

## How to Captain a TEAM 26.2

1. Register your name as Team Captain and your chosen TEAM 26.2 NAME with Kirsty at Pillar Kincardine – [team26.2@pillarkincardine.co.uk](mailto:team26.2@pillarkincardine.co.uk) or Tel 01569 767222. All forms can be downloaded from the Pillar Website [www.pillarkincardine.co.uk](http://www.pillarkincardine.co.uk)

2. Ask everyone you know if they would like to join your Team – you can do this through social media, work or social contacts – you can have up to 27 people in your Team.

The more people in your Team the greater the impact on raising mental health awareness and reducing stigma around mental ill health. Ideally 27 walkers = 26 walkers completing 1 mile + 1 walker completing 0.2 miles (approximately 500 steps). However, you can divide the miles up as you wish depending on the number of Team Members you have gathered.

**Each TEAM must complete 26.2 miles in total to complete the TEAM 26.2 challenge.**

3. Use the Team Member Registration form to record your Team Member details and to allocate each Team Member one or more Mental Health Miles. Don't forget to allocate your 0.2 miles.

4. Give each Team Member a sponsor form. You can choose whether your Team walk collectively or if they complete their walk individually.

5. Your Team Members should notify you once they have completed their walk and provide you with information on the total sum of sponsorship/donations they have raised.

6. Sponsorship and/or donations should be submitted via the TEAM 26.2 MY DONATE page accessed through the Pillar website or at <https://mydonate.bt.com/events/Team262/439153>

Team Members can deliver any cash sums raised to the Team Captain who should then submit the collective amount through MY DONATE under their TEAM NAME.

Individual Team Members can also submit sponsorship/donations directly through MY DONATE under their TEAM NAME if preferred but must also notify their Team captain once they have completed their walk and provide information on the total sum of sponsorship/donations made.

Where Teams are unsure or unable to use the MY DONATE page, cash sums raised can be submitted to Pillar administration officer who can be contacted at [Team26.2@pillarkincardine.co.uk](mailto:Team26.2@pillarkincardine.co.uk) or call 01569 767222

**REMEMBER - ALL SPONSORSHIP/DONATIONS MADE THROUGH MY DONATE SHOULD INCLUDE DETAILS OF YOUR TEAM 26.2 NAME.**

## TEAM 26.2

The beauty of TEAM 26.2 is that people of all ages and fitness levels can take part by walking just one of the 26.2 miles. If anyone you know would like to join in but are unable to tackle a whole mile then they can do the 0.2miles (approximately 500 steps) We want to encourage people of ALL ages and abilities to participate.

Walk together as a Team, in smaller groups or on your own, either way

By posting a selfie taken during your mental health mile walk you will be helping to tackle stigma and raise awareness that we all have Mental Health.

**Together Equals A Marathon.**

**POST A SELFLESS SELFIE ON SOCIAL MEDIA!**

By posting a selfie taken during your mental health mile walk you will be helping to tackle stigma and raise awareness that we all have Mental Health.



TEAM 26.2 is supported by Pillar Kincardine  
a local charity that works to promote positive mental health for all.

Pillar provides vital help to local people experiencing mental health challenges.

<https://mydonate.bt.com/events/Team262/439153>

