



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!

£86...

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 a weekend of sibling support for a brother or sister.



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
- ☺ Invite friends and family to sign up and join your fundraising team
- ☺ Host a 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

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 one of our hospices 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!

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

Contactless donations. CharityGo mobile app turns your smart phone into a card reader to take safe and secure donations from credit and debit cards as well as digital wallets, such as Apple Pay, Google Pay and Samsung Pay. Gift Aid can be added too! Visit www.chsw.org.uk/charitygo to get started.

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

Our Fundraising Teams are on hand to support you, simply call your local CHSW children's hospice or email 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 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 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 receive 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





www.chsw.org.uk/runbarnstaple

Event



Where



When



Contact





Fundraising sweepstake

To help raise smiles for babies,
children and young people living
with life-limiting conditions
and their families

£

per guess



Event, challenge
or competition

Such as 'Guess the...'

Winning prize



Fundraising sweepstake

Host a sweepstake at your workplace, office or private society/social club to help raise smiles for Children's Hospice South West (CHSW)



Event/challenge/competition (such as 'Guess the...')

Winning prize:

Organiser's name:



Entrant	Guess	Entrant	Guess

How to host a workplace sweepstake

- ☺ Fill in the details of your sweepstake above including the winning prize; will the entry money be split between the winner and CHSW or is there a prize with all entry money going to CHSW? Participants must be informed before they enter and make a guess
- ☺ Ask colleagues to make a guess, (please note sweepstakes can only take place in 1 location, this can be multiple buildings at the same location, and all participants must work at the premises or be a society/club member)
- ☺ Keep a record of all guesses on this sweepstake poster
- ☺ After the event/challenge/competition, present the winner with the specified prize
- ☺ Please read the full guidelines on our website before holding your sweepstake: www.chsw.org.uk/sweepstake

How to donate to CHSW

- ☺ Visit www.chsw.org.uk/donate and use the online form
- ☺ Send a cheque made payable to 'Children's Hospice South West' to your local hospice. Addresses can be found on our website: www.chsw.org.uk/contactus
- ☺ Bring cash/cheque to your local hospice.

Date paid/sent:

Amount paid/sent: £

Please indicate how you paid

☐ CHSW website ☐ Post ☐ Hospice

CHSW takes 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 data with third parties for marketing purposes without your prior explicit consent. For more information please see our Privacy Policy at www.chsw.org.uk/privacy or call 01271 325 270



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 ☐



Sunday 27 September 2026

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	BNI 3SR	£20	£20	14/01/2026	✓



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

Registered Charity No. 1003314



Please sponsor me

RUN Barnstaple continuation sheet

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.

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Mr John Smith	37 Lavender Close, Brighton, East Sussex	BN1 3SR	£20	£20	14/01/2026	✓

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