



children's hospice  
SOUTH WEST



## Running miles and raising smiles

Thank you for signing up for RUN Barnstaple. Together we will raise awareness and vital funds for babies, children and young people living with life-limiting conditions and their families across the South West. We suggest runners raise a minimum of £70, if they are able.

This pack has information and materials to help with your fundraising including top tips, fundraising event poster and sponsor form. Don't forget to join the RUN Barnstaple Facebook event too!

£70...

could help to fund 1 hour of care for a family at one of our children's hospices.

£150...

could support a family through the early stages of their bereavement journey.

£320...

could help fund 1 day of care in the family home for a baby, child or young person and their family.



# Ideas and tips to maximise your fundraising

We are asking participants to raise a suggested minimum of £70 for babies, 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/runbarnstaple](http://www.chsw.org.uk/runbarnstaple) and hashtag #CHSWRUNBarnstaple
- ☺ Invite friends and family to sign up and join your fundraising team
- ☺ Hold an in-person or virtual quiz or bingo and ask for donations to take part
- ☺ Get baking and have a cookie and cake sale
- ☺ 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
- ☺ Additional fundraising information and tools are available to download at [www.chsw.org.uk/tools](http://www.chsw.org.uk/tools)

## 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

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 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.

**Join our RUN Barnstaple Facebook event** for training support, to share training and fundraising ideas and photos and not miss anything extra happening over the weekend!

## 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 RUN Barnstaple, you will be helping Children's Hospice South West make the most of the lives of babies, 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



Running miles and raising smiles



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

Event



Where



When



Contact





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



Event, challenge  
or competition

£

per guess

Guess my RUN  
Barnstaple finish time

Winning prize





# Please sponsor me

|   |                  |
|---|------------------|
| Title:  | Full first name: |
| Surname:  |                  |
| Home address:   |                  |
| Postcode:   | Tel no:          |
| Email:  |                  |
| Team name:  |                  |
| <input type="checkbox"/> My employer offers a matched giving scheme to match the amount I raise |                  |
| Your employer's name:   |                  |



**Sunday 28 September 2025**

**I pledge to raise**  
£ .....  
to help short and precious lives across the South West

We take your privacy seriously. For full details about how we store, protect, share and use your personal data, please see our Privacy Policy [www.chsw.org.uk/privacy](http://www.chsw.org.uk/privacy)

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<br>(First name and surname) | Home Address<br>Not your work address (this is essential for Gift Aid) | Postcode | £s<br>Pledged | £s<br>Received | Date Given | Gift<br>Aid |
|---------------------------------------|--|----------|---------------|----------------|------------|-------------|
| Mr John Smith                         | 37 Lavender Close, Brighton, East Sussex                               | BNI 3SR  | £20           | £20            | 14/01/2025 | ✓           |
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