



#FlightsforFlights

Stay Home, Stay Active, Step Up

Thank you for joining our 30-day stay at home Flights for Flights stair challenge! We're excited to have you on board. Here are some handy tips on updating your profile on your online GivePenny page.

Updating your profile

When you log in to your Give Penny account, you will have the option to update a few things on your profile. Head to 'Your Dashboard' on the menu, and then go to 'Challenges'. For a step-by-step guide, see the next page.

You can change the way your activity is tracked from miles or km into 'flights' or 'stairs' to make it easier to track your progress.

This is also where you can invite your friends, families and colleagues to join your team if you want to make things competitive!

Challenge Progress

Per-X

You can manually adjust your total steps, miles, check-ins, etc by using the + or - in the box below

Current
Progress

+/-

I have
completed
0.00 Flights

e.g. +1

Update

A few rules...

1. A flight of stairs only counts when you have climbed up them, not down.
2. Remember to count any stairs you take during the day, if you pop upstairs to get something - it still counts.
3. Be honest!
4. Be safe - take it easy and take care when going up and down your stairs.

Stay in touch

We would love to keep in touch with you and send you updates about what we're up to at Great Western Air Ambulance Charity.

If you would like to hear from us then let us know by updating your consent under the 'Customise' option on your Challenge Dashboard. We never share your details, and don't worry, we won't clog your inboxes with junk!

Thinking of fundraising?

We've had some supporters donate the cost of their gym membership, their commute to work or what they would spend on takeaway coffees each week. What a great idea!

Just £30 would buy us a syringe of vital stabilising drugs to administer to patients with a life-threatening illness or injury.



Remember to share your progress on social media: @gwaac #flightsforflights

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How to set up your profile

1. Upon registering for your Flights for Flights challenge, you will see the following information - please opt in if you wish to keep hearing from us in the future - we would love to keep you updated with what we're up to!

Great Western Air Ambulance Charity would like to keep you informed, by email, about the impact of your activity and other ways you could support them, including events, appeals and campaigns (which will mean GivePenny will need to pass your information to them).

Yes please, opt me in No thanks, opt me out

You will need to contact **Great Western Air Ambulance Charity** to update your preferences in the future.

2. You will be able to make some changes on your profile. Make sure you add your photo so we can see who's taking part!

3. Here you can also edit your fundraising target if you choose to do this alongside your challenge - no pressure!



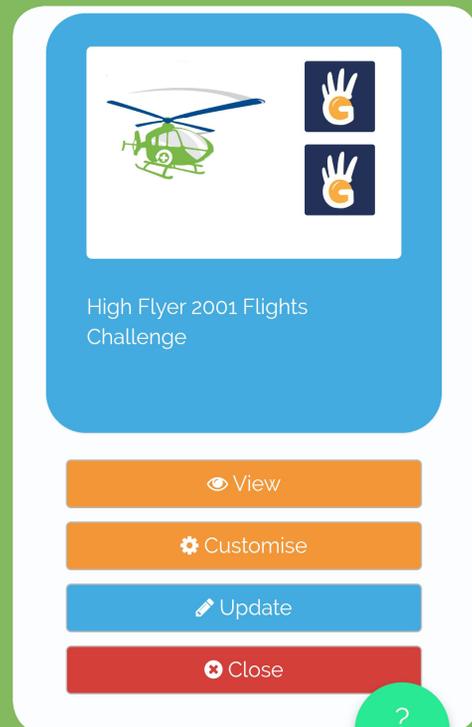
4. If you click on the edit button here on your profile, you can update how you track your progress. We recommend tracking it in 'Flights' so that you can easily see where you place on the challenge leaderboard! You can also update your fundraising story here - let us know why you chose to take part!

Counting Flights

Edit



5. Finally, to update your progress you just need to head to 'Your Dashboard' on the top menu - 'Challenges' and then you can update your 'Flight tracker' under 'Update'. Make sure you only click 'Add' once and then refresh the page - it will have updated on the first click and saves you from adding the amount more than once!



6. Enjoy your stay-at-home 30 day challenge! Remember to keep it updated and let us know how you're getting on!

Remember to share your progress on social media: @gwaac #flightsforflights