fundraising team?

Yes, you can take part on your own or with others! You can even create a fundraising team so that everybody has their own fundraising page that contributes to the team total. Just head to your fundraising page and click 'Join or Create Team'.

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: https://socialsync.app/flw/entry/cmp-6e0r56834mly1 . 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 & Colitis 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.

Can children take part?

Yes! Anyone can take part, whether they're 10 or 110. If your child is under 16, a parent or guardian will need to sign them up. Please email fundraising@crohnsandcolitis.org.uk with permission from a parent or guardian. 💜

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 get an extra tracker?

Of course, no problem at all! You can download a copy of our activity tracker poster here: https://crohns-colitis-uk.sync.giving/big-winter-workout-2027/faqs-resources 💜

Can I take part in a wheelchair or mobility scooter?

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

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. Whether you do your 31 minutes in one go or in a few shorter bursts through the day, take it at your own pace. Every minute counts. 💜

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. 💜

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!

Is it safe for me to work out?

We have a physical activity page that contains information on being active with Crohn's or Colitis. How to stay active and keep fit whilst living with Crohn's or Colitis.

https://crohnsandcolitis.org.uk/info-support/information-about-crohns-and-colitis/all-information-about-crohns-and-colitis/living-with-crohns-or-colitis/being-active-with-crohns-or-colitis

Is it safe for me to take part in the Big Winter Workout if I have concerns about fatigue, joint pain, or needing the toilet urgently?

We understand that exercise can raise concerns, especially around fatigue, joint health, and the urgency to use the toilet. While many find physical activity helpful, it’s important to listen to your body and not push yourself if something doesn’t feel right.

We can't advise on individual suitability, so if you're unsure, we recommend speaking to your IBD team or healthcare professional. For general information about staying active with IBD, fatigue, and joint issues, you can find helpful resources on our website:

Fatigue

https://crohnsandcolitis.org.uk/info-support/information-about-crohns-and-colitis/all-information-about-crohns-and-colitis/symptoms/fatigue

Joints

https://crohnsandcolitis.org.uk/joints

I am pregnant and want to know if I can still take part in the challenge.

Congratulations! We absolutely encourage everyone to take part and adapt the challenge according to their needs. We do ask that you consult with your doctor or midwife before taking part to make sure 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 tech tops and fundraising rewards to UK addresses.

I live in Scotland/Wales/Northern Ireland. Can I take part too?

Yes, of course! Big Winter Workout is open to everyone across the UK. 💜

How do I track my activity?

You can log your minutes directly on your fundraising page from 1 January
How the magic link login works

1. Log in to your fundraiser by clicking on the 'login' button in the top right-hand corner

2. Click the button to be sent a login link

3. Click on the button in your email once you have received your login link. You will then be taken to your page and be logged in

4. Under your donation bar, you will see ‘Feed ', ‘Activity, and ‘Donations' if using a mobile phone. (If using a desktop, the Activity button is under the event title)

5. Click on 'Activity'

6. Enter Minutes Done '

Do I need to provide proof of my activity?

No, this is a personal challenge, so you can track your progress in a way that works for you. You don't need to send proof of your activity. We find that people who log their minutes regularly are often more motivated to keep going and to share their progress with supporters.

What if I miss a day?

That's completely okay! Aim for 31 minutes a day, but if a day slips, you can always add a few extra minutes on other days. Every minute counts. The most important thing is doing what you can, raising awareness, and raising vital funds for Crohn's & Colitis UK. 💜

Can I start late?

Yes, you can still join after 1 January and take part in the remaining days. Every minute counts!

Do I have to fundraise?

Fundraising isn't compulsory, but it's strongly encouraged! Every pound raised helps fund research into new and better treatments.

My long-sleeved tech top hasn't arrived

From the point of ordering your long-sleeved tech top, it can take up to 10 working days for it to arrive. If you've waited longer than this, please email us at fundraising@crohnsandcolitis.org.uk, and we'll look into this for you. Thanks so much for your patience 💜

How do I raise money?

When you registered, we created you a Crohn's & Colitis UK fundraising page, and a Facebook Fundraiser if you chose to connect Facebook. Your Crohn's & Colitis UK fundraising page can be shared with anyone who doesn't have Facebook and wishes to make a donation to your challenge. This page will also show your total raised, including any donations to your Facebook Fundraiser. The best way to raise money is to share your fundraising pages with family, friends and colleagues via social media, WhatsApp or email! Please let us know if we can support you further with this.

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 & Colitis UK. You don't have to worry about this. It happens automatically! Thanks so much for your incredible support! 💜

What % of the money does Facebook take?

Meta will charge a 1.4% + £0.20 processing fee. Donors can also choose to cover this fee at checkout. All donations are greatly appreciated and go directly to Crohn's & Colitis UK

What % of the money does the Crohn's & Colitis UK fundraiser take?

It's a 1.5% + £0.20 processing fee for Stripe. All donations are greatly appreciated and will go directly to Crohn's & Colitis UK.

Can I get an extra long-sleeved tech top?

Unfortunately, we have a very limited stock of long-sleeved tech tops and will only initially be able to supply one per registered fundraiser. Should this change at any stage, details of how to secure an additional top will be posted in the Facebook Group.

Does my size run large/small/true to size? Do you have a size chart?

Here's a size chart that should help you decide which size is best for you Tech Top Size Guide.png - Google Drive. Thanks so much for your support 💜

I was sent the wrong sized top

We're sorry about that. Please email us at fundraising@crohnsandcolitis.org.uk with your name and the size you chose, and we'll look into it for you. Thanks so much for your patience. 💜

My long-sleeved tech top doesn't fit. Can I return it for another size?

We're sorry it doesn't fit. Stock is very limited, so we're not able to swap sizes this year. We hope you'll keep it as a reminder of your challenge 💜

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 make sure 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 want 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, which could fund Patient Information Packs for 70 people newly diagnosed, and hitting it unlocks your exclusive medal 🏅 You're more than welcome to adjust this target according to the challenge you'd like to set yourself!

What if I don't reach the fundraising target?

Hi [Name], there is no minimum fundraising target. The target on your page is set at £150, but you're more than welcome to adjust this target according to the challenge you'd like to set yourself!

Where does the money go?

Every pound you raise will help us make life better for everyone affected by Crohn's and Colitis, so they feel seen, supported and able to live well. That includes funding research into new and better treatments, giving people information and support they can trust, and raising the profile of Crohn's and Colitis so people are diagnosed sooner. Find out more at www.crohnsandcolitis.org.uk

What if I want to fundraise in honour of someone affected by Crohn's or Colitis?

Many people take on this challenge in honour of someone affected by Crohn's or Colitis. You can share their story on your fundraising page if you feel comfortable, and every pound you raise will help us make life better for everyone affected by Crohn's and Colitis, so they feel seen, supported and able to live well. 💜

Why are you an admin in so many Facebook groups?

Thank you so much for getting in touch. Some of the moderation team work with a number of charities supporting their Facebook groups throughout evenings and weekends.

What if I have a question during the challenge?

You can ask any questions in our Facebook Group. The team and community are here to support you.

Will there be support during the challenge?

Yes! We'll be sharing tips, motivation and support throughout January in our Facebook Group. We're here to help keep you motivated all month long.

Can I share my progress?

Yes, we'd love you to post updates, photos and achievements in the group to help inspire and motivate your fellow movers. And be sure to share your progress with friends and family too, so they can donate and cheer you on!

What happens after the challenge ends?

You can keep fundraising and celebrating your progress after January. Your fundraising page will close on 14 February. We'd love you to join us for another challenge too, so be sure to follow us on social media!

How do I pay in offline donations?

You can either donate the money to your own fundraising page or directly to our bank account.

Bank Transfer

Account name: Crohn's & Colitis UK
Account number: 00892491
Sort Code: 30-97-25
Branch: Lloyds Bank
Please ensure you reference your full name + BWW27.

Via our website

Head over to our website and click "Make a donation" and choose 'Or pay in your funds raised' and select the option 'I'm paying in money from an event or fundraiser' when prompted.

Please ensure you reference the name of the challenge – **BWW27**.

Via cheque

You can send a cheque payable to: Crohn's & Colitis UK along with any sponsor forms to: Crohn's & Colitis UK, 1 Bishops Square, Hatfield, AL10 9NE.

Please ensure you send a letter with your cheque, referencing your name and the challenge you completed.

Via phone

You can call our friendly team on 01727 830038 to make your donation over the phone.