

Big Winter Workout FAQs

How does the challenge work?

Participants are challenged to take on 31 mins of activity for 31 days, anyway they like, in January to raise funds so that we can make change happen. The challenge officially starts on January 1st.

Is there a registration fee?

No, this event is FREE for anyone to take part in! Whilst there is no minimum sponsorship target, every day we support people with Crohn's and Colitis, so any money you can raise would really help us to reach more people who need our support.

What's the registration deadline?

There's no registration deadline, but the long-sleeved tech top 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 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://www.crohnsandcolitis.org.uk/challenges/big-winter-workout?](https://www.crohnsandcolitis.org.uk/challenges/big-winter-workout?ref=partner)

They can absolutely have a separate fundraising page.

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 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://www.crohnsandcolitis.org.uk/media/5zidb04w/cc_bww_2026_digital_tracker_v3.pdf

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.

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.

Is it safe for me to do the challenge?

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 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. 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>

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!

I'm pregnant — can I 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 ensure that 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 shirts and fundraising rewards to UK addresses.

My long-sleeved 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 contact us on fundraising@crohnsandcolitis.org.uk and we'll look into this for you.

How do I raise money?

When you registered, we created a Facebook fundraiser and a Crohn's & Colitis UK fundraising page. Your Crohn's & Colitis UK fundraising page can be shared with anyone who doesn't have Facebook and wishes to donate to your challenge. This page will also show your total raised and any donations to your Facebook fundraising page. 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.

I don't want to fundraise on Facebook or use my Crohn's and Colitis personal fundraiser. What else can I use?

Don't worry. You can set-up a JG fundraiser here www.justgiving.com/campaign/bigwinterworkout2026

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. All donations are greatly appreciated and will go directly to Crohn's & Colitis UK.

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

It's 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 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.

I was sent the wrong-sized top

We're sorry to hear this. Please send an email to us at fundraising@crohnsandcolitis.org.uk and we'll look into this for you.

My long-sleeved top doesn't fit, can I return it for another size?

We're sorry to hear you're long-sleeved tech top doesn't fit. Unfortunately, we have a very limited stock and are unable to process any returns. You can still keep the top as a memento from your challenge.

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 Winter Workout' in the message box, so we can add it to our overall total!

My business/employer wants to donate/match funds for 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.

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. 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

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!

Why are my Facebook page fundraiser and personal fundraiser showing different totals?

Donations made on your personal fundraiser won't appear on your Facebook fundraiser. Currently, you can't link other fundraisers to a Facebook fundraiser. However, you will be able to see the total amount raised from both fundraisers on your personal fundraiser.

How do I log my minutes?

Instructions below

1. Click this link here: <https://crohns-colitis-uk.sync.giving/big-winter-workout-2026>
2. Log in to your fundraiser by clicking on the 'login' button in the top right-hand corner
3. Click the button to be sent a log in link
4. Click on the button in your email once you have received your log in link. You will then be taken to your page and be logged in
5. 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)
6. Click on 'Activity'
7. Enter Minutes Done

When will you be sending out medals?

We will send an exclusive Big Winter Workout medal to anyone who raises £150. We'll post these out each week on a Friday.

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: First name, Last name + BWW.

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 Winter Workout.

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 have a question which hasn't been covered.

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