

team UP

Against Dementia





Welcome

Sign Up, Meet Up and Team Up against dementia this September!

Alongside Santander colleagues across the UK, who all have the chance to complete this challenge – create a team and complete 20 miles as a group or in a relay in the most fun, eco-friendly and creative way you can outside.

Compete against other teams for fantastic prizes, all whilst raising vital funds and awareness to ensure to ensure Alzheimer's Society and Alzheimer Scotland can be there for every person affected by dementia.

Use this pack for information, ideas and advice on how to complete your challenge in a safe and fun way.

**Run, Walk, Dance or Skip...Let's Team Up
and go the distance together!**

About our charity partners

Dementia devastates lives. By 2025, over 1 million people in the UK will be living with the condition. But dementia won't win. Until a cure is found, Alzheimer's Society will be supporting anyone affected by dementia – wherever they are, whatever they are going through.

Alzheimer's Society are the UK's leading dementia charity, working tirelessly to create change, fund research and deliver and improve care and support. They are transforming society so that everyone with dementia is accepted and able to live in their communities without fear and prejudice. Finding a cure may be a long way off, but a dementia-friendly society can happen today.

While Alzheimer's Society is our main charity partner, a percentage of funds donated goes to the Edinburgh DRI and Alzheimer Scotland.

Let's take on dementia together. Give your time.
Donate money. Campaign for change.
Whatever you do, unite with us against dementia.





FAQ

What is the challenge?

The challenge is to create a team with your Santander colleagues, plan a route close to you and then complete 20 miles– you can do this in any physical, eco-friendly way you see fit as long as it's outside – walking, dancing...even cartwheeling! You can create a team of a maximum of six colleagues and you can complete the distance all together, or as a relay.

Teams will raise funds for Alzheimer's Society and any team who raises £500 or more, will be entered into a prize draw. Teams of Santander colleagues will be taking part across the UK and competing against each other for various prizes including biggest fundraiser and best costume!

This is a fun and creative challenge aimed at bringing colleagues together, celebrating the partnership between Santander and Alzheimer's Society and raising funds to ensure that our charity partner can care for people with dementia today and find a cure for tomorrow.

When is this challenge and when do I need to take part?

The challenge will be launched w/c 19th July for colleagues to set up their teams and their JustGiving page. The challenge will be open to complete from 20th September until 4th October. You can chose which day you will complete the initiative.

If you require support along the way, please email charitypartners@santander.co.uk

Is the event virtual?

You will take part physically with other colleagues who you have chosen to be part of your team (government guidelines allowing – please see our H&S section for further information). Other Santander colleagues across the country will be competing in their teams on a date of their choice between 20th September - 4th October. You'll be able to see how other colleagues are doing and share stories via [Mio](#) and our [JustGiving](#) site.

Do I have to do my own risk assessment?

Yes please! We've provided a handy check list in this pack for you to complete – which includes guidance on running a COVID secure activity. Please fill in the check list and share it with your line manager before you complete the activity.

How can I fundraise?

We are fundraising for the Team Up challenge through JustGiving.

To set up a JustGiving page, go to <https://santander-teamup.justgiving-sites.com/> and click the button that says 'create your team page'.

You will be prompted to sign up or log in to JustGiving to create your team page. You only need one page per team to fundraise collectively.

If you have any questions, please email charitypartners@santander.co.uk

Will we be provided with T-shirts?

Unfortunately, we are unable to provide t-shirts, however we will have prizes for the best costumes worn by teams – make sure you and your team are as creative as possible!

Will the event be match funded?

Yes! You don't need to apply for individual matched funding - it will happen automatically if you register on the JustGiving page.

Is there a way of paying my money offline?

The best way to make sure the charity receives your funds quickly is to pay in via your JustGiving page. However, you can pay into the charity account directly – please see the bank account details below and please send a picture of your receipt to charitypartners@santander.co.uk

Charity Account: X16134149MMM

How does Alzheimer's Society get my money?

The charity will receive money via your JustGiving page automatically.



Do I have to train for the Team Up challenge?

If you are completing the 20 miles in a more physically challenging way – ie running, swimming then we would recommend that you complete some training depending on your individual fitness levels.

It is your challenge and it's up to you how difficult you make it, however it is very important to always warm up and then cool down. Please make sure that the whole team have read the health and safety section of this pack before starting the challenge.

Do I need to track my distance?

No you do not have to track your distance but if you wanted to you could use Strava or Map My Fitness and share a screen shot of your challenge on the [Dementia Friends Mio page](#) or on your JustGiving page.

Do I need to take the day off work or go back to work after the challenge?

We would encourage all Santander staff to speak to their line manager and schedule an appropriate time to complete the challenge alongside their team members during the challenge.

All Santander staff have 70 hours a year volunteering time – you can use some of this for your Team Up challenge. You do not need to take the day off but the Team Up challenge will count towards your 70 hours.

Obviously the length of time it takes to complete the challenge will vary depending on activity – if you are cycling the challenge, it will be a lot quicker than if you are walking or skipping the 20 miles!

This challenge is completely up to you and your team to organise so the length of time and day chosen is up to you – please make sure to let your line manager know your plans beforehand.

How do I prove I have completed the challenge?

We are trusting that all teams who sign up and fundraise will complete the 20 miles.

For a chance of being in the running of winning a prize your team will have to raise a minimum of £500 before 20th September. Please share all Team Up related pictures, videos and details of your challenge on the [Dementia Friends Mio page](#). We will be sending emails on 4th October to round up the fortnight's activity and we will announce the winners shortly afterwards.

Are there prizes?

Everyone that takes part gets a virtual badge to add to your signature. Plus any team who raises over £500 will be entered into a draw to win a top prize for you and your team to enjoy. We also have prizes for the following:

- Biggest team fundraiser x 2
- Most creative activity x 2
- Best team name x 2
- Best team costume x 2



What should I take with me on the day?

Please see the below suggested packing list for your challenge:

Note that this will obviously depend on what activity you are completing and the weather on your intended challenge day, however we would suggest the following kit:

- Appropriate footwear
- Appropriate clothing
- One litre of water (minimum)
- Enough food / nutrition to sustain you for the duration of the challenge
- Mask
- Sun cream (if the weather is hot)
- Lightweight, warm layers
- Waterproof pants and jacket
- Fully charged mobile phones
- Map of your intended route
- Hand sanitiser
- Team First aid kit
- Hat and gloves (if trekking)
- Compass (if trekking)
- Any activity dependent equipment – i.e. a kayak or paddleboard!

Covid-19 Guidance

We're so excited that you are able to get together and take part in this event and want to help you make sure it's as safe as possible. Here are some things to think through with your group.

1. We recommend being in a group of no more than 6.
2. Please make use of LFT tests available to you before getting together. If anyone has been told to isolate or is presenting any of the following symptoms, please ask them not to attend and to call 111:
 - a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
 - a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
 - a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal
 - Headache, sore throat, runny nose and/or bad cold symptoms which can be additional symptoms of the delta variant.
3. We expect all groups to be exercising social distancing as per the current UK Government guidance. Please keep a 2m distance or 1m outside where practicable, if not practicable and it is 1m or lower please use face coverings.
4. Please wear face coverings any time if you are indoors as per the governmental guidance. However, please make sure your route is outside.
5. As a rule of thumb, you should try to remember to wash your hands or use antibacterial hand gel every 30 mins to 1 hr max for the duration of your time completing the challenge.



Risk Assessment

It is important that you think about the risks you are undertaking when completing this activity. Please read the following guidance and then complete the risk assessment template, share it with your manager and email a signed copy from the team captain to charitypartners@santander.co.uk

Before the event:

1. Make sure you have the appropriate footwear or clothing for the activity you are undertaking to prevent any slip, trips or falls. Think about where you will be completing your activity – e.g. will it be hilly or muddy?
2. Make sure that everyone on the team is fit and able to undertake the activity to ensure you are safe from any illness, injury that may arise from taking part in the activity.
3. Make sure you have emergency contact and details with you of someone who may be able to assist in any emergency situation, for example, if you were unable to continue they would be able to pick you up from your location.
4. Make sure that your route is not so remote that you would not be able to have any assistance.
5. Please ensure you have a basic First Aid kit with you and any medication needs.
6. Consider your route to make sure to go past public toilets.
7. Weather – be prepared for all eventualities for example extreme heat, wet weather, high winds etc. Make sure it is safe for you to complete the activity in the weather conditions presented. You can monitor the weather over the course of the 2 weeks beforehand to undertake the activity in good/suitable weather conditions.
8. Make sure that any equipment you are using is fit for purpose and legal on the route.
9. Make sure you do not need to access private land for your route.
10. Make sure your activity reflects the hours of light – check the sunrise and sunset times for your chosen day.

During the event:

1. On your route, be wary of anything that may cause you to slip or trip such as debris, liquid, or other trip hazard.
2. Be aware of your surroundings from vehicles (follow the Road Traffic Act), street furniture and infrastructure. Please be mindful of the public, do not walk 6 abreast or overcrowd the pavements.
3. Vehicle conflict- follow the road traffic act to make sure the group stays on the pavement if on foot. If it is necessary to travel on the road, make sure it is legal to be so, if walking facing oncoming traffic where possible.
4. Take into consideration the public and ensure that your activity does not constitute as noise nuisance or cause any disturbance.
5. If any children are undertaking the activity, please always ensure they are under your care and are in your vicinity at all times.

Section A – Task/Process identification

Task/Process assessed	
Location	

Name of assessor	
Assessment date	
Date of last assessment	

Section B – Hazard identification and risk assessment

(Before completing this risk assessment please make sure you've read and understood the "[Managing Safety](#)" guidelines)

Significant hazards identified (please list)	Persons at risk (staff, customers, contractors, public)	Foreseeable injury high 3, medium 2, low 1	Probability of occurrence high 3, medium 2, low 1	Risk rating foreseeable injury x probability (1-3) x (1-3)
1				
2				
3				
4				
5				
6				
7				

Section D – Risk control action plan

What control measures will be introduced?	Date

Signature of assessor		Date		Review date	
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The team leader needs to sign and complete this form and email it to charitypartners@santander.co.uk

Activity ideas

Your activity ideas are completely unique to your team! Let us know on [Mio](#) in the comments and pictures what you decide on completing as a team.

Here are some of our suggestions to complete the 20 miles; either as a team or as a relay between you. Remember that there are prizes for the most creative activity so use or ideas below as inspiration and get thinking!



Step your way to success! 20 miles is about 40,000 steps - can you do those between you in a day?



Any teams with triathletes? You could turn this challenge into a mini triathlon and swim, bike and run in a relay to complete your challenge.



Put your best foot backwards! Walk backwards every other mile - safety first of course!

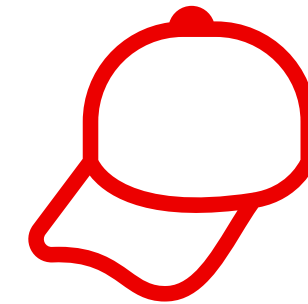


Hike together! Explore your local countryside as a team and complete a 20-mile hike in fancy dress.



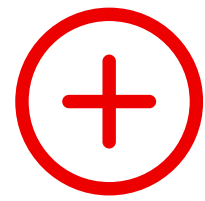
Why not add some more exercise to your activity by doing a few push ups every few miles?

Training Tips



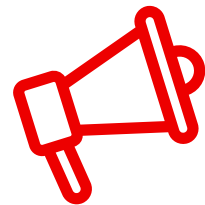
- Be aware of your and your team's limits before you decide on the activity you will be completing for your challenge.
- If your activity is extremely physical then make sure that you have a training programme which builds up your distance over time in order to prevent injury and prepare you physically and mentally for the challenge. For example if you are planning to run the 20 miles as a team together then you will have to create a training programme or approximately 3-4 runs per week in the 12-20 weeks pre We Are Santander week (based on the team's fitness levels).
- Get some proper fitness shoes which are appropriate for the activity you will be completing.
- Make sure your clothing is comfortable.
- Pick an activity that you will enjoy completing and training for!
- Keep hydrating during your training.
- Fuel your body with appropriate nutrition – during and post training – i.e. if you will be physically moving and the exercise you are completing is longer than 2 hours then it is recommended that you intake approximately 60grams of carbohydrates per hour.
- Create a playlist which will motivate you and the team .
- Encourage your support systems to come and cheer you on along the way (covid restrictions allowing).
- Make sure that you factor in recovery days.

Fundraising Ideas



- **Kickstart your efforts!**

Add a donation to your team fundraising page to show everyone how much you care! Boosting your fundraising in this way is proven to lead to better results.



- **Tell your story.**

Make sure you update your fundraising page to explain to everyone why you're taking part.



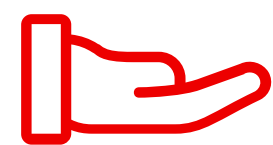
- **Promote your efforts.**

Share your fundraising page on social media, put up your posters in your branch, office or a local cafe, tell your WhatsApp groups! Do whatever you can to spread the word far and wide about your challenge and ask people to sponsor you.



- **Hold a sweepstake.**

Ask people to guess how quickly you will complete your challenge.. or who will give up first! Get them to make a donation per guess.



- **Hand over control.**

Get people to make donations in return for choosing your challenge, your route, even your fancy dress!



- **Tell your supporters about matched funding!**

People are always incentivised to give more when their money is doubled, make sure everyone knows that Santander will be matching their donations.





are Teaming Up Against Dementia!

We will be _____

to raise vital funds for Alzheimer's Society.

Please sponsor us at:



Poster

Tell the world about your Team Up challenge and boost your fundraising with this poster template. Print it out, fill in your details and display wherever you can!

← Insert your team name here

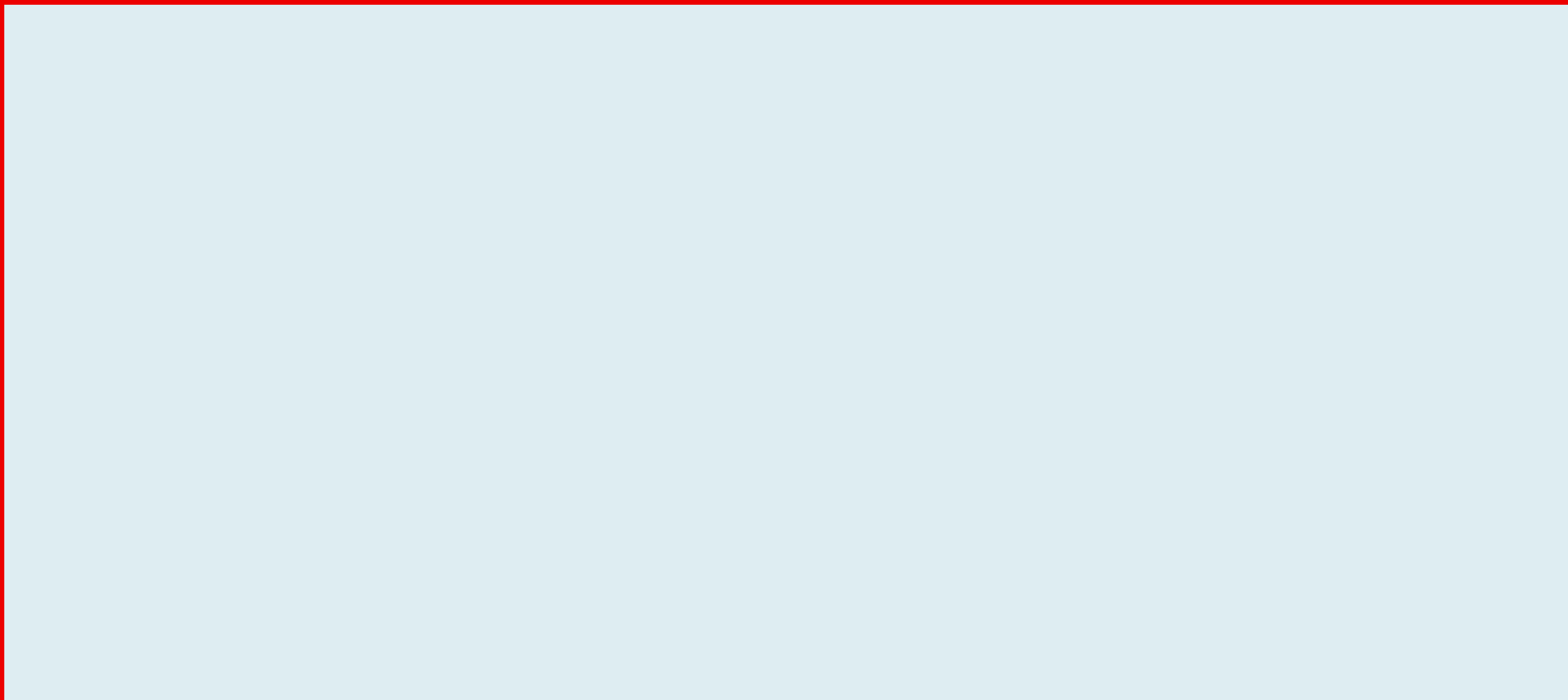
← Tell people what activity you have chosen for the challenge here

← Insert your JustGiving page address here





I am Teaming Up Against Dementia for...



Backsign

The Team Up challenge will be raising vital funds and awareness to ensure Alzheimer's Society can be there for every person affected by dementia.

You can use this template to tell people your own personal reason for taking on the challenge. Simply cut out and pin to your back whilst you're completing your chosen activity.