



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 babies, children and young people living with life-limiting conditions and their families across the South West. We ask each runner to raise £100.

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

£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 1 day of support and care in the family home for a child or young person and their family.



Ideas and tips to maximise your fundraising

We are asking participants to raise a minimum of £100 and as this is a minimum donation, we are unable to claim Gift Aid on the first £100 raised. Therefore we advise that when setting up your fundraising page, please do not allow Gift Aid to be claimed. Below are some fun ideas to get your fundraising 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 chsw.org.uk/plymouthhalf
- ☺ Hold 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, but do not allow your donors to tick the Gift Aid box
- ☺ Advertising your fundraising events using the enclosed poster template.

Thank you for running for Children's Hospice South West

The sponsorship you raise by taking part in Plymouth Half 2026 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 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.

Collecting your fundraising

Fundraise online. Simple to set up and means you have no money to collect! Set up an online giving page on Facebook, or at 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. Visit 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.

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 the Plymouth Half, 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 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





Plymouth
Half



Fundraising event

Running for Plymouth's local
children's hospice

chsw.org.uk/plymouthhalf

Event



Where



When



Contact



Registered Charity No. 1003314

We're helping to make the most of short
and precious lives across the South West
www.chsw.org.uk





Plymouth
Half



Fundraising sweepstake

Running for Plymouth's local
children's hospice

chsw.org.uk/plymouthhalf



Event, challenge
or competition

£

per guess

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



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)



Plymouth
Half

Organiser's name:

.....

Winning prize:

Guess my Plymouth Half finish time



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: chsw.org.uk/sweepstake

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

How to donate to CHSW

- ☺ Visit 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: 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



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:

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 ☐

Plymouth
Half

May 2026

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



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	14/01/2026	✓



Please sponsor me

Plymouth Half 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.

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	14/01/2026	✓

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

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 babies, children and young people living with life-limiting conditions and their families.