**Buttercup Day 2022 - A Walk in the Park Challenge - Frequently Asked Questions**

**What is Buttercup Day?**

The Royal National Orthopaedic Hospital (RNOH) Charity supporting the amazing work of the RNOH, turns 25 this year. Buttercup Day is a celebration of this important milestone. The Buttercup is a symbol of hope and recovery at the RNOH. In the 1930’s young children, undergoing treatment at the RNOH in Stanmore (North London) could be seen picking large yellow bunches of the flowers, benefitting from the sunshine and fresh air, brightening the wards they took them back onto. Every year the Charity runs a Buttercup Day themed fundraising campaign. This year for Buttercup Day we are asking our supporters to take part in our in-person walking challenge in Hertfordshire.

**When / where is it taking place?**

Sunday 16 October 2022 – Aldenham Country Park, Elstree, Hertfordshire

**How much does it cost to enter?**

The Entry / Registration fee is £15 per adult; £10 per child (under the age of 16 at the time of the event); £35 for a family of 4; £60 for a corporate team of 5. Registration fees go towards the costs associated with the Buttercup Day events.

**Who can take part?**

Anyone with a moderate level of fitness. All ages are welcome but those aged under 16 must be accompanied by an adult.

**Do I have to be in a team?**

No. Many people will be taking part on their own. If you would like to take part as a team, why not get a group of friends, colleagues, or family together?

**How can I enter?**

Registrations for the in-person event will be live soon.

**Can I sign up on the day?**

Yes, there will be an opportunity to register on the day, but you will still be expected to aim to achieve the suggested minimum fundraising amount. We recommend you sign up early and give yourself plenty of time to maximise your fundraising.

**What is the suggested minimum fundraising amount?**

As this is a charitable event, we kindly ask that each participant aims to raise and, if possible, exceed the suggested minimum sponsorship amount, £150 per person, £250 for a family of up to 4 people including 2 children under 16, £500 for a corporate team.

**How do I send in sponsorship?**

The easiest way to collect sponsorship is to set up a JustGiving page [here](https://justgiving.com/campaign/buttercupday2022?utm_source=smartmail&utm_medium=email&utm_campaign=Its+Buttercup+Day+on+the+30+June+2022+-+TEST). This way your family, friends and colleagues can make quick, safe online donations to support your challenge. The money you raise on your JustGiving page will then transfer straight to the Charity, so you don’t have to do anything else. If you prefer to collect cash and cheques (payable to The RNOH Charity) in the traditional way, they can be sent in to: The RNOH Charity, RNOH NHS Trust, Muriel Sands Building, Brockley Hill, Stanmore, HA7 4LP. Please include a note or covering letter (make sure you include your name and address) so we know which participant(s) to attribute the donations to.

**Credit/Debit Card**

You can call us on 020 8909 5362 Monday to Friday between 9am and 5pm. Let us know you’re making a donation towards your Buttercup Day Challenge sponsorship, and we’ll be happy to take your details and process your card donation.

**I cannot take part – how can I help?**

If you would like to make a donation towards the event or to support the vital work of the RNOH Charity, we would be extremely grateful. To donate online, please click [here](https://justgiving.com/campaign/buttercupday2022?utm_source=smartmail&utm_medium=email&utm_campaign=Its+Buttercup+Day+on+the+30+June+2022+-+TEST). Alternatively, please make out a cheque, payable to the RNOH Charity, and send it to: The RNOH Charity, RNOH NHS Trust, Muriel Sands Building, Brockley Hill, Stanmore, HA7 4LP.

**What should I wear / bring on the day?**

* Everyone taking part will get a fantastic charity-branded t-shirt and bandana to wear on the day,
* Sun cream and a hat / a waterproof jacket and an umbrella – check the weather and be prepared!
* Comfy, event-appropriate kit, e.g. shoes that you have walked or run in before
* A rucksack – it’s easier to carry your belongings and extra refreshments if you wish to take some
* Water and snacks – we will provide water and snacks at the start of the in-person event but please bring your own supplies too.
* A copy of your route map (in-person event only)
* Cash / credit or debit card

**When should I arrive at the in-person event?**

Timings are still to be confirmed but please arrive in plenty of time before the event starts, to get checked in at the registration desk, use the facilities and be ready for the off.

**Will there be toilets at the in-person event?**

Yes, there are toilets very close to the start line

**Do you need volunteers for the in-person event?**

We are looking for volunteers to act as stewards on the course and to help at the start and finish. If you would like to find out more, please email us at [rnoh.charity@nhs.net](mailto:rnoh.charity@nhs.net)

**Will you be taking photos and videos on the day?**

We’ll be taking pictures and videos at the in-person event to capture the magic of the day. These may be shared on the charity’s social media channels during the event and used in publications and promotional materials or shared with the media.

You have the choice to opt in or opt out of having your photographs being used by the charity for publicity and marketing purposes.

You also have the right to access your photographs on request. You can also ask us any time to remove them from our website, social media platforms and delete your image(s) from our systems so that they will not be used in future versions of printed materials.

**Can I bring my dog?**

We would love to see your dogs at our in-person event! They must be kept on a lead throughout, are the owner’s responsibility at all times and owners must clear up after their dogs.

**What will happen if the event is cancelled?**

Buttercup Day will only be cancelled or postponed due to unforeseen and unavoidable circumstances or under government guidance. In such an eventuality all participants will be notified as soon as possible, and information will be posted on the event website. If we have to cancel Buttercup Day, then we will refund your registration fee to you on request.

**How can my company get involved?**

Working in collaboration with the Charity will bring further exposure for your business. Working together will add value to both the event and your business and increase your customer base. Ultimately, this will raise crucial income enabling the charity to continue to make the impossible possible and offer world-leading treatment and life-long care to anyone who needs it.

If you or your company would like to support the Charity by entering into a corporate partnership with the charity, please contact the Fundraising Team at the RNOH Charity here: [rnoh.charity@nhs.net](mailto:rnoh.charity@nhs.net) for more information.

**Any other questions?**

Contact: Fundraising Team

Email: [rnoh.charity@nhs.net](mailto:rnoh.charity@nhs.net)

Phone: 020 8909 5362