

Big Summer Skip Q&A

How does the challenge work?

We're challenging participants to complete 123 skips a day throughout August – one for each of the 1 in 123 people affected by Crohn's or Colitis. While raising vital funds to help us continue supporting those living with and affected by these invisible conditions. The challenge kicks off on 1st August

Is there a registration fee?

No, this event is FREE for anyone to take part in! Whilst there is no minimum sponsorship target, any money you raise can help us to reach more people who need our support. To receive a free Big Summer Skip rope, you'll need to raise at least £10 on your fundraising page. This can come from your own donation, sponsorship from friends and family, or a combination of donations.

When will I receive my skipping rope?

Once you've raised your first £10 through your official Big Summer Skip fundraising page, we'll arrange to send your free skipping rope. Please allow up to 10 working days for delivery. Just £10 could cover the cost of your free skipping rope, ensuring that every penny fundraised goes directly into supporting people with Crohn's and Colitis.

Are ropes guaranteed?

No. Skipping ropes are available while stocks last. Raising £10 makes you eligible to receive a rope, but we may need to withdraw or substitute promotional items if demand exceeds available stock.

What's the registration deadline

Registration will close on 17th August 2026, but the skipping rope is available whilst stocks last, so we recommend you or any friends/family join the challenge as early as possible to avoid any disappointment!

My skipping rope hasn't arrived

Once you've raised your first £10 through your official Big Summer Skip fundraising page, we'll arrange to send your free skipping rope. Please allow up to 10 working days for delivery. If you've waited longer than this, please contact us on messenger and we'll look into this for you. Thanks so much for your patience 🤍. If your rope hasn't arrived after 3 weeks, please contact us by email on fundraising@crohnsandcolitis.org.uk

Can I get more than one rope for my family for the Big Summer Skip Challenge?

Due to limited stock, we can only provide **up to 1 rope per family**. We want to make sure as many families as possible can take part in the challenge. Thanks for understanding!

I can't complete the challenge can you cancel my page?

If you have a Social Sync Fundraising page, just get in touch with us at fundraising@crohnsandcolitis.org.uk and we'll cancel your registration for you

If you have a Facebook page, you can cancel your page by following the steps below.

1. Log into Facebook:

- Use the account on which you created the fundraising page.

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2. Go to the Fundraiser:

- Navigate to your fundraiser by:
 - Clicking on **Menu** (three lines in the Facebook app) or going to your **Profile**.
 - Select **Fundraisers** or look for your active fundraiser in your **Activity Log**.

3. Edit the Fundraiser Settings:

- Open the fundraiser page.
- Click on the **More** option (three dots)

4. End the Fundraiser:

- Look for the **End Fundraiser** option
- Confirm your choice to close or cancel it.

What happens if I can't do 123 skips a day for 31 days?

We understand 123 skips a day is a big commitment for some, but we are happy for you to adapt the challenge to suit you. Don't forget to let your donors know what your plans are.

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 or IBD nurse before taking part in this challenge. The challenge should be completed, however is best for your physical ability. ❤️

What are the benefits of skipping exercise?

Skipping (or jump rope) is a simple yet highly effective exercise that offers a wide range of health benefits. It improves cardiovascular fitness, strengthens muscles, boosts coordination and balance, and burns a significant number of calories. It's also great for building bone density and improving agility. Mentally, skipping can help reduce stress, improve focus, and lift your mood. Best of all, it's low-cost, portable, and easy to fit into your day, making it the perfect activity for a fun, feel-good challenge.

Is it safe for me to do skipping exercises?

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. Information that looks at the evidence behind exercise and exercising with Inflammatory Bowel Disease.

<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 skipping challenge 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. With skipping, some people may feel a greater urge to poo due to the jumping movement. While many find physical

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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>

How do I raise money?

When you registered, we created a Crohn's & Colitis UK fundraising page for you.

Start with a few quick wins:

- Make the first donation yourself, then
- Share your page with friends and family (WhatsApp/text, email or social).
- Ask 3–5 close contacts directly to donate or share
- Post a brief update now and then to keep momentum.

I've received a Text or WhatsApp message how do I know it is legitimate?

We will contact you via text or WhatsApp if you opted in, the numbers we will contact you from are:

Text: **+447700170875**

I don't want to fundraise, can I donate instead?

Yes, absolutely - you're welcome to donate here:

<https://crohnsandcolitis.org.uk/get-involved/donate>. Please ensure you include 'Big Summer Skip' in the message box, so we can add it to our overall total! Thank you so much for your support 😊💙

My business/employer wants 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 £123. You're more than welcome to adjust this target according to the challenge you'd like to set yourself!

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Can I get an extra skipping rope?

Unfortunately, we have a very limited stock of skipping ropes and will only initially be able to supply one per registered fundraiser. If you are taking part as a family please email the team at fundraising@crohn'sandcolitis.org.uk and we can send one additional rope per family subject to availability.

I don't want to fundraise on my Social Sync fundraiser or Facebook. What else can I use?

Don't worry. You can set up a JustGiving fundraiser www.justgiving.com/campaign/bigsummerskip2026

Why doesn't my Facebook page show my total fundraising amount?

Your Facebook page will only show the amount you have raised through donations that have come through Facebook. Your Social Sync personal fundraising page will show your total raised.

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-1qv64xy45q47d> - 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 and Colitis UK 💜

How can I track and log my activity?

In your welcome pack, you should have received a handy tracker. You can also download a version from the website [here](#) to get started. You can also log your daily skips through your social sync fundraiser page. Simply log in to your page from this link [here](#), click the 'Record' tab, and add your completed skips per day.

Who can I speak to if I need more information?

For all event questions, please add a post on this Facebook Group or message us directly, and we will assist as promptly as possible. For any additional questions about the charity or how they can support you, please contact fundraising@crohnsandcolitis.org.uk 💜

Is there an age limit?

No. You can take part and be any age! 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.

I have a question that hasn't been covered.

You can pop us an email over to fundraising@crohnsandcolitis.org.uk 💜

Creating or joining teams

Everyone needs to complete their personal details as usual via the reg form. Once

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your page has been created, you will see an option to either create your own team or join an existing team

Create your own team: If creating a team, you will be the Team Captain. You will need to: Enter a team name, set a team fundraising target, choose whether your team is public or private

If joining a team: You will be a Team Member. You can: Select from the list of teams

Can I donate to my own fundraiser?

Absolutely! We 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 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. ❤️

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!

Can I take part on from home or in the gym?

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

I'm pregnant can I still take part in the challenge

Congratulations! We absolutely encourage everyone to take part and adapt to the challenge according to their needs. We do ask that you consult with your doctor or midwife before taking part to ensure that this challenge is suitable for both you and your baby. Please remember that you're more than welcome to adapt the skips 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.

Can I add my offline donations to my page?

You are not able to add offline donations to your page unless you are fundraising through a JustGiving fundraising page.

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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 + BSS.

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 – Big Summer Skip.

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.

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 skipping ropes to UK addresses.