



# Plymouth Half

## Running for Plymouth's local children's hospice

Thank you for signing up for the Plymouth Half. Together we will raise awareness and vital funds for children and young people living with life-limiting conditions and their families across the South West. We ask our runners to each raise £100.

This pack has information and materials to help with your fundraising. Don't forget to join our Running Club Facebook group for training support, and to share fundraising ideas and photos.

£100...

could help provide a parent with an uninterrupted nights sleep, to give them the strength to face tomorrow.

£150...

could pay for compassionate and intensive support for families in the days following the death of their child.

£320...

could pay for a day of support and care in the family home for a child, young person and their family.



# Ideas and tips to maximise your fundraising

We are asking participants to raise a suggested minimum of £100 for local children, young people and their families. Below are some fun ideas to get you started.

- 🕒 Ask family and friends to sponsor you via your online fundraising page
- 🕒 Spread the word and ask for sponsorship on social media using the sharing graphic available to download at [www.chsw.org.uk/plymouthhalf](http://www.chsw.org.uk/plymouthhalf) and hashtag #CHSWPlymouthHalf
- 🕒 Invite friends and family to sign up and join your running team
- 🕒 Hold an in-person or virtual quiz and ask for donations to take part
- 🕒 Get baking and have a cookie and cake sale
- 🕒 Hold an in-person or virtual bingo and ask for donations to take part
- 🕒 Hold a supermarket collection day on a running machine
- 🕒 Organise a raffle or tombola
- 🕒 Hold a dress down day at your workplace in return for a donation
- 🕒 Always have your sponsor form ready so you don't miss any donations
- 🕒 Advertising your fundraising events using the enclosed poster template.

## Collecting your fundraising

**Fundraise online.** Simple to set up and means you have no money to collect! Sponsors can add Gift Aid (an extra 25p for every £1 donated). Set up an online giving page on Facebook, or at [www.justgiving.com](http://www.justgiving.com)

**Cash donations.** Use the sponsor form included, collect cash and pay in donations online or by sending a cheque in the post. Gift Aid can be added too!!



## Thank you for running for Children's Hospice South West

Your Plymouth Half 2024 registration fee covers the cost of your participation in this event but it's your sponsorship that will help to make the most of short and precious lives across the South West.

When you run with us, you're not just racing for the finish line – you're running to provide comfort, care, and cherished memories for local families who need it most.

Every step you take raises vital funds for Children's Hospice South West, supporting families facing some of their toughest times.

You are also part of something bigger as you join our running community of like-minded individuals who share your passion for making a difference. When you run for Children's Hospice South West, you're part of a team that's making the most of short and precious lives, one step at a time.

Are you running in memory of a loved one, to support a current family using 1 of our hospice or as a result of learning more about Children's Hospice South West? If you are happy to share your story, we'd love to hear from you - please contact the Area Fundraiser at your local hospice, details are below.

## Here to support you

Our Fundraising Teams are on hand to support you, simply call your local CHSW children's hospice or email [events@chsw.org.uk](mailto:events@chsw.org.uk)

### Little Bridge House

Redlands Road, Fremington, Barnstaple, Devon EX31 2PZ ☎ 01271 325 270

### Charlton Farm

Charlton Drive, Wraxall, North Somerset BS48 1PE ☎ 01275 866 600

### Little Harbour

Porthpean Road, Porthpean, St Austell, Cornwall PL26 6AZ ☎ 01726 871 800



## How your fundraising helps

By taking part in the Plymouth Half, you will be helping Children's Hospice South West make the most of the lives of children and young people with life-limiting conditions and their families. The funds you raise will help to support local families now and in the future.

Each hospice is a loving and caring place, where every member of every family who stays can forget their worries for a while, be a family again and find expert help and support with facing an uncertain future.



Making the most of short and precious lives across the South West  
[www.chsw.org.uk](http://www.chsw.org.uk)

Registered Charity No. 1003314





Plymouth  
**Half**



**Fundraising event**

Running for Plymouth's local  
children's hospice

[www.chsw.org.uk/plymouthhalf](http://www.chsw.org.uk/plymouthhalf)

Event



Where



When



Contact





Plymouth  
**Half**



# Fundraising sweepstake

Running for Plymouth's local  
children's hospice

[www.chsw.org.uk/plymouthhalf](http://www.chsw.org.uk/plymouthhalf)

£

per guess



Event, challenge  
or competition

## Guess my Plymouth Half finish time



Winning prize



Supporting  
children's hospice  
SOUTH WEST

Registered Charity No. 1003314

We're helping to make the most of short  
and precious lives across the South West

[www.chsw.org.uk](http://www.chsw.org.uk)





# Please sponsor me

Title:  Full first name:

Surname:

Home address:

Postcode:  Tel no:

Email:

Team name:

My employer offers a matched giving scheme to match the amount I raise

Your employer's name:



Running for Plymouth's  
local children's hospice

Sunday 28 April 2024

I pledge to raise

£ .....

to help short and precious  
lives across the South West

We take your privacy seriously. We will store your details securely on our database(s) and we will only use your personal information to provide the services you have requested from us. We will never share your details with third parties for marketing purposes without your prior explicit consent. For more information, please see our Privacy Policy [www.chsw.org.uk/privacy](http://www.chsw.org.uk/privacy) or call 01271 325 270



Thank you for your sponsorship, if you would prefer not to receive an acknowledgement, please tick here

*giftaid it*

**Full name + home address + postcode + ✓ = Gift Aid**

If I have ticked the box headed 'Gift Aid'  I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want Children's Hospice South West to reclaim tax on the donations detailed below, given on the date shown. I understand that if I pay less Income Tax/or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference. I understand that the charity will reclaim 25p of tax on every £1 that I have given.

Full Name (First name and surname)	Home Address Not your work address (this is essential for Gift Aid)	Postcode	£s Pledged	£s Received	Date Given	Gift Aid
Mr John Smith	37 Lavender Close, Brighton, East Sussex	BNI 3SR	£20	£20	14/01/2023	✓





I'm running Plymouth Half because:



Raising smiles for  
children's hospice  
SOUTH WEST  
Registered Charity No. 1003314



## Your Plymouth Half running bib

1. Add why you are taking part
2. Cut out your bib around the dashed line
3. Add holes with a hole puncher as marked on each corner (for added strength, wrap some transparent adhesive tape to these corners before making the holes)
4. Attach your bib to the back of your running kit before running the Plymouth Half, raising money for children and young people living with life-limiting conditions and their families.