



FAQS



WHAT IS REBOUNDING?

Rebounding is an exercise using 'mini-trampolines' (officially known as 'rebounders'!) Rebounding is a low-impact exercise which has many positive effects on your body including strengthening the cardiovascular system, your muscles, and the body's self-healing functions. You can find out more about the benefits of rebounding with our sponsor [Bellicon](#).

DO I HAVE TO HAVE A REBOUNDER TRAMPOLINE TO JOIN?

We know that not everyone has a rebounder, or may not have access to this challenge, but don't worry! You can customise your challenge based around what 'bouncing back' means to you! Whether that's star jumping, skipping rope or bouncing on a space hopper, you can get involved however you like! And if you don't want to try a challenge, you can tune in to our livestreamed event on the 24th October!

WHAT ARE YOU FUNDRAISING FOR?

Charities like CoppaFeel! have taken a massive hit to fundraising due to Covid-19 with many of our fundraising events being cancelled across the past few months. Your support now is vital to help us secure our future, and the futures of young people across the UK.

Our goal is to give everyone the best possible chance of surviving breast cancer and your support helps us to reach this goal. From festivals, to shower cubicles, university campuses to Instagram, our work ensures we are reaching young people and educating them on the importance of regular boob checking. To find out more about our work, head to coppafeel.org.

WHERE CAN I FIND MORE INFORMATION ABOUT COPPAFEEL!?

Our website coppafeel.org provides lots of information about the signs and symptoms of breast cancer, checking your boobs, and what to do if you notice a change. We provide a [free monthly text reminder service](#) so you never forget to check your boobs! You can also sign up to our monthly [Boob Mail](#), where you'll be kept up to date on all the news from Boob HQ - we promise we never spam.



HOW CAN I GET INVOLVED FROM HOME?

There are plenty of ways you can take part from home! We would love for you to join us by taking on your own bounce challenge! If you don't have a rebounder trampoline, don't worry! You can customise your challenge to fit whatever 'bouncing back' means to you! Whether that's jumping with a skipping rope, challenging yourself with star jumps or leaping with a space hopper, you can do whatever works for you - [sign up here!](#)

Be sure to tune into the [livestream event](#) on the 24th October where our founders Kris and Maren will take on the challenge of bouncing for 12 consecutive hours! Take part in choosing their challenges, picking the songs and even saying hello to some familiar famous faces!

HOW DO I ACCESS THE LIVESTREAM?

The event is available to watch on our [Tiltify page](#) on 24th October. Please note that the event is LIVE so will only be available to watch at the specified times. You can still continue to donate outside of these times, but please be aware that you may not be eligible to enter our competitions - please check our T's and C's for guidance.

You will need a device with a stable internet connection to access the event.

IS IT FREE TO WATCH THE LIVESTREAM?

The Big Bounce Back is free to watch, however you are welcome to take part in the polls, rewards and targets throughout the show by donating towards our work - you will see prompts to join these activities when you are watching on [our Tiltify page](#). These activities are completely optional, but all of the profits go to CoppaFeel!

If you have enjoyed watching, we ask you to consider making a donation to CoppaFeel! if you are able to. All donations from the events go towards our [life-saving work](#).

IS IT FREE TO DO MY OWN CHALLENGE?

It is completely free to take part in your own bounce challenge, but we do set a fundraising target of £150 which goes towards our life-saving work. This is just a target, so you are not obliged to raise this amount - equally, you can fundraise even more if you can!

HOW DO I DONATE TO THE BIG BOUNCE BACK?

To donate, simply head to [our Tiltify page](#) - you can also view the livestream event from here. You can click the donate button to donate at any point - don't worry, you won't miss any of the show - it will keep playing while you enter your payment details.

Please be aware that Tiltify is a third-party payment processing site that is not owned by CoppaFeel! Please refer to [Tiltify's Privacy Policy](#) and [Terms of Service](#) for further details relating to how they will process your donation and data.





HOW MUCH OF THE MONEY RAISED GOES TO COPPAFEEL!?

100% of the profits from the Big Bounce Back go towards CoppaFeel!'s life-saving work. To find out more about what we do, head to coppafeel.org.

WHAT ARE POLLS AND TARGETS ON TILTIFFY?

We are using Tiltify to stream our livestream event. Tiltify allows us to make the event even more exciting by providing different activities that you can get involved with whilst watching! These activities are completely optional, however all the proceeds go towards CoppaFeel!'s work. To join these activities, look out for prompts while you are watching!

POLLS - vote towards the choice you want to win by donating the specified amount. E.g. What colour should I dye my hair?

TARGETS - the hosts may launch a target during the show - the host will complete a challenge/offer something if the target amount is reached in the specified time.

MILESTONES - Every time we reach a donation milestone (you can see them in the top bar) something will happen!

REWARDS - pay a set amount to receive the specified item.

HOW SAFE IS THE LIVESTREAM?

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IS THE LIVESTREAM APPROPRIATE FOR CHILDREN?

We aim to make our events open to everyone, however we do recommend watching with a parent or guardian! CoppaFeel! is not responsible for the actions of the participants. Due to the live nature of the event, we cannot guarantee there won't be any slips of the tongue, but our events are intended for general viewing.

Given the nature of our events as a breast cancer awareness charity, themes surrounding breast cancer and self-checking of a non-sexual nature may arise. CoppaFeel! is dedicated to encouraging young people to regularly check themselves for the signs and symptoms of breast cancer, and therefore we aim to remove taboos surrounding boob-checking using a familiar and light-hearted approach. For more information, please head to coppafeel.org.

HOW DO I SET UP MY SPONSORSHIP PAGE?

Don't worry, once you sign up to the challenge, you will receive a handy guide which explains how to start! If you have any questions, just give us a shout at events@coppafeel.org.

WHY DO I NEED TO REGISTER MY EMAIL ADDRESS?

You only need to register your email address with us if you are signing up to do your own bounce challenge. We ask for your email so we can send you information about fundraising and setting up your challenge. We'll only contact you about the Big Bounce Back. You can sign up to our monthly [Boob Mail](#) if you'd like to receive regular updates from inside Boob HQ!





ACCESSIBILITY

We strive to make our events as inclusive and accessible as possible, so please get in touch if you have any requirements or questions.

We understand that at present, our online events aren't accessible for all audiences. If you have any suggestions for how we can improve our event accessibility, please let us know by emailing events@coppafeel.org! We are still learning and would love to hear your feedback!

If you have any additional access requirements, please let us know by emailing events@coppafeel.org. - we will do our best to accommodate any requests.

LIVESTREAM HOUSE RULES

- Please be respectful towards the hosts and other guests during our events. Any guest displaying abusive or offensive behaviour will be removed by the event team immediately without warning. This includes - but is not limited to - abusive behaviour targeting race, gender, disability, age or religious beliefs.
- Please bear with us if you are experiencing any technical difficulties! We are a small team here at Boob HQ and this is our first time trialling events of this nature! Rest assured, if there are any tech issues, there will be someone working behind the scenes to get us back up and running ASAP - hang in there!

COPPAFEEL! DISCLAIMER

- The livestream event is appropriate for general viewing but some content may be considered unsuitable for younger children. Younger children should be accompanied by a parent or guardian. Given the nature of the event, as a breast cancer awareness charity, themes surrounding breast cancer and self-checking of a non-sexual nature may arise. CoppaFeel! is dedicated to encouraging young people to regularly check themselves for the signs and symptoms of breast cancer, and therefore we aim to remove taboos surrounding boob-checking using a familiar and light-hearted approach. For more information, please head to coppafeel.org.
- Any opinions expressed by the participants of these events, do not necessarily reflect the opinions of CoppaFeel!
- All profits from the Big Bounce Back are given directly to CoppaFeel! Our guests are not being paid, but are generously giving up their time for free.

TILTIFY



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