



children's hospice
SOUTH WEST

Run 100k in June



Raising funds with summer runs!

Whether you'll be running inside on a treadmill or outside in the fresh air, thank you for signing up for Run 100k in June. 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.

This pack has information and materials to help with your fundraising. Don't forget to join our Run 100k in June Facebook group to share your fundraising and photos with others.

£10...

Could pay for paints and materials for messy play to help express thoughts and feelings.

£50...

Could contribute towards a supported hydrotherapy session for a baby, child or young person.

£100...

Could help provide a parent with an uninterrupted night's sleep, and strength to face tomorrow.

Thank you
for helping me
and my family



☀ Ideas and tips to maximise your fundraising

There is no minimum sponsorship amount to take part, but we suggest raising at least £100. 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 your progress sharing graphics available to download at www.chsw.org.uk/june100k
- ☺ Invite friends and family to sign up and join in with your fundraising
- ☺ Host a quiz or bingo and ask for donations to take part
- ☺ Get baking and have a cookie and cake sale
- ☺ Organise a raffle or tombola
- ☺ Hold a dress down day at your workplace or school in return for a donation
- ☺ Always have your sponsor form ready so you don't miss any donations.

Put your best foot forward to help raise vital funds to make the most of short and precious lives. Your wonderful support will help provide essential care for those who need it most.

The challenge starts on Sunday 1 June and ends on Monday 30 June so plan your runs around a pace and distance that suits you. Your distance tracker will help you keep record of your progress.

To say thank you, once you have completed the challenge, we will send you a medal and certificate.

Kickstart your fundraising now with an online fundraising page. It's so easy to set up and only takes a few minutes.

Plan your fundraising; there are helpful tips opposite.

Join our Run 100k in June Facebook group to connect with other fundraisers and be part of the challenge community.

☀ 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

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!!

☀ Here to support you

If you would like to find out more about this event, or need help with fundraising, email your Digital Fundraiser, Jadeen Lowe at jadeen.lowe@chsw.org.uk

Alternatively, you can send us a message on the Facebook group and we'll be on hand to support you.



☀ How your fundraising helps

By taking part in the Run 100k in June challenge, you will be helping Children's Hospice South West make the most of the lives of babies, children and young people living 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

Registered Charity No. 1003314





children's hospice
SOUTH WEST

We're lacing up!

Run 100k in June

Raising funds for babies, children and young people living with life-limiting conditions



Lace up and find out more today
www.chsw.org.uk/june100k



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Step tracker

Name My fundraising goal £



“Get ready to put your best foot forward”

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Kilometers

Kilometers

Kilometers

Kilometers

Kilometers

Kilometers

“Keep that spring in your step”



Day 12

Day 11

Day 10

Day 9

Day 8

Day 7

Kilometers

Kilometers

Kilometers

Kilometers

Kilometers

Kilometers

Day 13

Kilometers

Day 14

Day 15

Day 16

Day 17

Day 18

Kilometers

Kilometers

Kilometers

Kilometers

Kilometers

Day 19

Kilometers

Day 26

Day 25

Day 24

Day 23

Day 22

Day 21

Day 20

Kilometers

Kilometers

Kilometers

Kilometers

Kilometers

Kilometers

Kilometers

“Keep going, you're doing great!”



Day 27

Day 28

Day 29

Day 30

Kilometers

Kilometers

Kilometers

Kilometers

Total kilometers

My weekly fundraising total

Week 1

Week 2

Week 3

Week 4

Week 5

Total fundraising

£

£

£

£

£

£



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:	

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

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



June 2025

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



Registered with
**FUNDRAISING
REGULATOR**

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	BN1 3SR	£20	£20	14/01/2025	✓



Making the most of short and precious lives across the South West
www.chsw.org.uk

Registered Charity No. 1003314



Please sponsor me

June 100k challenge continuation



giftaid it

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

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Return your sponsor money using an option below and complete the details to the right:

- ☺ Return your sponsor forms and cash or cheque, made payable to 'Children's Hospice South West,' to your local hospice or the head office (please do not send cash or coins in the post):
Little Bridge House (head office), Redlands Road, Fremington, Barnstaple, Devon EX31 2PZ
Charlton Farm, Charlton Drive, Wraxall, North Somerset BS48 1PE
Little Harbour, Porthpean Road, Porthpean, St Austell, Cornwall PL26 6AZ
- ☺ Visit www.chsw.org.uk/donate and use our online form. Please remember to post your sponsor forms to us so if your sponsors have ticked the Gift Aid box we will be able to claim an extra 25p for every £1 you raise!

Date paid/sent:

Amount paid/sent: £

Please indicate how you paid

☐ Post ☐ CHSW website

☐ Local hospice